

YPAC SWIM TEAM

April 13, 2009 Piranhagram

www.ypacswimteam.org



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Deadlines

No Deadlines

At This Time

Coach's Corner

Hello YPAC Swimmers and Families-

Along with a very slight tan, I bring back from Ft. Lauderdale, FL some great stories from the YMCA Short Course National Meet. Here are just some of the happenings from the trip.

Matt McNamara, Peter Dolnicek, Jeremy Raisky, Tyler Tadian, their families and I all arrived in Ft. Lauderdale, FL last week for the 2009 YMCA Short Course National Competition. After crazy airports, Florida welcomed us with beautiful 80 degree weather and sunny skies. The competition began Monday morning and YPAC swimmers proved that they were there to swim fast! The competition for the next three days was great! YPAC's four national swimmers earned the opportunity to swim among the fastest swimmers in the nation!

No only were they able to be among the elite athletes in the nation, they were able to meet some of swimming's greatest. Head Coach of USA National and Olympic Teams, Mark Schubert was the guest speaker at several of the functions along with swimming legend Adolph Keifer. It was amazing to hear the inspirational stories of how someone so important to the swimming world as Adolph Keifer started his swimming journey as a swimmer in a YMCA program.

For me, being part of this meet was about so much more than fast swimmers. It truly opened my eyes to the huge role that YMCA Swimming plays on a national and global stage. The team bonding not only among our YPAC swimmers but among the YMCA national family was truly something to note being a part of.

For all YPAC swimmers, young or older, I encourage you to consider the possibilities and set the goal now to become part of the YPAC National Team. It will be an experience you will never forget!

On more of the business side of things, Spring Tune-Up Clinics will continue through the next two weeks followed by the start of the 2009 YPAC Long Course season. For any 13 or older swimmer who would like to participate in the 2009 YPAC Long Course season, information will be posted to the website this week.

Have a great week!

Coach Amber

South Oakland YMCA

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

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Dates to Remember

April

- 13-17 Freestyle Clinic
- 20-24 Starts and Turns Clinic
- 27 Long Course Begins

Awards

If you were not able to attend the YPAC banquet, your awards will be available for a limited time at the front desk of the YMCA. Please stop by the YMCA this week to collect your awards.

YPAC Clinics are Here

The South Oakland YMCA is happy to offer spring tune up clinics again this season to any YPAC or non-YPAC swimmer. Attached to this weeks Piranhagram is a flyer outlining all the information for the clinics. Spring tune up clinics are a great way to keep your swimmer in shape for the upcoming summer season and work on perfecting their stroke technique. Don't delay in signing up. Clinic space is limited.

YPAC DVD Still Available!

Time is running out for you to purchase this year's YPAC DVD. Don't miss out on this opportunity to share in all the great photos that were taken throughout the season. If you are interested in purchasing a YPAC DVD please contact Ginger Dery at (248)545-3324 or at gingerdery@cs.com.

End of the Year Evaluation

At the end of every swim season, the Volunteer Parent Board and the YMCA are interested to know what you thought of the YPAC Swim Team program. Please fill out the attached evaluation form and either place it in the YPAC Black Box, e-mail it to Karin Jahn at jahnk1@sbcglobal.net or mail it to Karin at 39 Oakdale Blvd., Pleasant Ridge, 48069. The form allows us to see what areas you enjoyed during the YPAC short course season and what areas you would like to see some improvement.

Parent's Weekly Checklist

- ✓ Sign your swimmer up for the Spring Tune Up Clinics today.
- ✓ Pick up your swimmers awards from the front desk of the YMCA
- ✓ Order your YPAC DVD **today**.
- ✓ Fill out the YPAC evaluation form and turn it in.

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