

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

JULY 2, 2018



## Practice Updates This Week

|         |  |
|---------|--|
| W<br>4  | Sr/Jr 1 630am-830am<br><b>ALL OTHERS OFF- HAPPY<br/>4<sup>TH</sup> OF JULY!!</b> |
| Th<br>5 | Sr/Jr 1 off— <b>ALL OTHER<br/>GROUPS REGULAR<br/>PRACTICE</b>                    |

### 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.



### PERSON TO PERSON FOOD DRIVE- through 7/2

**\*\*\*DATE EXTENDED THROUGH THIS TUESDAY!**

*LET'S FILL UP THE LAST BIN!!*

The Piranhas will be taking donations for Person to Person in Darien to help those in our community who are in need. Donation bins will be located on the pool deck during practice. Please help with whatever you can. The list of items that are most needed is on the Piranha homepage, the team bulletin board at the Y, and on our Piranha Instagram, Facebook and Twitter pages.

### FOLLOW US ON SOCIAL MEDIA!

**YouTube:** search Piranha swimming drill series (**NEW!**) (there is also a link to it on our Instagram page)

**Facebook:** Piranha Swimming at Darien YMCA

**Twitter:** @darienypiranha

**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"!*

**\*\*\*Please be reminded these are for positive promotion and entertaining purposes. We will not tolerate any negative comments or "airing of dirty laundry". Let's keep it fun!!**

### LOOKING FORWARD:

**JULY 4<sup>TH</sup>- Practice for Seniors and Junior 1 ONLY- ALL OTHER GROUPS OFF.**

**JULY 5<sup>TH</sup>- Seniors and Junior 1 OFF- ALL OTHER GROUPS REGULAR SCHEDULE**

### 2018-19 REGISTRATION INFO

Registration info for returning swimmers will be emailed to all current swimmers in mid-July. Register online by Aug 3<sup>rd</sup> and receive a \$50 credit towards the volunteer fee charge. ALL registrations must be received by Aug 24<sup>th</sup> to secure a spot on the team.

## GET TO KNOW YOUR COACHES- Coach Liz

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

I started coaching with the local summer club when I was 12 (and didn't get paid!) and loved it. It wasn't until after I graduated college that I went to the Red Bank Y in NJ to fill in for the departed 8/u coach (while I was looking for a "real" job), when I realized that I really loved coaching and wanted to pursue it further.

*What is your favorite Olympic swimming moment?*

No doubt, watching the American women win the gold medal in the 1976 Olympics after everyone thought it was impossible to beat the East German women. My good friend and teammate Wendy Boglioli was on that relay team!

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

Swimming: my parents were great at instilling a strong work ethic in me, and they were always ready to take me anywhere I needed to go for the sport I loved. Coaching: I worked for 4 years as an assistant to 3x Olympic coach Frank Elm and it was truly an amazing experience to learn from one of the legends in the swimming world!

*What are your hobbies outside of the pool?*

I love to garden (veggies and flowers) and cook for my family any chance I get. I'm also obsessed with the beach and when I grow up I want to be a mermaid 😊

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

Turkey Hill Mint Chocolate Chip- from the grocery store. From a shop- ANYTHING from Hoffman's Ice Cream in Spring Lake, NJ- and currently that's either peach, strawberry or banana ice cream!

darien-ymca-piranhas.org

### 2018 Long Course Practice Schedule - June 17-July 28 – UPDATED 3/21

|                  | Monday                         | Tuesday                               | Wednesday                      | Thursday                              | Friday                         | Saturday   |
|------------------|--------------------------------|---------------------------------------|--------------------------------|---------------------------------------|--------------------------------|------------|
| <b>House</b>     | xxx                            | 4:45-5:30p                            | xxx                            | 4:45-5:30p                            | xxx                            | 9:00-9:45a |
| <b>Maia</b>      | 5:00-5:45p                     | xxx                                   | 5:00-5:45p                     | xxx                                   | 5:00-5:45p                     | 9:00-9:45a |
| <b>Nautilus</b>  | 5:45-6:45p                     | xxx                                   | 5:45-6:45p                     | 6:30-7:30p                            | 5:45-6:30p                     | 9:00-9:45a |
| <b>Poseidon</b>  | 5:00-6:30p                     | 6:30-7:45p                            | 5:00-6:30p                     | 6:30-7:45p                            | 5:00-6:30p                     | 8:15-9:45a |
| <b>Neptune</b>   | 5:00-6:30p                     | 6:30-7:45p                            | 5:00-6:30p                     | 6:30-7:45p                            | 5:00-6:30p                     | 8:15-9:45a |
| <b>Junior II</b> | 5:00-6:45p                     | DL 6:00-6:30p<br>Sw 6:30-7:45p        | 5:00-6:45p                     | DL 6:00-6:30p<br>Sw 6:30-7:45p        | 5:00-6:30p                     | 6:30-8:15a |
| <b>Junior I</b>  | 5:45-8:00a<br>or<br>5:00-6:45p | Sw 5:45-8:00a<br>DL 8:15-9:00a<br>xxx | 5:45-8:00a<br>or<br>5:00-6:45p | Sw 5:45-8:00a<br>DL 8:15-9:00a<br>xxx | 5:45-8:00a<br>or<br>5:00-6:30p | 6:00-8:15a |
| <b>Senior</b>    | 5:45-8:15a<br>xxx              | Sw 5:45-8:00a<br>DL 8:15-9:00a<br>xxx | 5:45-8:15a<br>xxx              | Sw 5:45-8:00a<br>DL 8:15-9:00a<br>xxx | 5:45-8:15a<br>xxx              | 6:00-8:15a |

Please note the schedule is subject to change.

**Junior I swimmers are welcome to attend any morning workout on Monday, Wednesday, Friday.**

DL = Dry Lands

\*Dry Land calendar TENTATIVE.

### Quote of the Week

*"We aim above the mark to hit the mark."*

*Ralph Waldo Emerson*