PIRANHA SWIMMING

DARIEN, CONNECTICUT

October 16, 2017

Practice Updates This Week

W18	No practice any group- Piranha meet
T19	No practice any group- SC Kickoff Party at BowlMor
S21	No Jr I, Jr II am practice- all others regular
S22	Sr/Jr I 630a-830a Jr II 630a-8a

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.

MEET INFO THIS WEEK

9-12yr old 200 Free Meet at Darien Y
Warm up: 430pm Start: 5pm
Volunteers: all 13/overs swimming in 400 IM will be timing

13/over 400 IM Meet at Darien Y
Warm up: 545pm Start: 615pm
Volunteers: all swimmers must provide their own timer

Attire both meets: Yellow "P" cap, blue Piranha team tee shirt, Piranha team suit, all other gear Piranha!

****Please do not be late for warm up! Check in with coaches is 15 min. prior to start of warm up.*

PIRANHA SWIM CHALLENGE 2017- 10 DAYS TO GO

Get ready for our version of a swim-a-thon: The Piranha Swim Challenge! This year's challenge will be swum October 25th and October 27th (check the homepage for the exact date for your group). All families have received information in the mail regarding their swimmer's expectation for this challenge. If you have any questions about the swim challenge, please email Coach Henk or Swim Administrator Mary McCarthy with your concerns.

Piranha Swim Challenge Kick-off Party- October 19th at 530pm.

Get psyched up for the 2017 Swim Challenge with a bowling party with your teammates! The Kick-off Party is always a fun event and this year we will be taking the fun to the bowling alley! All practices will be cancelled that evening.

USA SWIMMING OFFICIALS STROKE AND TURN CLINIC

Saturday 10/21 930am-12pm at Westport YMCA
Attention Piranha parents: becoming an official is a great way to volunteer and get involved in the sport that your swimmer loves! All costs will be covered by the Piranhas should you choose to become certified.

Quote of the Week

"Pleasure in the job puts perfection in the work."

Aristotle

COACH'S CORNER #5- COACH HENK JANSEN 10/16/17

Meets. Yes meets, the be all and end all of swimming. No, not really, just being a little playful. Yes, we all want our/your kids to succeed in the pool. That is one of the reasons we are doing this. ONE OF THE REASONS. I bold that last statement because swimming fast at meets (I hope) is not the only reason you enrolled your child in swimming. Youth sports and the sport of swimming in general can offer so many other wonderful experiences and life lessons than just swimming fast. Don't get me wrong, I like fast swimming, but not at all costs and not at the risk of losing the message the life lessons can send us. Some kids will improve every meet, as young swimmers or even older swimmers, and some will not. Every meet brings its own new challenges and experiences. The overall goal of swimming from a results aspect is to show overall improvement across all strokes and events over the course of the season. There will be a time when swimmers plateau, I mean REALLY plateau, like not improving for a few years before making major breakthroughs. You sometimes see this with older swimmers but the overall goal of youth sports, swimming included, should be to train and challenge the mind and body in a positive manner, teach kids about goals, dedication, physical fitness, surpassing limits, sportsmanship and having fun. I am sure I missed a few there, but I think you get where I am coming from. This journey can be a long one if you swimmer sticks it out for the long haul, and I mean until he or she leaves for college. So, keep your perspective and enjoy the journey with your swimmer because one day you will no longer have to drop your swimmer off at practice for one reason or another. Until next time……

LEAVING PRACTICE EARLY

If your swimmer must leave practice early, please send a note with your swimmer to give to the coach.

FOR EVERY PRACTICE

Parents- please make sure that your swimmers show up for practice with everything that they need to succeed. Swim suit, swim cap (optional for those with short hair) and goggles are **required** each day for practice, along with a water bottle for proper hydration. **Please put your child's name on ALL their gear!**

PIRANHA HANDBOOK

The Piranha Team Handbook is available for all through a link on the Piranha Homepage. **All parents must sign off that they have read the handbook.** Please sign the last page and return ASAP to Henk or Mary McCarthy.

PIRANHA HOMEPAGE

Please make it a habit (parents and swimmers) check the Piranha Homepage daily. We don't like making last minute changes, but it happens and the Homepage will be the first to know, email will be second.

UPCOMING EVENTS

Piranha night at the Bridgeport Sound Tigers hockey game- November 11th at 7pm.

Come with your entire family and join the fun on Super Hero Night! Tickets can be bought online- follow this link- http://www.darien-ymca.org/piranhas/wp-content/uploads/2017/09/Darien-Piranha-sound-tigers-flier-2017.pdf

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