

PIRANHA SWIMMING

OCTOBER 8, 2018



Practice Notes This Week

M
8 Regular practice all week

MEMBERSHIP CARDS

Please all Piranha Swimmers MUST swipe their membership card at the welcome desk before entering the locker rooms. Kids without cards may be turned away.

LEAVING PRACTICE EARLY

If your swimmer must leave practice early, please send a note with your swimmer to give to the coach.



SPIRIT WEAR DISTRIBUTION- 10/10

If you ordered a suit and/or a backpack at the sales or online, please make arrangements to collect those items in the Y lobby on WEDNESDAY, Oct 10th between 6 and 7 pm. Mary will be there to hand out gear. Please contact [Mary](#) with any questions about your suit or backpack order.

All other spirit wear gear will be distributed soon after the items are received at the Y and all parents will be notified when that occurs. Thank you for your patience

PIRANHA INTRASQUAD #1- BLUE VS. YELLOW

The fun begins on Wednesday October 17th with the first meet of the series- details will be posted later this week. The team rosters are posted up on the Piranha homepage and on the bulletin board at the Y.

GOOGLE DOC MEET SIGN UPS ARE UP!

The only way to sign up for a swim meet is through Google Docs, listed on the Piranha homepage. The sign ups for the first half of the season are up, so please make sure you add your name to the list if you intend to swim at a meet. ****Please read the meet announcements (linked to the Winter Meet Schedule) carefully as different meets have different start times/age groups, etc.* Deadlines are approaching quickly!

Meet

BGNW 8/u Meet 11/3
Piranha Intrasquad Meet 10/17
Wilton T-giving Invite 11/16-18

Deadline

TONIGHT
10/15
10/19

UPDATE: EASTERN STATES COACHING CLINIC

This past weekend several of the Piranha coaches attended the Eastern States Coaching Clinic in Cherry Hill, NJ. There were many great talks given by current and former USA Olympic Team coaches, well-known college and club coaches, as well as pool demonstrations by former Olympian Tyler Clary- with Caeleb Dressel describing the drills Tyler was performing (Caeleb had foot surgery and was unable to swim ☹️). It's always great fun for the coaches to learn new things and bring those things back to the Piranhas to try! Check out our Instagram page for videos from the pool sessions!

HELPFUL TUTORIALS:

[How do I find meet information?](#)

[What is the Piranha Database?](#)

[How do I sign up for a meet?](#)

[How do I know which day of a meet my swimmer is competing?](#)

This information and more are linked up on the Piranha homepage. Henk will also be talking about all of this and more at the Parent meeting on 9/13.

FOLLOW US ON SOCIAL MEDIA!

YouTube: search Piranha swimming drill series (**NEW!**) (there is also a link to it on our Instagram page)

Facebook: Piranha Swimming at Darien YMCA

Twitter: @darienpiranha

Instagram: piranhaswimct

****when requesting to follow us on social media, if your username/profile doesn't have your name in it, please email Liz to let her know you are requesting to follow. We are very careful about who we allow to have access to view our social media accounts and want to make sure it's always "friends and family"!*

*****Please be reminded these are for positive promotion and entertaining purposes. We will not tolerate any negative comments or "airing of dirty laundry". Let's keep it fun!!**



CONTACT US!

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Quote of the Week

"Plan your work for today and every day, then work your plan."

Margaret Thatcher

