

YPAC SWIM TEAM

January 13, 2009 Piranhagram

www.ypacswimteam.org



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Deadlines

19 11 & Up Turn Clinic Sign Up

Coach's Corner

Hello YPAC Swimmers and Families-

I want to thank everyone for their continued patience as we juggle around three broken pool pumps in two weeks. The YMCA pool is obviously back up and running and the Ferndale pools are both scheduled to be back in service on Monday, January 19. Please make sure to check the YPAC website on a regular basis for the most up to date practice, meet and clinic information. Whenever there is a change in practice times or locations, the website will be the first place the information is posted.

Thank you to all of the families who made the dreadful drive in the snow to the FLY meet this past weekend. At the BAC and Fly meets, YPAC swimmers had some amazing swims. Meet results will be posted in next week's Piranhagram.

Under the Core Value article this week I address a continuing problem that we are having at meets. This past weekend was no exception. The problem we are having pertains to swimmers leaving lots of trash behind where YPAC swimmers are sitting. Please make sure to remind your swimmers to be respectful of the facilities we are using and to pick up their trash before their leave the meet.

The MYM meet is this weekend for all swimmers who signed up or are planning on doing deck entries. Please allow yourself plenty of time to get out to the meet. As was apparent last weekend, bad weather conditions can really take a toll on the travel time to a meet. If a swimmer is not present for warm up, they may be pulled from any relay they were supposed to participate in. Be safe and allow yourself plenty of time for travel.

Thank you again for your patience as we work around the broken pools.

Coach Amber

South Oakland YMCA

1016 W. Eleven Mile Rd. Royal Oak, MI 48067 (248)-547-0030

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Dates to Remember

January

- 16 Superbowl Splash
- 17 MYM Meet
- 18 MYM Meet
- 23 Circle City
- 24 Circle City
- 25 Circle City
- 25 11 and Up Turns Clinic

February

- 1 Film Clinic
- 6 Michigan Open
- 7 Michigan Open
- 8 Michigan Open
- 14 Eastern Michigan Clusters
- 15 Eastern Michigan Clusters
- 22 8 & Under State Meet
- 28 YPAC Hosted YMCA State Meet

March

- 1 YPAC Hosted YMCA State Meet
- 6 12 & Under USA State Meet
- 7 12 & Under USA State Meet
- 7 Eastern Michigan B Clusters
- 8 12 & Under USA State Meet
- 15 BBD Day After Meet (High School Boys)
- 20 Great Lakes Zone Meet

Practice Time Updates

Due to the Ferndale High School pool pump breaking last week, there will be one change to this week's practice schedule. 11-12 and 13 and up swimmers will all practice at their regular practice times and locations this week except for on Thursday, January 15. On Thursday, both age groups will practice at Royal Oak High School from 4-6pm. Royal Oak High School is located on the corner of Normandy (13 and a half) and Crooks. The pool entrance is located off of the tennis court parking lot. Both of Ferndale High School's pools are scheduled to be up and running again by Monday, January 19. Thank you for your continued patience as we juggle practice times in order to make sure all age groups are getting the pool time they need. Please continue to check the website for any practice time or location changes.

MYM Meet This Weekend

If you are signed up to swim in the MYM meet this weekend, please note that the session times are different than most meets we have attended this year. Warm-up and meet start times are as follows:

11 & Over: Warm-up 7:30-8:15 AM, Start 8:30 AM
10 & Under: Warm-up 1:00-1:45 PM, Start 2:00 PM

*Please note that older swimmers swim in the am sessions

Deck entries will be taken at this meet if there is space available. Fees for Deck entries are \$5 per individual event. Deck entries must be filed by 8:00 am for AM session and 1:30 pm for the PM session. All deck entries must be cleared with your coach.

YPAC State Meet/Save the Date

Please mark February 28 and March 1 on your calendar for the YPAC hosted YMCA State Meet. We will need all YPAC parents, **regardless if your swimmer is swimming in the State Meet or not**, to volunteer some time in order to pull off a successful State Meet. As mentioned at the Parent Information Meeting and in the YPAC Handbook, **parent participation in all YPAC hosted meets is a requirement of YPAC membership**. Hosting the Michigan State Meet is a huge honor for YPAC. Please help us display to the rest of Michigan what an amazing team YPAC is.

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Quote Of The Week

“If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles away, I'd still swim. And I'd despise the one who gave up”.

~Abraham Maslow



YPAC Board Meeting

The Next YPAC Board Meeting Will take place on Monday, February 2, 2009 @ 7:00pm at the Pleasant Ridge Rec located at 4 Ridge Road.

Interested YPAC parents are always invited to attend.

11 and Up Turns Clinic

If you have not already signed up for the 11 and up turn clinic, time is running out. There are still a few spots left in the clinic that will take place on Sunday, January 25 from 12:15-1:00 and 1:15-2:00. If you would like to participate in the clinic please e-mail Coach Amber at headcoach@ypacswimteam.org by Monday, January 19.

Check Out the Website

Be sure to check out the YPAC website for all the latest up to date practice, clinic and meet scheduling information. Whenever there is a time or scheduling change for any of these events a memo will be posted to the front page of the YPAC website at www.ypacswimteam.org.

Practice/Yoga This Weekend

There will be no practice or yoga for any age group this weekend.

Wendy's Fundraiser

Every Wednesday from 4-8 pm the Wendy's restaurant located at Greenfield and 12 mile will donate 15% of all dine in and drive thru order bills to the YPAC Swim Team. If you are looking for a healthy pre-practice snack, swing by Wendy's and try a baked potato or a grilled chicken salad. 15% of your bill will be donated to our team.

YPAC Merchandise

This is your last chance to order any spirit wear we have left in stock. Limited quantities and sizes are available. Please see the attached order form for specific details. If we run out before your order is in, you will be contacted. All items are immediately available; however, the team towels will take 1 extra week if you are having it personalized. The order form will also be posted on the website. All orders are due to the black box at the YMCA by January 30. If you have questions, contact Julie Buccalo at buccalo@wowway.com.

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Nutrition

LUNCH/DINNER AT FAST FOOD RESTAURANTS

McDonald's - 500 kcal

Chicken fajita
Vanilla low-fat milk
shake

OR

Hamburger
Low-fat milk
Low-fat frozen yogurt cone

McDonald's - 700-750 kcal

Hamburger
Side salad with low calorie
dressing
Strawberry low-fat milkshake

Burger King - 500 kcal

BK Broiler with BBQ sauce
2% milk
Orange juice

Arby's - 700-750 kcal

French dip
Side salad with lite Italian
dressing
Jamocho shake

Taco Bell - 700-750 kcal

Bean burrito with red sauce
Plain 10" tortilla
Low-fat milk

Pizza Hut - 1,000 kcal

2 slices medium cheese pan pizza
6 breadsticks
Beverage

Wendy's - 1,000 kcal

Plain baked potato
Chili
Side salad
Small frosty

Respect Month

In order to build strong swimmers and strong members of our community, each month of the 2008-09 swim season we will focus on one of the YMCA four core values of **Caring**, **Honesty**, **Respect** and **Responsibility**. The month of January will focus on Respect. During swim practices the coaches will teach different lessons to your swimmers on how they can be respectful individuals. In addition to lessons at practice, the Piranhagram will outline different ways that YPAC swimmers and parents can be respectful members of our swim family. This week's lesson is:

Respect your surroundings. When we attend a meet, are at Ferndale High School or any other facility that YPAC uses, we are guests of that facility. Please be respectful of the facility you are in and pick up after yourself, do not vandalize the building and conduct yourself in an appropriate manner. It is a continued problem that there are huge amounts of trash being left behind at meets where YPAC swimmers were stationed. Please make sure at meets to help pick up the area YPAC was sitting in before you leave. It is not the responsibility of the coaches and meet workers to pick up after the swimmers.

Parent's Weekly Checklist

- ✓ Check the website for the most up to date practice schedule.
- ✓ Note the warm up and meet start time for the MYM meet this coming weekend.
- ✓ Sign up for the rescheduled 11 and Up Turn Clinic
- ✓ Mark February 28 and March 1 on your calendar for the YPAC hosted YMCA State Meet.
- ✓ Stop by the Wendy's at 12 mile and Greenfield on Wednesdays from 4-8 for a pre or post workout snack.

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