

# PIRANHA SWIMMING

OCTOBER 29, 2018



## Practice Notes This Week

W 31	NO PRACTICE ANY GROUP EXCEPT 120/105/90 445- 615pm
S 3	NO PRACTICE ANY GROUP EXCEPT HOUSE. Coaches at meets

### 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

### CPAC Qualifier at Chelsea Piers

F 2 Distance session wu: 3pm start: 4pm

S 3 13/over wu: 7am start: 830am

12/under wu: 1230pm start: 2pm

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

Volunteers: Friday- 2 timers for 400IM/500free only (not the 1650). Saturday- AM session- 2 timers; PM session- 2 timers

### BGNW 8/u Invite

S 3 8yr Boys-7/u Girls wu: 9am start: 10am

8yr Girls-7/u Boys wu: 1230pm start: 130pm

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

Volunteers: TBD for both sessions

### \*\*\*IMPORTANT INFO FOR ALL MEETS\*\*\*

Please note that check in time with the Piranha coaches is 15 min. **BEFORE** the beginning of warmup. The coaches receive scratch sheets that they must turn in when warmup begins- if a swimmer is not checked in and gets scratched from their events, there is no chance of getting back into the meet. **Arriving early is always strongly encouraged!**

### 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 Thanksgiving meet 11/16-18

Piranha 200IM/1650 on 11/7

Sharks Distance Meet on 12/15

#### Deadline

**TONIGHT**

11/2

11/20

## MEET THE GROUPS!



### THE NAUTILUS GROUP

Made up of primarily 10/under swimmers, the Nautilus group is where stroke technique, fun, and the beginnings of competition meet! With the everyday emphasis on fun while learning, the group focus continues to be on proper stroke technique and bringing what they've learned back to practice each day. In this group, the kids begin to learn about interval training (reading the pace clock) and learn how to do training sets with more than one component (ex: swim and kick, or swim and drill). It is in this group that the swimmers become aware of proper warmup procedures for swim meets (which can be chaotic at times!), and that being at a swim meet with your teammates is a fun way to spend an afternoon! This is usually group where a child's love of the sport "blossoms"!

### 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

*"You've got to be very careful if you don't know where you are going, because you might not get there."*

*Yogi Berra*

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