

PIRANHA SWIMMING

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

October 2, 2017



Practice Updates This Week

M 2 Regular practice all week

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.

LEAVING PRACTICE EARLY

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



PIRANHA SWIM CHALLENGE 2017

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. The fun starts with the Kickoff Party on Thursday October 19th at 5:30pm at BowlMor in Norwalk. If you have any questions about the swim challenge, please email Coach Henk or Swim Administrator Mary McCarthy with your concerns.

MEET SIGN UPS

The Google Docs are now available on the Piranha homepage to sign up for the swim meets for the first half of the season (through December 2017). **Please make sure you sign up as many of the deadlines are approaching very quickly**- some as early as this week! Once we process an entry and it is sent to the host club, it is nearly impossible to add swimmers, so the best course of action is when in doubt, sign up.

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.

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.

PIRANHA CAP DECORATING CONTEST

Congratulations to the winners of the cap decorating contest!
Maia group: Kylie Langeveld and Tessa Michaelis
Nautilus group: Ella Michaelis, Bridget Parr and Julia Ryan

Quote of the Week

"Nothing is worth more than this day."

Johann Wolfgang von Goethe

COACH'S CORNER- COACH HENK JANSEN

Like I promised in an earlier article, today's article will focus on resistance, also referred to as drag. There are basically three types of drag. There is more to each type, but I am going to try and keep it simple for the sake of this article. First, we must start with water. Basically, water is a resistive substance when trying to move through it. Water is dense and can be turbulent, which makes it more difficult to move through. Also, the human body is resistive. Fish and marine mammals have evolved so their bodies and anatomy are "made" to move through an aquatic environment. Humans, comparatively, are designed to walk upright on land. The human body was not necessarily made to move through the water like a dolphin or seal. The human body is less streamlined and has many contours and abnormal shapes that are by nature resistive. This type of resistance is called "form drag". The way you reduce this drag in swimming is to streamline off walls, lengthen strokes, get head in bodyline and keep body from wiggling side to side, just to name a few. There is also "frictional drag". This is basically drag a swimmer encounters because their skin is against the water. This is why swimmers shave for championship meets and wear hi-tech suits. By no means is this an advertisement for young swimmers (12/under) to buy these high-priced suits or shave. I would save your money and wait until kids get older for these suits. Lastly, there is "wave drag". Basically, this is the splashing and waves created by a swimmer when they swim. Now, all forms of drag are inevitable. They are going to be caused by a swimmer just by virtue of entering the water. The goal is to reduce these forces and counteract them with powerful arm and leg movements, good body alignment and overall good technique. The "propulsive force" a swimmer creates needs to exceed the "drag force" that is being applied against him/her in for a swimmer to move forward in the water. Here is to less resistive swimming! Until next time....

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 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 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!

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>