

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JANUARY 15, 2018



Practice Updates This Week

F19	TOPS event- Neptune and Poseidon practice 630-730pm.
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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

WRAT Pentathlon Sunday 1/21 at Westport YMCA

Warm up: 730am

Start: 845am

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

*****PLEASE DO NOT BE LATE FOR WARMUP! Check in with coaches is 15 min. prior to beginning of warm up.**

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>Google Doc Deadline</u>
8/u Y States 2/4	1/19/18
CT Regionals 3/2-4	2/15/18
NE Regional Y All Stars 3/23-25	2/28/18

PRACTICE CHANGES: FRIDAY 1/19

Due to the TOPS event at the Y, **Poseidon and Neptune practice will be moved to 630-730pm.** All other practices regular schedule.

Blue vs. Yellow Intrasquad #3

98 Piranha and House swimmers competed in the Blue vs Yellow Intra-squad meet #3. This meet included a Freestyle relay, as well as Free, Breaststroke and IM races. After some exciting swimming, the Yellow team came out on top in a close one, 167-156! The Piranha swimmers have since been back in the pool working on perfecting stroke technique and training through some challenging sets. One aspect the coaches have been emphasizing this season is having fast transition turns in the IM races. Transition turns are fly to back, back to breast, and breast to free turns a swimmer must utilize while swimming an individual medley race. Event winners are as follows: **Penny Vanovitch** took first place in 25 Free. **Colby Comfort** placed first in 25 Free and 25 Breast. **Michael Frankowski** placed first in both 50 Free and 50 Breast. **Emerson Langeveld** placed first in 50 Free. **Sebastian Raz-Guzman** placed first in 50 Free and 50 Breast. **Lily Voigt** placed first in 50 Free. **Denis Proskuryakov** placed first in 100 Free and 100 I.M. **Maryan Guzman** placed first in 100 IM and 100 Free. **Maria Gardner** placed first in 25 Breast. **Salma Thomas** placed first in 50 Breast. **Brianna Zhang** placed first in 50 Breast.

Coaches Corner #16 – Henk Jansen, 1/15/2018

About two years ago, I and one of my former swimmers who had just finished his college swimming career, got together to have lunch and catch up a bit. As you would expect, the conversation touched upon swimming and he said one of the most profound statements to me about being a swimmer. He said, "Henk, if you haven't had a tough Championship meet in your life, you're not a swimmer." Whoa!! Maybe this is perspective you only get after a swimming career has ended but that statement has stuck with me ever since and will stick with me forever.

Yes, it's that time of year, Championship season. It is staring us right in the face and it will be here before you know it. Overall, this is always a fun time of the year when kids get excited, swim fast and have the opportunity to reap the fruits of their labor at the last meet of the season, which always seems to be, right or wrong, the lasting image of the season. It can also be a stressful time for swimmers, coaches and parents alike. Coaches - because we want our kids to be their best so they feel accomplished, swimmers - because they put so much time and energy into this (or they haven't and they know it) and want to swim fast, and parents - because they have to watch their kids getting stressed out. Although it is normal and shows that swimmers care about their success, I think the important thing to remember is to RELAX!! No one should get too crazy about Championship meets. The last time I checked stressing out never helped anyone do anything well. This is swimming. Meets are supposed to be the fun part of the sport, the "game" part of the sport. Yes, as I have said a bunch of times before, swimming, sports and extracurricular activities are important, but the sun will still shine tomorrow if you have a bad swim. It is not life or death so let's not treat it that way. Everyone wants to swim fast, everyone wants to end the year on a high note, but if that does or doesn't happen, the important thing is to learn from the experience either way. I think it's important to keep this time of year in perspective and remember to have fun and enjoy the moment. Until next time



Coach Henk with the Yellow team!

"I must say it has been a little while since I have been in the "trenches" at an Intrasquad Meet. Wow, you do earn your keep at these meets! I didn't get splits, I didn't worry about times, but I did get to see some great racing, great enthusiasm and had a blast!! It was a fun and cool experience. The results are being processed. Heat winner prizes are on order so we will get those prizes to those kids who did not get theirs at the meet. Lastly, thanks to all the kids and parents who helped out with the meet."

Quote of the Week

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

Swami Sivananda