

PIRANHA SWIMMING

D A R I E N , C O N N E C T I C U T

May 22, 2017



Practice Updates This Week

F26	Nautilus practice 5-6pm. All others regular time.
M29	No practice any group- Memorial Day

MEMBERSHIP CARDS

Please all Piranha Swimmers MUST swipe their membership card at the welcome desk before entering the locker rooms. Kids without cards may be turned away.

Darien YMCA App

The Darien YMCA has a new phone app available for free for Apple and Android. Look for it where you download your apps!



Meet sign ups

Intrasquad meet - **deadline M 6/12**

W 6/14 Warm up: 515pm start: 545pm

Orcas Meet at Italian Center - **deadline Th 6/22**

Th 6/29 Warm up and start TBA

***Google docs for both meets available on homepage

Sharks Distance Meet 5/20

This past Saturday a small group of Piranhas swam a short course meet in Stamford. All the 13/overs took on the challenge of swimming the 1650 freestyle (the swimmer's mile) and the 500 freestyle. The results for the mile were exceptional as 7 of 8 swimmers swam life-time best-times and all 8 came back 20 minutes later to swim the 500. Of the 8, three came away with life-time best-times. Although not ideal, this was a great challenge for the kids. Our goal was to swim the mile, and I figured why not swim the 500 too.. 1) I didn't have to do it 2) if nothing else the 500 would seem short, and 3) I can't imagine they will ever encounter a tougher "double" at any other meet this meet this summer. If it makes other swimming experiences in the future seem easier, then we've accomplished something. Our lone 12/under representative was John Frankowski. His task on the day was by no means easy, either. He had to swim the 200 breaststroke and the 200 butterfly. He came away through a great, but tough, experience, achieving the Age Group cutoff time in the 200 butterfly. Great job Piranhas!!

HOUSE MAKE UP SESSION

There will be a make-up session for the Spring House I/II session **ONLY** on Thursday 6/22 445-530pm. This is the makeup from the cancelled day in April due to the thunderstorm.

FOLLOW US ON FACEBOOK AND INSTAGRAM!

"Like" our Facebook page- **Piranha Swimming at the Darien YMCA** (link is on the homepage) and make a request to follow our Instagram- **piranhaswimct**. You never know when your picture will pop up!

Quote of the Week

"Commitment is an act, not a word."

Jean-Paul Sartre



RYWC MEET- Sunday May 21

The Piranhas got the chance to compete outdoors for the first time this season last Sunday up in Brookfield. Although it was quite chilly in the early morning, the weather turned out beautiful! The Piranhas had a great meet, with nearly every swimmer swimming best times (long course meters) in most all their events! Our long course competition season continues in two weeks at the Wilton Invite and the Badger Summer Starter meet, then we will be back up at Brookfield again in the end of June for Y States and in mid-July for the Last Chance Meet. **GO PIRANHAS!!**

Outdoor meet tips:

Always be prepared for anything! Must haves for an outdoor meet include: chairs, plenty of warm, dry clothes, extra towels, a blanket, sunscreen and plenty of water to drink. The pool is heated, but in the morning (especially) it will be chilly once the swimmers hop out of the water. Also, unless there is thunder and/or lightening, none will be cancelled.

Parents on deck and in Team area:

Please note parents **ARE NOT ALLOWED** on deck at swim meets unless you are a volunteer timer. Once you drop off your swimmer to the Team you must then proceed to the designated spectator area. Every meet has one. Even if the spectator area is on deck, like our pool, parents are still not allowed in the designated Team area, even parent timers. Only coaches, officials and swimmers are allowed in the Team area at USA and YMCA swim meets. **This is a strict USA Swimming and YMCA Swimming policy.**