

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

DECEMBER 11, 2017



## Practice Updates This Week

**W13** Sr/Jr1 swim 445-545.  
All others intrasquad

### 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.



## MEETS THIS WEEK: BLUE VS. YELLOW INTRASQUAD

W 13 Warm up: 545pm Start: 615pm

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

Volunteers: Google doc available on homepage

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

## 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	<b>TODAY</b>
1/6-7 13/o Y States	<b>12/13</b>
1/6-7 12/u SMST Invite	<b>12/20</b>
1/21- 13/o WRAT Pentathlon	<b>12/20</b>

## 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.

## WINTER BREAK SCHEDULE

Look for the practice schedule for the Winter Break (Dec 22-Jan 2) as it will be posted on the Piranha homepage and the bulletin boards.

## Quote of the Week

*"There are only two options regarding commitment. You are either in, or you are out. There is no such thing as life in-between."*

*Pat Riley*

## COACH'S CORNER #12 – Henk Jansen, 12/11/2017

So, half the Winter Short Course season is over, and it flew by. Before you know it, the Holidays will be in our rearview mirror and we will be in the homestretch of the short course season, looking at Championships. I am not going to go into requirements and boring stuff like that. I think that was CC #9 or 10.

I would like to praise our swimmers and parents for the great effort so far this season. The first half was a really good one for the Piranhas. We came out of the gate swimming fast and made huge improvements. It was great! Now comes the hard part - continuing that success into the second half of the season. The first and most important step is to **keep coming to practice**. Everything good starts with attendance. Then, once at practice, be ready to learn, swim and have fun! Not every meet will be the best of your life, but in the long run, great attendance, attention to detail, and great effort will always pay off. Thanks to the parents for your continued support of the swimmers and our Swim Program. Until next time . .

## SCENES FROM LAST WEEK'S 8/U MEET AT IONA COLLEGE



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