

# PIRANHA SWIMMING

NOVEMBER 5, 2018



## Practice Notes This Week

W 7	NO PRACTICE ANY GROUP Piranha meet
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### 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/U 200 IM MEET

W 7 Warm up: 445pm Start: 515pm  
Attire: Yellow "P" caps, Piranha team suit, blue team tee shirt, all other gear Piranha!  
Volunteers: Google doc available on homepage

#### PIRANHA 13/O 1650 MEET

W 7 Warm up: 545pm Start: 615pm  
Attire: Yellow "P" caps, Piranha team suit, blue team tee shirt, all other gear Piranha!  
Volunteers: swimmers supply their own timers and counters

#### \*\*\*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!*

### CPAC MEET- 11/2-3

The Piranhas had a great meet this past weekend at the CPAC November Invite! Nearly everyone swam best times each time they dove in the pool and had fun doing it! All the coaches are pleased with the progress being made in practice on a daily basis- and when it shows up in races, it's even better! A big thank you goes out to all the parents who volunteered as timers and officials.

### 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

#### Deadline

Sharks Distance Meet on 12/15 11/20

10/u Santa Claus Meet on 12/15 11/20

*\*\*\*We were bumped from the Iona 8/u meet in December, so we will be attending the Santa Claus meet instead.*



## MEET THE GROUPS

### NEPTUNE

The Neptune group is the next step after the Nautilus group for Piranhas that love to swim! As with all the groups on our team, the daily emphasis is on fun and learning. This group works on refining their stroke technique in all four strokes, they are also immersed a bit more in reading the pace clock, and swimming sets with multiple components. It here that we introduce longer distance swimming and test sets. The reasons we do these test sets and swims are; 1) to chart progress throughout the season, 2) swimmers gain experience, and a swim like a 500 free is not so scary, and 3)

completing a test set or timed long-distance swim is a HUGE confidence boost for them! Many of the swimmers in this group have been on the team for a few years (starting in the Maia group or the House group) and they have become great friends. They always look forward to seeing each other on the pool deck and have lots of fun while they are learning each day about the sport they love!

### 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

*"The measure of who we are is what we do with what we have."*

*Vince Lombardi*

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