

YPAC SWIM TEAM

September 15, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

September

- 18 -First Film Clinic Sign-Up
- 19 -Two Week Trial Ends
- 28 - Merchandise Order Form Due

Coach's Corner

Hello YPAC Swimmers and Families-

I hope you all enjoyed your first week back to practices. For those of you who had not been in the water for some time, I hope the sore muscles have subsided. The first week back in the water is always the most painful.

The coaches are all geared up to start working on goal setting this week. Be sure to take some time at home and really think about what you want to accomplish during the 2008-09 season. Make sure to think about long term and short term goals. Both are important.

For those of you who are participating in the two week trial, I hope everything is going well. If you have any questions, please feel free to e-mail any of the coaches or stop us before or after practice. We look forward to you becoming a full member of our swim family.

Congratulations to everyone on a successful first week. Remember, there is no practice on Friday. I look forward to seeing you all at practice today and at the Welcome Dinner on Friday.

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

- 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 Two Week Trial

Thank you to all the families who are participating in the two week trial. We hope your experience with YPAC has been a good one. Remember, the two week trial ends this Friday. If you would like to continue with YPAC after the two week trial ends, be sure to switch your registration to a full YPAC membership by Friday night. We look forward to all of you becoming official members of our team.

YPAC Welcome Dinner

The YPAC Welcome Dinner is this 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. If you have any questions, contact Lee Ann Hart at 248-569-1566 or leeannhart@redhatsbyyou.com. We look forward to seeing you all there.

Team Suit and Merchandise Orders

Order forms for the YPAC team swim suits and merchandise are now available on the YPAC web site. Be sure to fill them out and bring them to the Welcome Dinner. The deadline for merchandise orders is September 28. Be sure not to miss out on this year's new apparel.

Goal Setting

Monday-Wednesday this week YPAC coaches will be working with all the swimmers on goal setting. It is important that all swimmers be focused on what they are working to accomplish this season. This week the coaches will explain what goals are, help the swimmers to formulate appropriate goals and display the goals for the swimmers to see each day at practice.

Film Clinic

This year the YPAC Swim Team and Parent Board are happy to offer all swimmers the opportunity to have their strokes filmed under water. Underwater filming allows the coaches to see far more of the swimmer's stroke than traditional overwater filming. Filming will be offered throughout the season in order to allow all swimmers one opportunity to be filmed. The film clinics are free to all registered members of the YPAC Swim Team. If you wish to purchase a DVD of your swimmer's filming, a \$5.00 fee does apply. The first film clinic will be held this Sunday from 12:15-2:15 at the South Oakland YMCA. The clinic is open to the first 10 swimmers to e-mail Coach Amber at amber.wood@ypacswimteam.org to reserve their spot.

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Quote Of The Week

**“Nothing can stop the man with the right mental attitude from achieving his goal, nothing on earth can help the man with the wrong attitude”
(Thomas Jefferson).**



Yoga Is Here

The first yoga session will be held this Saturday from 12:30-1:30 at the South Oakland YMCA. Yoga helps promote flexibility, balance and strength building which are all important in swimming. Yoga is open to all YPAC swimmers. Be sure to wear movable clothing (no jeans) and bring a towel or mat.

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 lessons at practice, the Piranhagram will outline different ways that YPAC swimmers and parents can be responsible members of our swim family. This week's lesson is:

Bring a Water Bottle to Practice

A water bottle is required at practice every day. Parents and swimmers need to make sure that a water bottle is available and brought to practice.

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Nutrition

"For swimmers, cereal is great just about any time of the day. Competitive athletes are encouraged to choose nutrient dense cereals, which contain more of the right kinds of nutrients (carbohydrate, protein, vitamins, minerals) per serving than their "candy cereal" counterparts" (USA Swimming).



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 assist you, we will post a "Weekly Checklist" in the Piranhagram to make sure you don't forget any important YPAC tasks.

- ✓ Register your two week trial swimmer for the full YPAC season by Friday night
- ✓ Meet your Age Group Parent Mentor
- ✓ 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
- ✓ Fill out and turn in your merchandise order form
- ✓ Attend the Welcome Dinner on Friday
- ✓ Sign up for the Film Clinic

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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