

# PIRANHA SWIMMING

NOVEMBER 12, 2018



## Practice Notes This Week

F 16	NO DRYLANDS- swim only
S 17	NO PRACTICE ANY GROUP EXCEPT HOUSE AND MAIA Coaches at Wilton 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

### WILTON THANKSGIVING INVITE 11/16-18

F 16 12/unders warmup- 130pm start- 230pm  
13/overs warmup- 330pm start- 5pm

S 17/

S 18 13/overs warmup- 7am start- 830am  
12/unders warmup- 1230pm start- 130pm  
FINALS\* warmup- 5pm start- 6pm

*\*Finals are for 11/over qualifiers only. If you qualify for finals you are expected to swim!*

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

Volunteers: 1 timer Sunday 13/over session

**\*\*\*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

Sharks Distance Meet on 12/15 11/20

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

### Deadline

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

## LOOKING AHEAD- NEXT WEEK-THANKSGIVING

**Please note that there are significant changes in practice times next week due to the Thanksgiving holiday.** Please look on the Piranha website for the schedule changes.



## MEET THE GROUPS: JUNIORS

The juniors group is made up of primarily 10-12 year olds (2/3 girls and 1/3 boys) who are getting serious about their swimming. Practices for this group are offered 6 days a week for 90 minutes, with most all of the group taking full advantage of each practice opportunity to improve! As with all the groups, there is no shortage of fun to be had each day at practice! The juniors are working on white board sets with multiple components, mastering the drills that we practice daily, and are learning how to adjust their speed (ex: descending within a 200) during a swim. We are also focusing daily on accountability- to their own swimming and to their teammates. All these components are essential to learn in order for a swimmer to develop and improve as he/she progresses through their swimming career.

## WINTER EVALUATION STROKE CLINIC

November 19th 5:30-6:15p & 20th 4:45-5:30p

The Piranha Winter Stroke Clinic is designed for swimmers 6 years of age and older who want to improve technique and enhance stroke mechanics for all four competitive strokes. New and familiar drills will be taught, and stroke technique will be analyzed by the Piranha coaching staff. No parents are allowed on deck during the clinic.

In order for a **NEW** swimmer to be eligible for Winter House and possibly the Piranha Competitive Swim Team, he/she must participate in the Winter stroke clinic as an evaluation. **Swimmers should be prepared to attend both days of the clinic.** New swimmers who attend the stroke clinic are not guaranteed placement. We have limited space on both House and Team and some kids will be put on a wait list or referred to lessons in an effort to keep kids swimming. Swimmers from the Fall House session do not have to participate in the Winter Stroke Clinic to be eligible for Winter House. They do need to participate in the clinic if they wish to be a Piranha.

Winter Clinic is an evaluation for the Winter **ONLY**. You cannot defer this evaluation to the 2019 Spring House sessions or Summer Piranhas. The Winter Clinic **CANNOT** be substituted for the Spring Clinic.



## Quote of the Week

*"Your positive action combined with positive thinking results in success."*

*Shiv Khera*

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