

PIRANHA SWIMMING



DARIEN | OCTOBER 7, 2019 | YMCA



KICKBOARD CHALLENGE!

New this season, the Piranhas will be awarding hard working Piranhas the stars and stripes kickboard each month. A board will be awarded to one swimmer in each of the following groups; Maia, Nautilus, Neptune and Junior. Swimmers will have the pleasure of using the kickboard for the entire month! This past month, swimmers with the best attendance were awarded the board

Each month the criteria will change and will run all season. October Kickboard Challenge is best streamlines and shimmers! Good luck Piranhas!

September Recipients

Maia-Kieran Sullivan, Kylie Martin
Nautilus - Leanna Li
Neptune - Micha Gagliardi
Junior - Isabel Geca

PIRANHA HOMEPAGE

Keep an eye out for those meet sign-up deadlines!

PIRANHA SOCIAL MEDIA

[YouTube](#)
[Facebook](#)
[Instagram](#)
[Twitter](#)

SPIRIT WEAR DISTRIBUTION

Wednesday
October 9th
5:30-6:45p
YMCA Lobby

EASTERN STATE COACHES CLINIC

This past weekend the coaches had the privilege to attend the Eastern State Coaches Clinic. This clinic is held annually in New Jersey and always features the top coaches, Olympians and sport psychologists in the US. The coaches heard from Dr. Goldberg a leading sports psychologist Mark Shubert, Sarah Dawson and Olympians Breeja Larson, Josh Davis and Liz Biesel (the Piranhas have brought in Josh and Liz as a part of their Olympian Series). Big thank you to the Piranhas and the Darien YMCA for allowing the coaches this awesome opportunity.



"Every day ordinary people do extraordinary things."

~ Anonymous

Did you know?

Only the top 2 swimmers in each event except the 100, 200 Free make the Olympic Swim Team.

PRACTICE UPDATES

10/16

Intrasquad meet. No Maia, Nautilus, Neptune, Jr, P90, P105 practice.

10/30

No practice for any group due to Piranha hosted meet.

10/31

P120, P105 early morning 5:15-7:00a practice only. All evening practices cancelled due to Halloween.



PIRANHA INTRASQUAD MEET

OCTOBER 16, 2019

The first installment of the Piranha Blue v Yellow Intrasquad Meet Series will take place October 16th. This meet is open to all P105, P90, Junior, Neptune, Nautilus, Maia and House swimmers.

Warm-up 5:30p, Start 6:00p
Volunteers: TBA – a Google Doc will be made available shortly.

A roster will be posted on the bulletin board and the homepage shortly.

All swimmers should wear their Team gear.