

# PIRANHA SWIMMING

DECEMBER 3, 2018



## Practice Notes This Week

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Regular practice all week

### 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.



### MEETS THIS PAST WEEK

#### YOTA/Arena Capital Classic

10 Piranhas made the trek down to North Carolina this past weekend for the chance to race against some of the best YMCA teams in the country. Nearly everyone swam a best time each time they dove into the pool! For some it was their first overnight travel trip. The kids not only swam fast, but not one swim went by without a group of Piranhas cheering and supporting their teammates. The level of support and camaraderie was awesome!

#### CPAC Xmas Invite

While the Piranhas had a small group swimming fast in North Carolina, there was a great showing at home at the CPAC Christmas Invite. The Piranhas swimming their second trials/finals meet in three weekends stepped up once again and continued their awesome season. There was no shortage of best times and finals swims. Having the opportunity to swim a trials/finals meet and swimming an event twice in one day is a great opportunity. Learning how to manage yourself between session; eating, resting, nerves, etc, takes experience. It was fun and a great opportunity for our swimmers. GO PIRANHAS!!!

#### WREATHS ACROSS AMERICA event, Saturday, Dec 15th @ 11:30 am, Spring Grove Veterans Cemetery in Darien

Calling all swimmers & families to attend the annual ceremony and wreath laying at Spring Grove Veterans Cemetery. The event lasts about one hour and has been a team tradition for several years. All participants must arrive **well before** the ceremony, which starts at 12:00p sharp. Following the ceremony, wreaths will be distributed to all attendees to be laid on individual veteran's graves throughout the cemetery - instructions will be given. Please display your team spirit with Piranha team gear if weather allows.

**Please note:** this is not a drop off event, it is a family event so please, no unaccompanied swimmers under 14. To personally sponsor a wreath, please visit [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org)

### Quote of the Week

*"Failure will never overtake me if my determination to succeed is strong enough."*

*Og Mandino*

## Coaches Corner- Team Philosophy- from Henk

Along with the core values of the YMCA, Piranha coaches believe in having fun, longevity in the sport and teaching our swimmers life lessons through the sport of swimming. We want all kids to improve, swim fast and win races, but that is not why we coach.

In regard to coaching younger swimmers (typically 12/unders), the Piranha coach's top three priorities are technique, technique and more technique. When coaching 12/unders, our main focus is to teach proper technique and mechanics for all four competitive strokes along with the drills that reinforce proper technique. We strive to teach proper practice and meet etiquette, good listening skills, Team unity and all the other "little" things that help swimmers develop and improve. Even though there is a "training" aspect, our overall goal is fun, learning and longevity.

When 13/14 year old swimmers are promoted to the top training level the Piranhas offer, kids will be expected to become role models to the younger swimmers on the Team. They will be introduced to longer, tougher practices and will need to make more of a commitment to the Team and sport in order to continue developing and improving. Technique is still a major aspect of training, as is reinforcing the good habits and the "little" things that were taught as age groupers. Learning will continue with race strategy, more drills (as well as the same ones they learned as 8/Unders), how to swim longer sets, proper health and wellness, and commitment to the Team and swimming will be stressed.

Although our sport is measured in time, time is NOT #1 in regard to measuring success for swimmers. As a coaching staff we want all kids to improve and swim 'fast', but we believe if you attend practice regularly, listen to coaches, pay attention to technique and take care of the "little" things, faster times will come. Everyone at the swim meet wants to swim fast, but how many have prepared themselves to swim fast? We feel the best measure of success is if a child is a happy swimmer. Until next time . . . .

## GOOGLE DOC MEET SIGN UPS

**\*\*\*ALL SIGN UPS FOR THE REST OF THE SEASON 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!

<u>Meet</u>	<u>Deadline</u>
Blue vs. Yellow Intrasquad 12/12	12/11
SMST Snowball Meet on 1/5-6	12/17
13/over Y States on 1/18-19	1/7
9-12 Y States on 1/26-27	1/9

## SPIRITWEAR--IT'S NOT TOO EARLY (OR TOO LATE!)

Piranha spirit wear Christmas presents can be ordered now for delivery in mid-December\*. Swimmers, Moms, Dads - show your Piranha team spirit!!

FEATURED (and \$2 OFF!!): **Piranha sweatpants with pockets, \$23/pair**. Stocking stuffers?? We are offering team scarves, car magnets and tee shirts. There is limited quantity so it is first come, first served.

Please email [Mary McCarthy](mailto:MaryMcCarthy) to place an order or check on availability. *Deadline for orders is Dec 10th at noon.*

\*Sorry, no backpacks can be ordered & delivered in time for Christmas.

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