

PIRANHA SWIMMING

DARIEN, CONNECTICUT

NOVEMBER 27, 2017



Practice Updates This Week

M27	SENIORS ONLY-schedule changes all week- see homepage
S2	No practice any group except House

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.



MEET INFO THIS WEEK

RYWC Winter Invite at Brookfield

F1- warm up-330pm start-5pm 12/u 200s and 13/o distance
S2 warm up-7am start-830am 12/u boys and girls
warm up-1230pm start-2pm 13/o boys and girls

Attire: blue team tee shirt, Piranha team suit, yellow "P" caps, all other gear Piranha!!

Volunteers: Friday- swimmers provide own timers. Sat AM- 3 timers Sat PM- 2 timers- Google Doc available online

Iona 8/u Meet at Iona College

S3 warm up-8am start-9am

Attire: blue team tee shirt, Piranha team suit, yellow "P" caps, all other gear Piranha!!

Volunteers: TBA

*****PLEASE DO NOT BE LATE FOR WARM UP!** If you are, you run the risk of getting scratched from the meet.

MEET SIGN UPS

All the sign-ups for the rest of the short course season are up on the Piranha homepage. Please check them as the dates will come up very quickly (mostly early January), and once the entry is sent, it is nearly impossible to add swimmers to the entry.

Upcoming Sign-ups:

<u>Meet</u>	<u>Deadline</u>
12/13 Intrasquad	12/11
1/6-7 13/o Y States	12/13
1/6-7 12/u SMST Invite	12/20
1/21- 13/o WRAT Pentathlon	12/20

SAVE THE DATES:

Sat, Dec 16th: [Wreath Laying & Ceremony](#) at Spring Grove Veteran's cemetery @ 11:30 - do not be late for the ceremony. All Piranhas and their families are urged to attend to help lay wreaths on veterans' graves.

OFFICIALS CLINIC

Clinic: Starter (New and recertifying)

Date: November 28th

Time: 7:00pm -9:30PM

Location: Darien YMCA 2420 Post Road, Darien, CT

Note: Community Room entrance is in the lobby of the Y to the right as you walk in.

RSVP Ken Gray officials@ctswim.org

****This clinic is for current stroke and turn officials looking to become a starter, as well as starters looking to re-certify.*

COACH'S CORNER – 11/27/17- FROM HENK JANSEN

Ok, I am giving you a retread. This was the 2nd ever Coaches Corner and one of the best in my opinion so I want to share it again in case you missed it the first time. So, allow me to re-introduce the "catch." It happens in every stroke and it is an important phase of a stroke cycle. In laymen's terms, the catch is the beginning of the stroke where a swimmer bends the elbow, and the arm, not just the hand or forearm, and starts to apply force on the water in an attempt to move your body forward. The catch relies on a high elbow, which is why coaches often refer to it as a "high elbow catch" and should happen as soon as possible in a stroke cycle. If the catch happens too late in a cycle or is weak with a dropped elbow, the swimmer will lose power due to poor arm positioning and the "power phase", the stroke length at which swimmers are applying force and moving forward, is shortened or not powerful enough to counteract the resistive forces a swimmer is up against in water. I have gone over different types of resistance in another "Coaches Corner", #3 I believe. I have added a picture of the catch below. Although the catch is a part of every stroke, this picture is of freestyle. If you notice the elbow is high in the water and the arm is a bit bowed. In this position the whole arm from the armpit to the fingertip is able to apply force backwards against the water, acting like a paddle as the arm pushes backwards. This will also set up the next phase when the hand should come under the body, setting up for the final phase which is hand backwards towards the hip in an accelerating fashion. So, you see, a stroke that begins with a great catch is imperative for a powerful and fast stroke. Until next time.....



Quote of the Week

"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."

Dan Gable

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