

# PIRANHA SWIMMING



DARIEN | MARCH 4, 2019 | YMCA



#ONETEAM

March 16<sup>th</sup>

Official last day of the Piranha Short Course Season. Practices will continue until April 5<sup>th</sup> on a modified Spring schedule. Please see homepage for details.

## WHAT AN AWESOME REGIONAL MEET!!!

The Piranhas have been flying high all season with great performances and awesome Team comradery at every meet this season. Regionals was no different. There was great support, time drops, great efforts and great swims all weekend. As one of the last meets on the Piranha short course calendar, the Regional meet was a great finish for some and a springboard to Age Groups for others. Overall the kids showed why we are #OneTeam.

### NEW AGE GROUP QUALIFIERS

**Salma Thomas** – 200 Breaststroke  
**Michael "Spike" Frankowski** –  
50 Backstroke,  
200 Backstroke  
**Alex Khilko** – 200 Freestyle,  
100 Butterfly,  
100 Backstroke

Congratulations to everyone and thanks to our awesome volunteers.

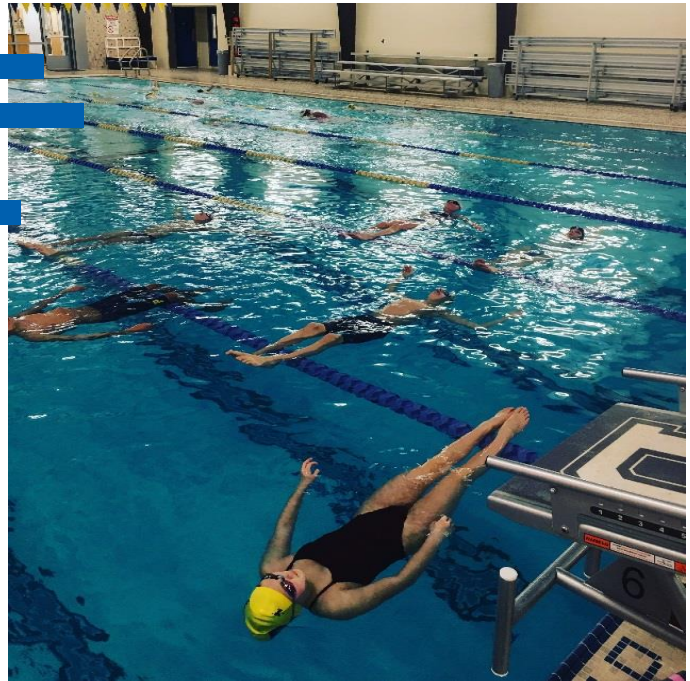
PIRANHA  
SOCIAL MEDIA

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**PIRANHA  
SPRING EVALUATION CLINIC  
MARCH 18-22**

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

For more info email Henk  
[piranha@darien-ymca.org](mailto:piranha@darien-ymca.org).



"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

*~ Michael Jordan*



## PRACTICE UPDATES

### 3/4

Changes to practice are listed on the homepage.

### 3/18-4/5

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

### 3/16

Last "official" day of Short Course season. P120, P105, P90 practice changed to 9:45-11:00.



## CT Age Group Championships

March 15-17 @ Chelsea Piers

Attire: Blue Team t-shirts and Yellow caps

Swimmers can wear "tech suits"

### Friday, Saturday, Sunday Trials

13/Over - Warm-up 6:30a, Start 8:00a

11/12's - Warm-up 10:40a, Start 11:40a

10/Un - Warm-up 1:40p, Start 2:40p

### Friday, Saturday, Sunday Finals

11/Overs - 4:30p Warm-up  
(top 20 in each event make finals)

Times are subject to change, check homepage for most up-to-date schedule