

YPAC SWIM TEAM

February 9, 2009 Piranhagram

www.ypacswimteam.org



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Deadlines

February

- 17 YMCA State Meet Entries
- 17 USA 12 & Under State Meet Entries
- 17 State Meet T-shirt Orders

Coach's Corner

Hello YPAC Swimmers and Families-

First, I would like to congratulate all the swimmers who made the drive up to Saginaw for the Saginaw 50's Meet. Coach Colleen, Coach Qenton and Coach Ryan told me that our swimmers swam out of their minds! YPAC placed third overall in the meet! Congratulations to Gabriela Vettorello, Tai Furnari and Lauren Carey who all earned new State Meet time cuts. Congratulations to Mitch Buccalo who earned a new Zone Meet time cut. And, Congratulations to Brita Sharef who earned three new Zone Meet time cuts and set the meet record in the 50 breaststroke! Nice job YPAC swimmers!

This week in practice the Coaches will be updating any goals that have been achieved by the swimmers. They will also be preparing the swimmers for the Eastern Michigan Clusters Meet this weekend with visualization techniques and by refining stroke mechanics. The 13 and up age group will either be going through some very vigorous training this week (often referred to as He** Week) or will be tapering in order to try and achieve their State Meet time cut at the Eastern Michigan Clusters Meet this weekend.

It is very imperative that all swimmers, regardless of their age, get plenty of sleep and healthy food this week before the Eastern Michigan Clusters Meet. Only with proper nutrition and proper rest can the swimmers live up to their full potential in the pool at meets. It is also important to "carb load" (eating a high carbohydrate diet in order to provide proper energy supplies during a meet) earlier in the week rather than the day before or the day of a meet.

The Coaches have high expectations for YPAC swimmers this year and need all the parent's help to ensure that the swimmers are able to perform to the best of their abilities.

Have a great week!

Coach Amber

South Oakland YMCA

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Dates to Remember

February

- 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
- 21 Great Lakes Zone Meet
- 22 Great Lakes Zone Meet
- 29 YPAC Banquet

April

- 6 YMCA National Meet
- 7 YMCA National Meet
- 8 YMCA National Meet
- 9 YMCA National Meet

Meet Entries

YMCA State Meet entries are due by Tuesday, February 17 to the YPAC Black Box. There are time cuts needed for this meet.

USA 12 & Under State Meet entries are due by Tuesday, February 17 to the YPAC Black Box. There are time cuts needed for this meet.

State/Zone/National Qualifiers

Congratulations to all the YPAC swimmers who have earned individual State Meet, Zone Meet or National Meet qualifying time cuts. Here is a list of the most up to date qualifiers:

9-10: Hannah Bailey, Lauren Carey, Emmeline Dunkel, Liliana Gray, Noah Momblanco, Gabriela Vettorello

11-12: Allie Archambault, Amanda Coletti, Tai Furnari, Brita Sharef*, Mitchell Buccalo*, Nolan Zandler

13-14: Nicole Buccalo, Rachel Dery, Taylor Flynn*, Kohar Shrikian, Drew Branigan, Christian Dolnicek, Nicholas Dolnicek, Noah Duchan, Witold Fuchs, Matt McNamara**

15-18: Sarah Dooley, Sarah Greenwood, Hannah Heenan, Grace Hogan, Christina Ricci*, Julia Schlau*, Moriah Young*, Matt Archambault, Jay Daniels, Jeremy Raisky*, Tyler Tadian*, Peter Dolnicek*

* Zone Meet Qualifiers, ** National Meet Qualifiers

Congratulations to all the swimmers who have earned their time cuts thus far!

Attention all 13 & Up Swimmers

In demonstrating the YMCA four core values, all 13 and up swimmers are requested to help in the clean up process after the **Sunday session** of the YPAC hosted YMCA State Meet. Allow yourself extra time after the meet to help with clean up duties. This is not optional! The caring and responsibility you all will show is greatly appreciated.

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Quote Of The Week

“Confidence Is A Choice

Many People think the only way to be confident is to be successful.

While it is easier to believe in your abilities when you have been proven successful, it is not the only way to feel a sense of confidence.

Confidence is a choice. It comes from choosing to focus on *your*

strengths and knowing that you are good. It comes from choosing to be positive with yourself.

It comes from focusing on what you need to do to swim well rather than

uncontrollable, situational factors. Most importantly, confidence comes when you're not worrying about being the best, but when you are focusing on being your best”

(Kimball, Aimee).

The next parent Board Meeting will be held on Monday, March 2 at 7pm at the Pleasant Ridge Recreation Center located at 4 Ridge Road in PR.

YMCA State Meet Shirt Pre-Order Clarification

There has been some confusion as to the State Meet shirt pre-orders. Here is some clarification:

Our team will be providing qualifying swimmers with a YPAC State/Zone/Nationals t shirt (designed by Coach Ashley and the senior group of swimmers) as a congratulatory gift for their achievements.

As we are the host of the YMCA State Meet this year, we are also selling YMCA State Meet apparel. If you wish to have STATE MEET apparel, you will need to fill out the apparel order form located on the YPAC website and place it and a check in the YPAC Black Box no later than February 17. If you have any questions, contact Julie Buccalo at buccalo@wowway.com

YPAC Hosted YMCA State Meet

The YMCA Michigan State Meet is only three weeks away!!!! Thank you to all the volunteers who have already signed up or confirmed their volunteer role for the meet. If you have not taken care of your volunteer responsibilities yet, please contact Gina Furnari at ginafurnari@yahoo.com. Thank you for your continued support in making this an amazing YMCA State Meet.

YPAC DVD

At the end of every swim season, YPAC puts together a collection of memorable moments into a DVD to be aired and sold at the banquet. For all of you parents and swimmers who have been taking photos throughout the year, or just have that one great photo you want to share with the rest of the team, we are looking for your help. Cindy Burke (former YPAC parent) will be putting together the team DVD this year. There is a lot of time that goes into making the DVD and all your photos are greatly appreciated. Please either drop off your photos or memory disk to Cindy's house at:

2523 Pinecrest in Ferndale

or e-mail them to her at

cindyburke@comcast.net

The sooner you can get the photos turned in the better!

**if you would like your photo's returned, please note so on the disk or photo.*

YPAC Banquet

The YPAC banquet has been set for Sunday, March 29 from 4-8pm. Please go the YPAC website to download a copy of the registration form. We hope to see you all there.

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Nutrition

How Much Water Should Swimmers be drinking...

**Drink at least 2 cups (16 ounces) of fluid, preferably water, about two hours before exercise. Fifteen minutes before exercise, drink ½ to a cup of water.

*During exercise, drink about 6-12 ounces every 15-20 minutes. An Average "gulp" is about one ounce. When your workouts are less than an hour, plain water will keep you hydrated. When your workouts are more than an hour, consume a sports beverage that contains fluid, carbs and electrolytes. Soda and fruit juices should not be consumed because they contain too many carbs for hydration during exercise and may lead to stomach discomfort.

*After exercise, replace fluids as quickly as possible. For every pound of body weight lost during a workout, drink three cups of fluid" (Woolf, Kathleen).

Practice This Weekend

There will be no practice for any age group this weekend due to the Eastern Michigan Clusters Meet.

Core Value Activity 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 February will focus on a core value activity. During swim practices the coaches will discuss different activities that swimmers can participate in to demonstrate what they have learned about the 4 core values.

Parent's Weekly Checklist

- ✓ Check the website for the most up to date practice schedule
- ✓ Turn in your YPAC photos to Cindy Burke as soon as you can.
- ✓ Contact Gina Furnari to volunteer for the YPAC hosted YMCA State Meet
- ✓ Pre-order your YMCA State Meet apparel
- ✓ Sign up for the YPAC Banquet

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