

# PIRANHA SWIMMING

DARIEN | JANUARY 2, 2019 | YMCA



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## MEET INFO.

**SMST Meet - 8-12 yr olds**

1/5-1/6 – Masuk High

Saturday and Sunday

Warm-up 12:30p, Start

1:45p

Volunteers: 2 timers

## UPCOMING MEET SIGN-UPS

Fri-Sat 1/18-19- 13/over Y States- 1/7  
deadline- [GOOGLE DOC](#)

Wed 1/23 – Blue v Yellow Intrasquad  
#3 – 1/21 deadline – [GOOGLE DOC](#)

Sat-Sun 1/26-27- 9-12 yr old Y States-  
1/9 deadline- [google doc](#)

Th 1/31- GYWD One Stop Qualifier-  
1/14 deadline- [google doc](#)

Sun 2/3- 8/under Y States- 1/23  
deadline- [google doc](#)

## BLUE VS YELLOW

The next Blue v Yellow Intrasquad Meet will take place Wednesday January 23<sup>rd</sup>. Make sure to check out all the archived Blue v Yellow results and write-ups on the "[Intrasquad Central](#)" page

### PIRANHA HOCKEY NIGHT AT THE BRIDGEPORT SOUNDTIGERS!!!

All Piranha family members, siblings and friends are invited. Tickets package is \$25 which includes game ticket, hamburger, tenders or hot dog and a soda or water. [Ticket purchases are on-line](#) and tickets will be left at will-call. This always a fun event for the whole family so I encourage everyone to consider coming out to the game!!



“The first of the year means there are 365 more opportunities ahead.”

~ Anonymyous

Please be reminded that all swimmers must bring their YMCA card everyday so they can check in.

## PRACTICE UPDATES

### 1/4

P120 practice 3:45-6:00p. All other groups at the regular time

### 1/5

P90 & P105 practice 6:15-8:15a. No practice for Nautilus, Neptune, Jrs

### 1/9

P120 practice 3:45-6:00p. All other groups at the regular time



## COACHES CORNER

#22 – Henk Jansen, 1/2/2019

Happy New Year! Yes, 2019. This article is slowly becoming a tradition of mine. With the start of a new year and even though we are well past the halfway point of the SC season, let me remind everyone what a “NEW YEAR” can mean:

12 months to be great – it is up to you  
52 weeks of opportunity – make the most of it  
364 days (it is the 2<sup>nd</sup>) of choices – choose wisely  
8736 hours to make positive, meaningful changes – remember no one can make them for you  
524,160 minutes of time – DON'T WASTE IT

Be the best you can be in 2019!! GO PIRANHAS!!!