

# PIRANHA SWIMMING



DARIEN | MARCH 18, 2019 | YMCA



#ONETEAM

March 22  
8/U All-Star Meet!  
@ Wesleyan

Attire: Blue T-shirts  
Yellow caps  
5:15p Warm-up  
6:00p Start  
Volunteers: TBA

## AGE GROUPS!!!

The Piranhas finished off the CT USA season with an awesome showing at the CT Age Group Championships this past weekend. A group of eight Piranhas took on the best 14/unders in the state (Alex Khilko, John Frankowski, Khrystos Yika-Nacarino, Andrew Rodriguez, Oskar Sulkowski, Salma Thomas and Brianna Zhang). All the swimmers swam fast, achieving personal best times, and Alex Khilko and John Frankowski went on to place in the top 20 in multiples events

which qualified them for evening finals.

### Age Group Finalists

Alex Khilko – 200 Breaststroke  
400 IM

John Frankowski – 50 Freestyle  
100 Backstroke  
1000 Freestyle

Congratulations to everyone and thanks to our awesome volunteers.

PIRANHA  
SOCIAL MEDIA

[YouTube](#)

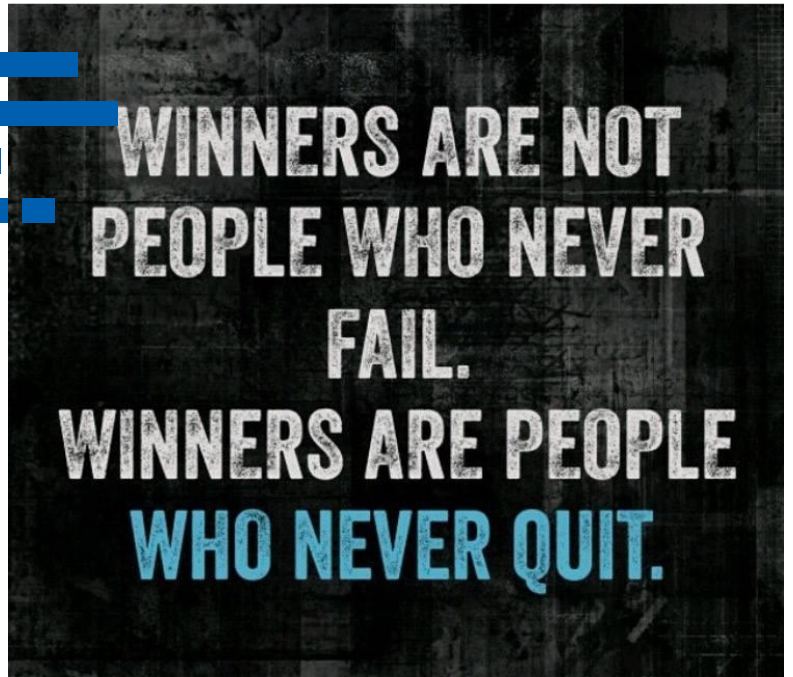
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### PIRANHA Officials @ AGE GROUPS

The Piranhas have a long history of USA officials being associated with the program. This past weekend at Age Groups, no fewer than six of our awesome Piranha officials volunteered for multiple sessions over the weekend. All of our officials worked more sessions than there were swimmers competing, and two have swimmers long graduated from the Team!! Thank you for your time and effort this past weekend: Pawel Frankowski, Nancy Grune, Charlie Hom, David Yika, Bo Zhang and Margaret Daniel!



*"Why fit in when you were born to stand out?"*  
~ Dr. Seuss

### Did You Know?

The Piranhas currently have nine active USA Officials who are all volunteers!!

## PRACTICE UPDATES

### 3/18-4/5

Piranha modified Spring schedule begins. Please see homepage for details.

### 4/8-4/14

No Piranha practice, just House

### 4/15-4/21

No practice for Piranhas or House. All programs on hiatus.



## YMCA ALL-STAR MEET

March 22-24 @ Wesleyan

**Attire:** Blue Team t-shirts and Yellow caps  
Swimmers can wear "tech suits"

### Friday 11/Over Session

11/Overs- Warm-up 1:45p, Start 2:45p

### Saturday, Sunday Sessions

9-12 yr olds - Warm-up 8:00a, Start 9:00a

13/Overs - Warm-up 1:00p, Start 2:00p

**Please keep an eye on the homepage for volunteers and updates**