

PIRANHA SWIMMING

DARIEN | JANUARY 14, 2019 | YMCA



TODAY January 14th Practice Schedule

P120 – 3:00-5:15p
P105 – 3:30-5:15p
P90 – 3:30-5:00p
Junior – 5:00-6:30p
Neptune – 5:15-6:30p
Nautilus – 5:30-6:30p
Maia – 5:00-5:45p



CHAMPIONSHIP MEET ELIGIBILITY

Every swimmer is eligible for an end-of-year Championship meet. Regionals is one of those meets that any swimmer regardless of time can swim. Yes, in some events kids will need to achieve a time standard, but for most events they will not. For 8-12 year olds, kids can swim all four 50's and the 100 freestyle regardless of time and 13/overs can swim all four 100's and 200 freestyle regardless of time. Swimmers will need to have official reportable times to enter those events which means a swimmer must have swum that event legally in a YMCA or USA sanctioned meet since 1/1/18. Plus

a swimmer must have competed in at least one USA-CT meet since 1/9/18. All the meets the Piranhas participate in besides intrasquad meets are sanctioned meets but not all are USA-CT meet. Listed below are the USA-CT Meets the Piranhas have offered this season: **Oct 24** Piranha 200 Fr/1000 Fr Meet, **Nov 7** Piranha 200 IM/1650 Fr Meet, **Nov 2-3** CPAC Meet, **Dec 1-2** CPAC Meet, **Dec 15** RYWC Meet, **Dec 15** Sharks Distance, **Jan 5-6** SMST Meet, **Jan 31** GYWD Meet, **Feb 9-10** Bulldog Meet.

Friday January 18th Practice Schedule

P120 - @ Y States
P105-D4-4:45p/S4:45-6p
P90-D4-4:45p/S4:45-6p
Junior - 4:45-6:00p
Neptune - 6:00-7:15p
Nautilus - 6:00-7:00p
Maia - 6:00-6:45p

BEISEL'S SWIMMING TIPS!!

It doesn't seem like that long ago we had our Olympian friend, Elizabeth Beisel at the Y for the Piranha Olympic Series clinic. Here are some of Elizabeth's tips!

1. If you want to be good in fly, you need to train fly.
2. If you don't have confidence behind the blocks before a race don't expect to swim fast.
3. Ordinary people do extraordinary things all the time!!



"Even if you are on the right track, you will get run over if you just sit there."

~ Will Rogers

Notes - Please be reminded anyone leaving practice early **MUST** have a note for the coaches. Makes us feel better knowing that someone will be coming for your swimmer.

PRACTICE UPDATES

1/14

See pg. 1 for today's practice changes.

1/18

See pg. 1 for practice changes.

1/19

No P120, P105 or P90 practice due to 13/Over Y-State Meet. Any 11/12 year olds in those groups can attend Junior practice 9:45-11:00am.



Meet Sign-up Deadlines

2/9-2/10 - Bulldog @ Yale - deadline 1/14 - TODAY [google doc](#)

1/31 - GYWD One Stop - deadline 1/17 - [google doc](#)

1/21 - Intrasquad #3 - deadline 1/21 - [GOOGLE DOC](#)

2/3 - 8/Under Y State Meet - deadline 1/23 - [google doc](#)

2/23 - 8/U Northeast All-Star Meet - deadline 3/4 - [google doc](#)