

YPAC SWIM TEAM

September 3, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

September

- 19 – Two Week Trial Ends
All Swimmers Must Be
Registered

Nutrition

"Eat carbohydrate[s] and protein[s] within the first 30 minutes after practice. This enables the body to replenish glycogen stores and repair muscle tissue. **This is perhaps the most important time to eat!!!** Eat again (something substantial, like a real meal) before two hours post-practice has elapsed. **This is critical to maximizing recovery!!!!**" (USA Swimming).

Coach's Corner

Hello YPAC Swimmers and Families-

Happy back to school! I hope you are all enjoying your new teachers and classes. With the beginning of a new school year, we embark on the start of a new swim season. I for one can't wait to get back to practice. Monday, September 8, is the first day of the YPAC 2008-09 short course swim season. If you haven't heard, this season looks to be a phenomenal one. We have hired two new coaches, scheduled more clinics, purchased new training equipment, designed a new goal setting format and much more.

I hope you will all be able to attend the Parent Information Meeting this Sunday at Noon at the South Oakland Family YMCA. It will be a great opportunity for you to meet our new coaches and hear what we have planned for YPAC this year. There will be lots of useful information for new and returning parents.

Enjoy the first week of getting back to school. I will see you at practice this Monday the 8th.

Coach Amber

South Oakland YMCA

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

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Dates to Remember

September

- 2 New swimmer registration begins
- 7 Parent Information Meeting, Noon at YMCA
- 8 First Day of Practice
- 19 Welcome Dinner
- 19 No Practice
- 20 Filming Clinic
- 27 Filming Clinic

October

- 4 Filming Clinic
- 11 Family Fun Night
- 18 10 and Under Flip-Turn Clinic
- 25 BBD Meet
- 26 BBD Meet
- 31 No Practice
Happy Halloween

November

- 8 YPAC Invitational
- 9 YPAC Invitational
- 15 Starts Clinic
- 27 Happy Thanksgiving
- 28 No Practice

New Swimmer Registration Begins

New member registration for the YPAC 2008-09 swim season has begun. All new YPAC swimmers are welcome to register now at the front desk of the South Oakland Family YMCA located on Eleven Mile in Royal Oak. YPAC support staff will also be available after the Parent Information Meeting on Sunday to aid in team registration.

YPAC Welcome Dinner – Modified Info

As announced in previous Piranhagrams', the YPAC Welcome Dinner has been set for Friday, September 19th at 6:30 pm at the Pleasant Ridge Recreation Center located at 4 Ridge Road. In order to make sure that all of our YPAC swimmers are able to attend the festivities, we will be opening the YPAC merchandise and swim suit order tables at 5:30pm.

New Format for the Parent Information Meeting

We hope you will all be able to join us for the Parent Information Meeting this Sunday at Noon at the South Oakland Family YMCA. In order to provide the time needed to introduce new parents to YPAC, we will be implementing a new format to the meeting. This year the meeting will be separated into two meetings, one for new and one for returning parents. Both meetings will run at the same time and include appropriate information. We hope that the new Parent Information Meeting format will make the best use of everyone's time.

Officials Clinic

If any YPAC parent is interested in becoming a certified YMCA official, now is your opportunity. The YMCA of Metro Detroit will be offering level I and level II Officials' Clinics on Sunday, October 5, 2008 at the Birmingham Family YMCA. Level I class will be offered from 2:30-6:30pm. Level II will be offered from 9:00am-1:00pm. Any parent interested in participating should contact Coach Amber at amber.wood@ypacswimteam.org.

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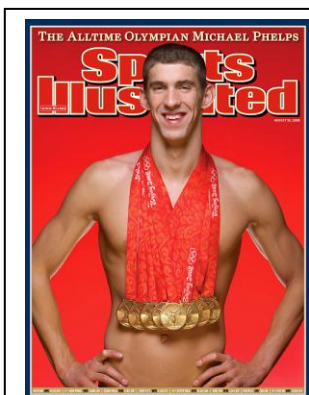
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Quote Of The Week

"Obstacles are what you see when you take your eyes off the goal"
(unknown).



Michael Phelps with his eight gold medals!

If you have any photos you would like to have displayed in the Piranhagram, please send them to Coach Amber at amber.wood@ypacswimteam.org

Practice Schedule

The 2008-09 practice schedule is now posted to the YPAC Website. There are a few changes that have been made from last year's schedule. Be sure to review your swimmer's age group practice times.

8 & Under:	Monday-Friday	4:10-5:00 @ South Oakland YMCA
9-10:	Monday-Friday	4:45-5:50 @ South Oakland YMCA
11-12:	Monday only	5:30-7:00 @ Ferndale High School
	Tuesday-Friday	6:00-7:30 @ Ferndale High School
13 & Up:	Monday – Friday	6:00-8:00 @ Ferndale High School

Newsletter, Website and E-mail

The Piranhagram will be sent out via e-mail and posted to the website every Monday. Once practices begin, the newsletter will also be provided in hard copy. Be sure to see your Age Group Parent Mentor for a copy. If you know of anyone who is not receiving e-mail announcements, please e-mail Coach Amber at amber.wood@ypacswimteam.org so that they can be added to the e-mail distribution list.

Questions?

If you or anyone you know has any questions concerning the 2008-09 YPAC season, please contact Coach Amber at amber.wood@ypacswimteam.org.

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