

PIRANHA SWIMMING

OCTOBER 8, 2018



Practice Notes This Week

W 17	Practice ONLY for 120/105
	Dryland 4-445pm/swim til 530pm
	ALL OTHERS AT INTRASQUAD MEET

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.



PIRANHA INTRASQUAD #1

W 17 Warm up: 530pm

Start: 6pm

Attire: all wear Piranha team tee shirts, yellow "P" caps for Yellow team, white "P" caps for Blue team

****There will be a pizza party immediately following the meet in the Y Community Room- please pick up your swimmers by 730pm.

SPIRIT WEAR DISTRIBUTION- TOMORROW

If you ordered a suit and/or a backpack at the spirit wear sales or online, please make arrangements to collect those items in the Y lobby on **WEDNESDAY, Oct 17th between 5 and 6 pm**. Mary will be there to hand out gear. Please contact [Mary](#) with any questions about your suit or backpack order.

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

Wilton T-giving Invite 11/16-18

Piranha 200IM/1650 11/7

Deadline

10/19

11/2

MEET PREPARATION

As we move forward in our season, the time is upon us where we will begin to put all our learning to the test by racing! As parents, your role is key in determining your swimmers' success on race day! The night before race day, make sure your swimmer eats a good dinner packed with protein and carbs. Have them prepare their swim bags with all necessary Piranha gear (always pack an extra towel, suit, cap and goggles!) so there is no scrambling the next morning. On race day, please make sure that you leave more than enough time to arrive at the meet (my personal rule of thumb- look at your Maps App the night before and **add at least 30+ min** to allow for Fairfield County traffic!!). Nothing stresses out your swimmer more than rushing to the pool and seeing the team already in the water. The less stress your swimmers has, the more fun it will be for them!

COACHES CORNER- by Head Coach Henk Jansen

If you are not familiar with the Piranha's "Coaches Corner", well, this is it! A short article meant to WOW your senses and leave you wanting more! Lol. Just kidding but I think it is usually good information with a little insight into what goes on with the program. So, sit back and allow yourself to be WOWed!!!

I hope the first five weeks are going as well for your swimmer as they have for me and the Piranha coaching staff. The following is a not-so-little "tutorial" on how we plan a season and practices. This example applies mostly to our younger groups (12/unders), but in some instances it applies to all the groups. Technical work is similar, if not the same, for all ages, we just might use some different terminology to explain it. Ok, each group has its very own plan and a packet to accompany that plan. You may have noticed them hanging on the blue stand in the pool area. The packet contains a description of each group, all the drills we use, the season plan, group goals, technical goals, drill descriptions, sample test sets, how IM turns should be taught and so on. It is packed full of great information (just like these articles J). Every day from now until the end of the season there will be time devoted to some technical aspect of a stroke or strokes, along with focused swimming and kicking at each practice for each training group. As much as this statement pretty much rings true for all groups, the following approach I am about to describe pertains mostly to the younger groups. The "older" kids' plan is set up a bit differently with a bit more "training" (which I will explain in a later article). Ok, back to the younger kids' plan. I like to use the "sandwich" approach to each practice plan. Basically, I choose a "major" and "sub" stroke and "main" and a few "minor" technical aspects to work on at each practice. The "main, minor, major, sub" terminology just indicates how much time will be devoted to a technical aspect, not the level of value. Each technical aspect will have their day to be the "main." I wouldn't want any technical aspects to feel left out! (I'm rolling, I know.) The sub and minor stuff will be "sandwiched" by the main and major stuff hence the "sandwich" approach. So basically, I choose a major stroke and a main aspect of that stroke to work on for a particular week. The majority of practices will focus on the aforementioned and then 2-3 minor aspects will be interjected and changed each day of the week. Sets are also added each day to reinforce what we are teaching and "get the kids moving." This is done not only to break the monotony each day but really to keep the kids focused, thinking, learning and using their brains and bodies to move through the water. That is the ultimate goal, TO TEACH YOUR SWIMMERS HOW TO MOVE THROUGH THE WATER EFFICIENTLY and HAVE FUN DOING IT. The sub strokes are also added and changed each day and the kids will work the sub stroke with the same main technical aspect as the major stroke and drills will be used to help us teach. Get all that? LOL. Basically, your swimmers will have plenty of opportunities to hit all the strokes and all the technical aspects of each stroke throughout the weeks, months and season ahead. So far this season the kids have been great . . . most nights J. The energy and enthusiasm are really riding high and we are doing everything we can to keep it that way. Thanks to all the parents for getting swimmers to practice each day...couldn't do it without you. Until next time . . .



Quote of the Week

"The beginning is the most important part of the work."

Plato

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