

# PIRANHA SWIMMING

OCTOBER 22, 2018



## Practice Notes This Week

W  
24 NO PRACTICE ANY GROUP  
Piranha 200/1000 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.



### MEET INFO THIS WEEK

#### Piranha 12/under 200 free meet

W 24 Warm up: 445pm

Start: 515pm

Attire: Yellow "P" caps, Piranha team suit, team tee shirt, all other gear Piranha!

Volunteers: all 13/overs swimming the 1000 will time for this meet

#### Piranha 13/over 1000 free meet

W 24 Warm up: 545pm

Start: 615pm

Attire: Yellow "P" caps, Piranha team suit, team tee shirt, all other gear Piranha!

Volunteers: Swimmers must provide their own timers. Piranha swimmers will count for each other.

### 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

Piranha 200IM/1650 on 11/7

Gaels 8/u meet on 12/2

Sharks Distance Meet on 12/15

#### Deadline

11/2

11/6

11/20

### BLUE VS. YELLOW INTRASQUAD #1

The first meet was a success with the kids having a great time racing for the first time of the season. The Blue team swam away with a decisive victory- winning 198-66!

These meets are a great way to introduce those new to the team into the fun and competition of swim meets. We encourage all swimmers to compete as it is a friendly and fun environment to "learn the ropes". A big thank you goes out to all the volunteers who helped run the meet- we couldn't do it without you!

## MEET THE GROUPS!



### THE MAIA GROUP

The mighty Maia group is the youngest group on the Piranha swim team. Made up of primarily 8/under swimmers, the focus of the group is **FUN!** Every day, there is a primary goal of learning body awareness and connecting that to learning to swim the strokes properly. Good stroke technique is something that starts at the earliest possible age and continues all the way throughout a swimmer's career- Olympian Elizabeth Beisel did technique work every day when she was training for the Olympics!

### SPIRIT WEAR

If you need to pick up spirit wear that was already distributed, please contact Mary in the Piranha office. We are awaiting the arrival of the rest of the gear, and as soon as it gets here, we will notify everyone.



### Quote of the Week

*"Believe you can and you're halfway there."*

*Theodore Roosevelt*

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