

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JANUARY 8, 2018



Practice Updates This Week

W Intrasquad meet. Seniors
10 330-530pm. Jr 1 regular

PARKING

Don't forget the semi-circle is for active pick-up and drop off only.

We recommend you park and spend some time watching the end of practice and enjoying the Y's awesome lobby. There's free WiFi!!!

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 #3

Warm up: 530pm Start: 6pm

Attire: Yellow team- Yellow "P" caps, Piranha tee shirt, Piranha team suit. Blue team- White "P" caps, Piranha tee shirt, Piranha team suit.

Volunteers - Google doc on homepage

***Pizza party immediately following the meet in the Y Community Room. No one can enter the Community Room before 7:00pm.

PIRANHA SCARVES

Piranha scarves will be for sale for \$12 (**cash only**) on Wednesday, 1/10 from 530pm to 615pm in the Y lobby (scarf photo on the homepage).

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.**

GYWD MEET

Please note the Thursday February 1st GYWD meet is now open to Neptune Swimmers. Please note the sign-up deadline listed below.

Upcoming Sign-ups:

<u>Meet</u>	<u>Google Doc Deadline</u>
Blue-Yellow Intrasquad 1/10	1/8/18
GYWD One Stop 2/1	1/10/18
9-12 Y States 1/27-28	1/10/18
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

Quote of the Week

"Believe and act as if it were impossible to fail."

Charles Kettering

Coaches Corner #15 – Henk Jansen, 1/9/2018

Let me please start by stating this article, although an important read for any one of any age, is geared a bit more towards the older, more experienced swimmer who has come to that crossroad of “do I?” or “don’t I?” go down the road that gives me the best opportunity to succeed in swimming? Fortunately or unfortunately (depending on how you look at it), swimming is one of those sports that is a TRUE year round sport which takes year round dedication to progress and develop. There is no way around it. Yes, there is time off during the year, but not every week. In order to be good or to meet your greatest potential you really need to attend practice regularly on a year round basis and be what I call a “95 percenter”, attending practice 95% of the time. Then you will have the OPPORTUNITY to be good because there are no guarantees. Attendance is only the first step. I think I wrote about attendance specifically a few articles back. I know, it is not easy, I will never insult anyone’s intelligence and say it is. It is tough, it is hard, it is consuming, but if you give all you have, it will be fulfilling. Swimming is getting faster and faster, I mean really fast at every level and at every age, and year round dedication is what is required to help you compete. Didn’t Winston Churchill say, “It’s not enough that we do our best; sometimes we have to do what’s required.” By no means am I trying to give off a negative vibe here. I am trying to do the exact opposite and encourage, educate, inspire and be truthful about the sport of swimming which, by the way, is an awesome sport that you can enjoy for the rest of your life and keeps you in great shape. I will leave you with one more quote, “No one who ever gave their best ever regretted it.” The great George Halas uttered those words. Until next time

SMST 8-12 Year Old Meet @ Masuk High School Monroe, 1/6-1/7

WOW!!! The Piranha 12/unders came to race!!! They started the new year with an awesome display of effort and fast swimming, especially the 8’s who swam some longer distances for the first time. Great effort, great job to everyone. Thanks as always to our great officials and volunteers. You guys rock too! Results are posted.

13/Over YMCA State Meet @ Wilton YMCA

Adverse conditions do not describe what the swimmers and parents had to endure this past weekend in Wilton. The cold outside permeated the bubble and it was cold inside. Coldest deck I have ever been on! To those swimmers and parents who stuck in out, thank you! Seldom are conditions ideal at any meet or in any situation in life. This weekend was just another life-lesson and example of that. Not only will the kids have a story for a life-time, but I hope it helps their confidence knowing that they did their best and raced regardless of the circumstances. We had some life-time best times come out of this meet, so you never know and that’s why you swim the races. Results are posted.

THANK YOU!

Thank you from the Piranha Staff to the PPA and all the Piranha families for the generous holiday gifts and warm wishes. All the best for a Happy and Healthy 2018!!

