

YPAC SWIM TEAM

September 8, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

September

- 12 -RSVP for Welcome Dinner
- 19 -Two Week Trial Ends
- 28 - Merchandise Order Form Due

Nutrition

"The general recommendation is that carbohydrate intake should account for at least 60% of [a swimmers'] total caloric intake" (USA Swimming).

Coach's Corner

Hello YPAC Swimmers and Families-

Welcome back! It was nice to see many new and familiar faces yesterday at the Parent Information Meeting. I know this season is going to be a great one. I hope you all started to feel some of that excitement yesterday also.

The coaches and I are all set for the start of the season. We have a lot planned for the swimmers and are anxious to get started. If you haven't already looked at the practice schedule on line or in your packets from yesterday, be sure to take a look. There have been some changes made from last year's schedule.

I had an opportunity to attend one of the high school girls relay meets this past weekend. Just to fill the rest of YPAC in, our high school girls are looking great! I am proud of the hard work they are putting in during their high school season and can't wait till they can join us back at YPAC practices. If you are a high school girl swimmer, be sure to e-mail or stop in to practice some time to let us all know how your season is going.

Today is not only the first day of practice, but also the start of **RESPONSIBILITY MONTH**. If you were not at the Parent Information Meeting yesterday, you probably have no idea what I am talking about. Be sure to read further into the Piranhagram to find out all about Responsibility Month.

I look forward to seeing you all at practice today. Welcome back!

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

- 8 First Day of Practice
- 19 Welcome Dinner
- 19 No Practice
- 21 Filming Clinic
- 28 Filming Clinic

October

- 5 Filming Clinic
- 11 Family Fun Night
- 17 OLY Meet
- 18 OLY Meet
- 19 OLY Meet
- 19 10 and Under Flip-Turn Clinic
- 25 BBD Meet
- 26 BBD Meet
- 31 No Practice
Happy Halloween

November

- 8 **YPAC Invitational**
- 9 **YPAC Invitational**
- 16 Starts Clinic
- 21 Grand Rapids Meet
- 22 Grand Rapids Meet
- 23 Grand Rapids Meet
- 23 Day After Meet
- 27 Happy Thanksgiving
- 28 No Practice

YPAC Registration Required

Registration is now open to all new and returning YPAC swimmers. No swimmer will be allowed to participate in practice until they have either registered for the regular season or two week trial. Also, all high school girls should register now rather than at the end of the high school season.

YPAC Welcome Dinner

The YPAC Welcome Dinner has been set for Friday, September 19 at the Pleasant Ridge Recreation Center located at 4 Ridge Road. Swim suit try on will begin at 5:30 with dinner starting at 6:30. Be sure to RSVP to Lee Ann Hart at 248-569-1566 or leeannhart@redhatsbyyou.com by September 12. If you were not at the Parent Information Meeting to receive a copy of the Welcome Dinner Flyer, be sure to see your Age Group Parent Mentor for one.

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 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.

Responsibility 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 September will focus on Responsibility. During swim practices the coaches will teach different lessons to your swimmers on how they can be responsible individuals. In addition to the at practice lessons, the Piranhagram will outline different ways that YPAC swimmers and parents can be responsible members of our swim family. This week's lesson is:

BE ON TIME FOR PRACTICE

I know this may be a little more difficult for our 8 and under swimmers who will be rushing to practice from school, but being on time to practice is vital. The coaches consider being on time as having suits, caps, goggles, earplugs and equipment all ready to start practice five minutes before its' start time. In order for the coaches to accomplish everything they have planned for practices, being on time is necessary.

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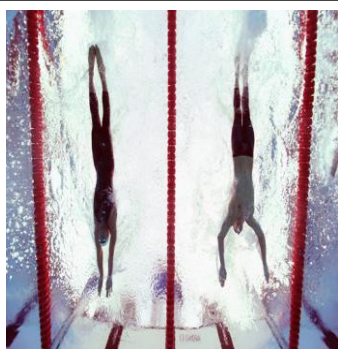
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Quote Of The Week

"A winner makes commitments to a goal, a loser makes promises" (unknown).



Technique Counts!!!!

Just ask Michael Phelps how much technique counts after his gold medal finish in the 100 M Butterfly at the 2008 Olympics!

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

Parent's Weekly Checklist

We know that you all have a lot to remember. In order to help you out, we will post a "Weekly Checklist" in the Piranhagram to make sure you don't forget any important YPAC tasks.

- ✓ Register your swimmer before practice Monday
- ✓ After you have registered and paid for the season, get your equipment voucher from Coach Amber or your Age Group Parent Mentor
- ✓ Take your equipment voucher to the Varsity Shop to purchase the required equipment
- ✓ Mark important YPAC dates on your calendar: Welcome Dinner, Family Fun Night, swim meets
- ✓ RSVP for the Welcome Dinner
- ✓ Look at practice schedule and put it on the refrigerator
- ✓ Meet your Age Group Parent Mentor
- ✓ Fill out and turn in your merchandise order form
- ✓ Be at practice today

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

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