

# YPAC SWIM TEAM

September 22, 2008 Piranhagram

[www.ypacswimteam.org](http://www.ypacswimteam.org)



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## Deadlines

### September

- 23 – OLY Meet Entries Due
- 26 - Second Film Clinic Sign-Up
- 26 - Merchandise Order Form Due

## Coach's Corner

Hello YPAC Swimmers and Families-

I hope you all are enjoying the activities so far in the 2008-09 YPAC season. Thank you to all the parents who made the Welcome Dinner such a success. Over 200 parents, swimmers and siblings attended, making this the largest Welcome Dinner to date. Be sure to continue the success of YPAC programs by collecting lots of pledges for the Family Fun Night. We hope this will be a successful YPAC addition.

For those of you who took advantage of the yoga and filming clinics this past weekend, I hope you enjoyed the different training opportunities. If you did not get a chance to participate in these activities, be sure to catch them this coming weekend.

This week the coaches will be introducing nutrition lessons at practice and posting the swimmer goals to the age group goal boards. Be sure to ask your swimmer about the goals they have set with the guidance of the coaches.

With only one full week of September left, we are getting very close to the first few meets of the season. Be sure to pay attention to the "deadlines" section of the Piranhagram to make sure you don't miss any of the entry deadlines. No late entries will be accepted this year. For any new or unsure parents, we will be offering a clinic designed to teach you how to submit your swimmer's meet entries. Look for this clinic date to be posted in next week's Piranhagram.

See you all at practice!

*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

28 Filming Clinic

### October

5 Filming Clinic

11 Family Fun Night

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

### December

5 Club Wolverine Meet

6 Club Wolverine Meet

7 Club Wolverine Meet

## OLY Meet

The first meet of the season, the OLY meet, is just around the corner. This meet will be open for all 11 and up swimmers with an A or B time cut. Time cuts are posted in the OLY meet packet located on the YPAC web site. If you do not have an A or B cut, you are not eligible to enter into this meet. This meet is recommended for returning YPAC and USA swimmers only. The BBD meet is the recommended first meet for any new YPAC swimmer. Entries for the OLY meet are due tomorrow, September 23 to the YPAC "Black Box" by 7:30pm.

## YPAC Two Week Trial Ends

Thank you to all the families who participated in the two week trial. We hope your experience with YPAC was a good one. The two week trial is now over and we hope that you have decided to become a permanent part of the YPAC Swim Team. All swimmers attending practices from Monday, September 22 on must be registered as full YPAC members. We look forward to an exciting season with all of our new and returning YPAC swimmers.

## 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 out your merchandise form and turn it into the YPAC "Black Box", located next to the YPAC bulletin board at the YMCA, by **September 26**. Team suits can be purchased at the Varsity Shop.

## 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 second film clinic will be held this Sunday, September 28 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](mailto:amber.wood@ypacswimteam.org) to reserve their spot.

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## Quote Of The Week

**"The only way to discover the limits of the possible is to go beyond into the impossible"(unknown).**



## Yoga Is Here

The second 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](mailto: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:

### Register Your Swimmer for YPAC

Parents, make sure you have registered your swimmer for the YPAC swim team. All swimmers must be registered as a full or high school swimmer starting today. No two week trial swimmers will be allowed to participate in practice until they have switched their registration to a full membership.

## Nutrition Lessons

Do you ever wonder if your swimmer is eating the right foods at the right times in order for them to have adequate nutrition? In order to help swimmers and parent understand how nutrition fuels energy and recovery in swimmers, the coaches will be teaching monthly nutrition lessons during practices. This week we will cover what foods supply energy to the body for practices and meets.

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## Nutrition

"Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are your "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat" (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](mailto: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 practice Monday
- ✓ Turn in OLY meet entries by Tuesday, September 23 by 7:30pm to the YPAC "Black Box"
- ✓ Collect donations from family and friends for the Family Fun Night
- ✓ Get your Varsity Shop Equipment Voucher from Coach Amber or your Age Group Parent Mentor and purchase your swimmer's required equipment.
- ✓ Fill out and turn in your merchandise order form
- ✓ Sign up for the second Film Clinic

## Updated Practice Schedule

Saturday and Sunday practice opportunities have been added to the 2008-2009 practice schedule.

8 & Under:	Monday-Friday	4:10-5:00 @ South Oakland YMCA
	Sunday	1:15-2:15@South Oakland YMCA (non meet & non clinic days)
9-10:	Monday-Friday	4:45-5:50 @ South Oakland YMCA
	Sunday	12:15-1:15@South Oakland YMCA (non meet & non clinic days)
11-12:	Monday only	5:30-7:00 @ Ferndale High School
	Tuesday-Friday	6:00-7:30 @ Ferndale High School
	Saturday	10:00-11:00@Ferndale High School (non meet days)
13 & Up:	Monday – Friday	6:00-8:00 @ Ferndale High School
	Saturday	10:00-12:00@Ferndale High School (non meet days)

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