

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

NOVEMBER 6, 2017



## Practice Updates This Week

WS

Jr1 dryland 4-445p

Jr1/Sr swim 445-545pm

## 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

### Piranha Blue vs Yellow Intrasquad #1

Warm up: 545pm start: 615pm

Attire: Yellow team- yellow "P" caps

Blue team- white "P" caps

Both teams- Piranha team suit, Piranha tee shirt

Volunteers: Google doc available online

\*\*\*there will be a pizza party in the Y Community Room immediately following the meet.

### Blue vs. Yellow Intrasquad meets- How it works

Every year, the Piranha coaches divide the team into two teams- Blue and Yellow- for friendly competition throughout the year.

We will have fun swim meets throughout the season, where we will keep score, with the last meet dubbed the "Meet of Champions". At the end of the season, the team with the highest point total for all the meets will be awarded the "Blue vs. Yellow Team Championship Cup" at the Piranha Banquet. It is a lot of fun for all the swimmers, and it gives everyone a chance to race in a comfortable, fun atmosphere! Here's to another fun season of Blue vs. Yellow!

**\*\*\*THE 2017-18 ROSTERS FOR EACH TEAM ARE POSTED ON THE PIRANHA HOMEPAGE**

## UPCOMING EVENTS

### Piranha night at the Bridgeport Sound Tigers hockey game- November 11<sup>th</sup> at 7pm.

Come with your entire family and join the fun on Super Hero Night this Saturday! 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>

## OFFICIALS CLINICS

### Clinic: Stroke and Turn (New and recertifying)

Date: November 14th

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](mailto:officials@ctswim.org)

### 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](mailto: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 - FROM HENK JANSEN

Coaches Corner #9 - 11/6/2017

Tech suits, what are those? A "tech suit" is an expensive suit that makes swimmers really faster, RIGHT? Ah, NO! Tech suits are expensive, yes, but they don't necessarily MAKE swimmers fast. Swimmers swim races, not suits. So the swimmer "makes" the suit fast not the other way around. I can honestly say I have witnessed A LOT of slow swimming in these suits. Although the manufacturers make small sizes, these suits were meant for bigger, usually older, swimmers. For young swimmers, 10/under, I wouldn't even bother with them. For 11/12's, ah, again, maybe when a swimmer is 12 and he/she has reached age groups, maybe. I honestly think these suits make little to no difference for younger swimmers and I err more towards no difference. At this point many states have banned 12/unders from using them at all, but not CT.

As kids get a little older, say 13/over, these suits start to make a bit more of a difference. And why do they make more of a difference with older swimmers? Simply stated, older swimmers usually have more service area than younger swimmers and larger muscles for compression. You see, the suit's material is supposed to reduce frictional drag so the tightness of the suit adds compression some believe aids in staving off muscle fatigue. Even with this tidbit of information, purchasing these suits is not always necessary for 13/overs, either.

Overall, I want ALL swimmers to rely on their abilities, their work ethic, the work they put in at practice, their confidence to swim fast, not on a suit. I know it is enticing to want to buy the best equipment for your swimmer but it isn't always necessary. I would save the purchase for when your swimmer gets older and starts attending high level meets. Lastly, the Piranhas DO NOT allow swimmers to wear tech suits at in-season meets. These suits are allowed at Championship level meets only. Until next time . . .

## 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 sometimes, and the Homepage will be the first to know, email will be second.

## 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 TEAM DIRECTORY** is available via email from Mary McCarthy in the Piranha office. Please contact [Mary](#) for a directory.

### Quote of the Week

*"Good habits formed at youth  
make all the difference."*

*Aristotle*