

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

DECEMBER 4, 2017



## Practice Updates This Week

**S9** Seniors TBA

### 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 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

### TEAM/GROUP PHOTO ORDERS

December 8<sup>th</sup> is the deadline to order your photos! Please contact Pawel Frankowski at [franz2@optonline.net](mailto:franz2@optonline.net) to place your order.

### SAVE THE DATES:

**Wed, Dec 13<sup>th</sup>:** Blue vs. Yellow Intrasquad #2 545pm warmup, 615pm start. Pizza party immediately following the meet.

**Sat, Dec 16<sup>th</sup>:** [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.

### MEETS THIS PAST WEEKEND

The Piranhas had a weekend full of racing this past week! Some of the senior swimmers headed down to North Carolina to compete in the Arena Capital Classic, while the rest of the team headed up to Brookfield for the RYWC Winter Invite on Saturday or made the trip to Iona College on Sunday for the Iona 8/u Invite. There were many best times swum by almost every Piranha at all of the meets, and we even had multiple event winners at the RYWC meet! With only one more meet ahead (the Blue vs. Yellow Intrasquad on 12/13) as we head into the holiday season, we are focusing on fine tuning our technique in all of the strokes (and that includes our underwaters!) so we will be ready for the second half of the season that starts off with a very busy January! Go Piranhas!

### Quote of the Week

*"All great achievements require time."*

*Maya Angelou*

