

PIRANHA SWIMMING

DARIEN, CONNECTICUT

MAY 21, 2018



Practice Updates This Week

M 21	Regular practice all week
M 28	NO PRACTICE ANY GROUP Happy Memorial Day!

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 SPRING/SUMMER

As of today, we are confirmed as entered in the following meets:

Zeus 9/u Meet	6/1
CT Y States	6/1-3
WRAT 9/u Invite	6/7
CPAC Meet	6/15-16
WHAT Summer Invite	7/21-22

*****PLEASE CHECK THE ENTRIES POSTED ON THE HOMEPAGE SO YOU KNOW WHAT YOU ARE SIGNED UP FOR!**

STAYING HYDRATED DURING PRACTICE

Please remind your swimmers to bring water bottles to practice. With the warmer weather (finally!) upon us, swimmers can get dehydrated much sooner than they expect. It is important for the swimmers to drink water (preferably) during a practice. If they wait until they feel thirsty, they have waited too long. Stay hydrated!!!!

MEETS THIS PAST WEEKEND

GRYM Invite

The Piranhas had their first full weekend meet for the long course season this past weekend. There were many great swims, and dozens of lifetime best times! Thanks to all the parents who helped time and officiate. Our next meets are the Zeus 9/u Invite on 6/1, and the CT Y State Meet in Brookfield on June 1-3.

UPCOMING OFFICIAL CLINICS

Clinic: Re-certifying Stroke and Turn Official's Clinic

Dates: 7/17/2018

Time: 7:00pm to 9:30pm

Location: Online Class

RSVP Nancy Wargo nwargo10@gmail.com

FOLLOW US ON SOCIAL MEDIA!

Facebook: Piranha Swimming at Darien YMCA

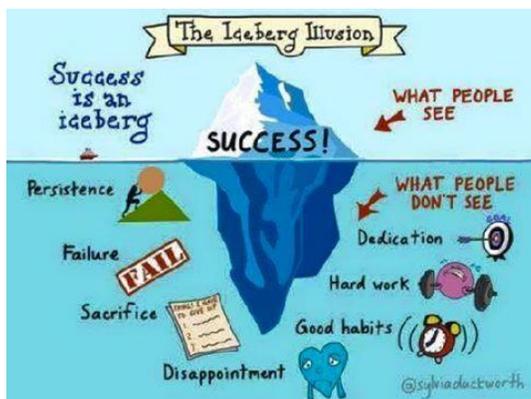
Twitter: @darienpiranha

Instagram: piranhaswimct

*****when requesting to follow us on social media, if your username/profile doesn't have your name in it, please email Liz to let her know you are requesting to follow. We are very careful about who we allow to have access to viewing our social media accounts and want to make sure it's always "friends and family"!**

Coaches Corner #2 by Henk Jansen, 5/23/2018

Swimming is a marathon not a sprint. What the heck does that mean? Well, swimming is a process, sometimes a loooooong process and in this day and age of instant gratification and instant results, swimming is the exact opposite of that. I always get a kick out of the interviews or video montages during the Olympics when the announcer states that the swimmer has worked hard for 4 years for this. 4 YEARS!!! Try a life-time! This is a long-haul sport in an instant gratification world. Yes, swimmers will improve at times meet to meet, season to season, year to year, but there will always be something to work on and something that simply takes longer to improve upon. Add to that, not every swimmer will learn at the same pace. Some swimmers will take a little longer than others, but if swimmers come to practice and coaches are teaching and coaching, it will come together. The process, there is that word again, is a bumpy road, with many twists and turns, that takes time. The best



way I can describe it is with a picture. Very few, like maybe 3 swimmers in the world, have a very straight and speedy road to fast swimming. Most swimmers have the iceberg. When mistakes are made, and are made, and are made, please remember, the coaches are working on it and it will take some time. Remember- a diamond is a lump of coal that stuck with it!! Until next time...

GET TO KNOW YOUR COACHES! [Coach Brittany Daniel](#)

When did you know you wanted to be a swim coach?

- I knew I wanted to coach when I stopped swimming and playing water polo after my freshman year of college. I still wanted swimming to be a part of my life, so I figured a transition to the coaching side of swimming would be a good move! I was right!

What is your favorite Olympic swimming moment?

I have two!

- Beijing 2008 Men's 4x100m Freestyle relay, when Jason Lezak came from behind to win gold and the WR for Team USA! I still cry every time I watch that race!
- Rio 2016 Women's 100m Freestyle, when Simone Manuel became the first African-American Woman to medal in an individual swimming event by winning gold and in OR time!

Who is the most influential person in your swimming/coaching career?

- My first coach, Ausra McKenna, was the first coach who really took the time to develop me into a hard-working swimmer. Even after I switched teams and became a coach myself, Ausra always checks in on me and cares about my swimming career!

What are your hobbies outside of the pool?

- I have been training Kempo Karate and Brazilian Jiu Jitsu for the last three years!

What is your favorite ice cream flavor- and where can we get it?

- Slightly Mocha- from Sunny Daes in Stamford.

Quote of the Week

"There is no influence like the influence of habit."

Gilbert Parker