

PIRANHA SWIMMING



DARIEN | FEBRUARY 18, 2019 | YMCA



REGIONAL SIGN-UP
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BE DISABLED 2/18

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Don't forget break
week schedule
started on Friday
2/15. Check the
homepage for
daily practice
times.

#ONETEAM

Coaches Corner # 26 by Henk Jansen. Many people think swimming is an "individual" sport, but I think most people who say that never truly swam on a swim team. When you are racing, yes, it is your effort and your effort alone that will determine the outcome. That goes for practice too but having swimmers and coaches supporting you before, after and during a race sure does help. As a coach, I like to move, cheer, bark, etc. while swimmers are racing, and I have watched plenty of fast swims and plenty of slow swims. I am well aware that what I do on

the sidelines probably doesn't influence the clock too much, nevertheless it's what I do, and I feel it sure can't hurt. Where I think the "team" aspect of swimming comes in the most is at practice. Kids will practice a heck of a lot more than they will race. It is probably the worst practice to "play" ratio in all of sports (ok, forget I made you aware of that). I speak from experience as a swimmer and as a coach, having other swimmers with you doing the same practice, same
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#ONETEAM continued from page 1.

sets, same work helps if you are doing it TOGETHER and as a TEAM. So, yes, there is an individual aspect to swimming, but there sure is more of a team aspect to swimming than most think, in my opinion. Having that coach on the sideline and the swimmers with you and behind your lane, cheering, will not always get you fast times, but like I said, it sure can't hurt! In conclusion (I feel like a private eye when I say that), get your swimmers to practice because it not only helps them, it helps their teammates, too. Until next time . . .



"Fortune favors the brave."

~Pulius Terence

CT Senior Champs

This weekend John Barsanti, Ethan Keyes, John Frankowski and Alex Khilko will compete at CT's premiere swim meet.

GO PIRANHAS!

PRACTICE UPDATES

2/18-24

February Break week schedule. Please check the homepage for [practice schedule](#) changes.

2/25

Back to the regular practice schedule

3/2

No practice for Nautilus, Neptune, Junior, P90, P105 due to Regional Meet.



PIRANHA SPRING CLINIC

March 18-21

Registration for the [Piranha Spring Evaluation Clinic](#) begins February 12th. The Clinic is an evaluation for new swimmers 6 years of age and older looking to join the Piranha Swim Team or House program. For more info. email Henk, piranha@darien-ymca.org.

SCHEDULE

- Monday 5:30-6:15p
- Tuesday 4:00-4:45p
- Wednesday 5:30-6:15p
- Thursday 4:00-4:45p

Swimmers should plan to attend all four days.