

YPAC SWIM TEAM

October 20, 2008 Piranhagram

www.ypacswimteam.org



In This Issue

Coach's Corner (1)
Deadlines (1)
YPAC Invitational (2)
CW Entries (2)
Happy Ads (2)
Yoga (2)
Practice This Weekend (2)
Dates to Remember (2)
BBD Meet (3)
Honesty Month (3)
Quote of the Week (3)
Merchandise (4)
No Practice (4)
Grand Rapids Entries (4)
Grand Rapids Hotel (4)
YPAC Team Photo (4)
Parent Weekly Checklist (5)
Age Group Parent Mentor (5)
Nutrition (5)

Deadlines

October
27 – CW entries due by 7:30pm

November
3 – Grand Rapids Entries Due

Coach's Corner

Hello YPAC Swimmers and Families-

I hope you all are recovering from the very long weekend at the BBD meet. YPAC swam phenomenally! Congratulations to all the swimmers who earned time cuts, dropped tremendous amounts of time, braved their first meet, tried a new event, won their heat and had lots of fun. I can't wait to see how well you all do at the next meet, the YPAC Invitational!

In just two short weeks it is YPAC's turn to host an invitational. If you attended this past weekend's meet, you may be able to start to grasp how many volunteers it takes to run a successful meet. Gina Furnari has been diligently working on filling up the volunteer list for our invitational. The list is nearly full, but more help is needed. Please look in your e-mail tomorrow. Gina will be sending out a list of all the positions that have been filled and those areas that still need help. Be sure to look through the list, confirm your responsibilities, or sign up for a position that is still in need of help.

In practices this week the coaches will be addressing reoccurring issues that we saw taking place in the meet this past weekend. 8 and under swimmers, along with the 9-10 age group will be spending a lot of time on flip-turns, open turns and starts. The 11-12 age group will spend some time on breathing sets and extensive technique work. The 11-12 age group will also focus on what it means to race. The 13 and up age group will spend most of their time this week endurance training. Be sure to schedule lots of food and rest time for these swimmers. They are going to be tired this week!

Since there are no meets or clinics this week, there will be practices for all age groups this weekend. Please remember that there is no practice on Friday due to Halloween. Have a safe and fun night of Tick-or-Treating!

Coach Amber

South Oakland YMCA

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Dates to Remember

October

- 27 CW Entries Due
- 31 No Practice
Happy Halloween

November

- 3 Grand Rapids Entries Due
- 8 YPAC Invitational
- 9 YPAC Invitational
- 11 YPAC Team Photo
- 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
- 13 FFYS Meet
- 14 FFYS Meet
- 19 Coach's Holiday Practice
- 22 Holiday Schedule Begins
- 22 Film Clinic
- 23 Film Clinic
- 24 No Practice

YPAC Invitational

On November 8 and 9 the YPAC Swim Team will be hosting its annual YPAC Invitational. **This is a required meet for all YPAC swimmers. This is also a required parent volunteer responsibility for all parents.** We cannot pull off a successful meet without the participation of our amazing YPAC parents. If you have not already signed up for a volunteer position for the meet, please contact Gina Furnari at ginafurnari@yahoo.com. Your help is always greatly appreciated. **The entry deadline has past. If you did not get your entries in on time, please contact Coach Amber right away at headcoach@ypacswimteam.org.**

Club Wolverine (CW) Meet Entries Due

Club Wolverine entries will be due today, **Monday, October 27 by 7:30 pm** to the YPAC Black Box. No late entries will be accepted, so be sure to get your entries in on time. This meet is open to all YPAC swimmers. 8 & Under swimmers who wish to participate in this meet should sign up under 10 & Under events. Some time cuts do apply for the 13 & Up swimmers.

YPAC Invitational Happy Ads

Don't miss out on your opportunity to send your swimmer a loving note in the 2008 YPAC Invitational meet program. Happy Ads are small well wishes that are purchased by parents and family members and displayed in the YPAC Invitational meet program. The following are the price and size of the ads available: Happy Ad (\$5), Business Card Ad (\$10), 1/4 or 1/2 page Ad (\$25&\$50) Happy Ad order forms are available on the YPAC website at www.ypacswimteam.org. Please send in your ad with completed order form to the YPAC Black Box no later than this Friday, October 31 at 7:30pm. Let's Show our support and YPAC team spirit! Buy your Happy Ad today!

Yoga

There will be yoga this week from 12:30-1:30 on Saturday at the YMCA.

Practice this weekend

There will be practice this weekend. 8 and under swimmers will practice from 12:15-1:15 at the YMCA on Sunday. 9-10 swimmers will practice from 1:15-2:15 at the YMCA on Sunday. 11-12 swimmers will practice from 10-11 at Ferndale on Saturday. 13 and up swimmers will practice from 10-12 at Ferndale on Saturday.

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Quote Of The Week

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".

Michael Phelps



BBD Meet

For those of you who attended the BBD meet this weekend, I hope you recovered from a very long event. Although the meet ran extremely late, YPAC truly represented the team well. Congratulations to all the swimmers who won their heat or event! Here are just a few stats on how well the team performed:

Placing top 3 in their event: Boys 8 and under relays, Eleanor Dunckel, Nico Furnari, Matt McNamara, Destry Newton, Jeremy Raisky

Unprecedented time drops were earned by: Noah Khanolkar, Bessie Mikula, Raymond Talucci, David Grand, DanDan Scanlan, Emily Kehr, Noah Momblanco, Nico Furnari, Peter Chekal, Jonah Grand, Reilly Weed, Katherine Schmitt, Nolan Zender, Gabe Thompson, Colin Panyard, Danny Chekal, Samuel Grand, Eleanor Khirallah, Nicholas Dolnicek, Tai Furnari, Amanda Coletti, Maya Keener, Matt McNamara, Noah Duchan, Christian Dolnicek, Benjamin Cher, Drew Branigan

State cuts were earned by: Liliana Gray, Mitchell Buccalo, 13-14 boys medley relay, Brita Sharef, Tai Furnari, Drew Branigan, Tyler Tadian, Christian Dolnicek, Emmeline Dunckel, Lauren Carey, 13-14 200 free relay, 15 and up a and b 200 free relay, Matt McNamara, Witold Fuchs, Jay Daniels, Bed Duchan, Destry Newton, Grace Hogan, Lynsey Williams

Earning zone cuts: 15 and up 200 free relay, Matt McNamara, 15 and up 200 medley relay, Mitchell Buccalo

Congratulations again to all the YPAC swimmers who worked so hard this past weekend! The Coaches are very proud of you all.

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

Don't Steal

Yet again this week's lesson seems rather elementary, but you would be surprised as to how many items are stolen at practices and meets. We are a YMCA swim team and are at all times representing the YMCA and the core values it stands behind. Under no circumstances is it ok for one swimmer to steal another swimmers team drag suit, goggles, food, cap etc. Furthermore, if you witness someone poking around in someone else's bag or belongings, it is your duty to report it to an adult or swim coach.

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The Piranhagam is in need of your YPAC photos. If you have any photos you would like included in the Piranhagam, please send them to Coach Amber at headcoach@ypacswimteam.org



YPAC Team Merchandise

There are still YPAC T-Shirts available for purchase (a few child sizes and all adult sizes in limited quantities) for \$10.00 while supplies last.

YPAC silicone caps are also available for purchase for \$10.00. Contact Julie Buccalo – buccalo@wowway.com.

No Practice

This is just a reminder that there will be no practice this Friday due to Halloween. Have a safe and fun night of trick-or-treating!

Grand Rapids Meet Entries

If you are planning on attending the Grand Rapids meet, entries will be due **Monday, November 3 at 7:30 pm to the YPAC Black Box**. Be sure to get your entries in on time. No late entries will be accepted.

Grand Rapids Meet Hotel Information

If you are planning on attending the Grand Rapids RAYS Holiday Invitational on November 21-23, it is time to make your hotel reservations. This year YPAC will be staying at the Homewood Suites. A group of rooms have been blocked off for YPAC at the rate of \$89.00 a night plus tax. To make your reservations please contact the number below and mention that you are with Swim Team, YPAC.

Homewood Suites
3920 Stahl Drive, Grand Rapids, 616-285-7100

If you have never attended the Grand Rapids meet, this year would be a great time to start. The team pizza party and outings to the movies, museums or other activities planned by the social committee are always a lot of fun for everyone. We hope you will be able to join us this year for this great team bonding meet.

YPAC Team Photo

The YPAC team photo will be taken on Tuesday, November 11 at 6:00pm at Ferndale High School. Order forms will be available next week at practice.

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Nutrition

“Pre-event meals are the foods an athlete consumes before exercise and competition. During exercise, athletes rely on pre-existing stores of carbohydrate and fat to fuel exercise. A well-planned pre-event meal is the last opportunity to maximize these stores before beginning an event. However, the pre-event meal does not compensate for poor overall eating patterns.

An ideal pre-event meal is high in carbohydrates, moderate in protein and low in fat. Because fat and protein take longer to digest, they may remain in the stomach at the start of exercise resulting in stomach upset. The carbohydrate and calorie content of the meal should be reduced the closer to exercise the meal is consumed. One hour before exercise, try bananas, crackers, or sports drinks. Two or three hours before exercise, choose bagels, high-carbohydrate energy bars, pancakes, or waffles. Four or more hours before exercise, try a turkey sandwich or a bowl of spaghetti”(Dr. Kathleen Woolf).

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.

- ✓ Check the volunteer list for the YPAC Invitational on Tuesday. If you have any questions or need to sign up, contact Gina Furnari at ginafurnari@yahoo.com
- ✓ Contact Coach Amber if you have not yet dropped off your entries for the YPAC Invitational.
- ✓ Submit your CW entries to the YPAC Black Box by today, Monday, October 27 at 7:30pm.
- ✓ Drop off your Grand Rapids meet entries by Monday, November 3 at 7:30 pm to the YPAC Black Box.
- ✓ Make hotel reservations for the Grand Rapids Meet
- ✓ Remember, there is no practice this Friday.

Age Group Parent Mentor Contact Information

Hopefully by now you all have had a chance to meet your Age Group Parent Mentor. Please be sure to utilize them for any questions you may have regarding YPAC. The following are a list of the Age Group Parent Mentors and their contact information.

8 & Unders:	Erin Chekal Stephanie Duncel	erinchekal@gmail.com sdunckel@sbcgobal.net	248-545-2591 248-398-2188
9-10:	Lee Ann Hart Sara Kruse	leeannhart@redhatsbyyou.com skruse@jaffelaw.com	248-225-2229 248-546-4605
11-12:	Dharmendra Khanolkar Gina Furnari	dharmendra.khanolkar@dowcorning.com ginafurnari@yahoo.com	330-612-2917 248-545-8128
13 & Up:	Carolyn Branigan Tom Branigan John Tadian Judy Tadian Debbie Wroe	ctbranigan@wowway.com tom.branigan@bowmanandbrooke.com John.tadian@miself.ang.af.mi Marker88@aol.com debwroe@wowway.com	248 541-3402 248 547-5473 248 547-5473 248 543-1505
Contact Person:	Lisa Yufit	lyufit@wideopenwest.com	248 546-4995

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