

# YPAC SWIM TEAM

November 11, 2008 Piranhagram

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



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## Deadlines

### November

- 14 – Sign Up For Starts Clinic
- 19 – FFYS Entries Due

## Coach's Corner

Hello YPAC Swimmers and Families-

As we all recover from a long, very successful weekend, I would like to send a very sincere thank you to all the parents, swimmers and family members who volunteered their time this past weekend in order to help pull off a successful YPAC Invitational. Without the support of our tremendous parents and volunteer staff, this meet would not have been possible. Yet again it has been proven that YPAC parents and swimmers are the best around!

Tom Dolnicek, our meet director, has written a letter thanking all of our volunteers that is posted later in the Piranhagram. I would like to take this opportunity to thank Tom who put in countless hours of planning and directing this meet. Being a meet director is a time consuming, thankless job. There are months of planning and re-planning that go into making sure that the meet is run correctly. Tom did a wonderful job again this year with making the YPAC Invitational a huge success.

One last thank you goes out to all the swimmers who had their schedules and routines turned upside down with their parent needing to be away from home or carpools to help volunteer. Even with the crazy schedules this week, YPAC swimmers swam great. Here are just a few of the notable swims:

**Notable time drops:** Emma Weisberger, Lauren Wroe, Brett Voight, Ray Talucci, Colten Teicher, Amilya Tenorio, LaKeyta Veasey, Danny Chekal, Peter Chekal, Christian Cherry, Jay Daniels, Adam Fuchs, Nico Furnari, David Grand, Samuel Grand, Grace Hogan, Emily Kehr, Eddie Mikula, DanDan Scanlan, Jacob Farr, Gabrielle Feber and Hannah Bailey.

**State Time Cuts:** Moriah Young, Nolan Zendler, Tyler Tadian, Drew Branigan, Mitchell Buccalo, Nicole Buccalo, Jay Daniels, Witold Fuchs, Tai Furnari, Liliana Gray, Sarah Greenwood, Grace Hogan, Matt McNamara, Noah Momblance, Desrt Newton, Jeremy Raisky, Julia Schlau, Brita Sharef, Christian Dolnicek, Nicholas Dolnicek, Peter Dolnicek, Sarah Dooley, Ben Duchan, Emmeline Dunckel, Taylor Flynn, Allie Archambault and Matt Archambault.

**Zone Time Cuts:** Mitchell Buccalo, Matt McNamara and Jeremy Raisky,

Thank you again to everyone who helped out with the planning and running of our invitational. Now you get to sit back, relax and let all the other teams do the work....that is until YMCA State Meet!

*Coach Amber*

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## HUGE THANKS TO OUR YPAC VOLUNTEER FAMILY

What a fantastic success the YPAC Invitational was this weekend. Our invitational was over 35% larger than the 2007 meet and we handled it magnificently. What great hosts we were to ten other area Y swim teams, their coaches, and their families. What a great swim meet they had. What great ambassadors for the YPAC team you all were. A GREAT BIG THANK YOU to all of you!!!

Thanks to the coaches for putting together such a super swim team. Your swimmers swam great. Thanks to Gina Furnari for a large effort soliciting volunteers and organizing them into shifts to help the meet run successfully. An amazing 95% of YPAC families volunteered to help at the meet through her diligent work. We welcome the other 5% to join the effort for our next meet. Thanks to Tom Branigan for soliciting our officials and running an efficient meet that went off flawlessly and earned praise from everyone for how well it ran!! The volunteer officials and the timers who helped them be so efficient also deserve our thanks.

Thanks to SuAnne Sharef and Linda Greenwood for making the Hospitality room for the coaches and officials a definite hit for the great food and atmosphere. Thanks to our unsung heroes, Coaches Colleen and Amber, working behind the scenes, entering our swimmers and all the other teams' swimmers into the computer (and overcoming a huge obstacle the night before the meet) that made the meet happen, and the computer team diligently recording each heat of each event into the computer to produce the results and the scoring.

The marshalling team, headed by Claudia Foerg and Judy Tadian, was AWESOME!! Each morning, each day, without fail, there was another heat of young swimmers ready to step up to the starting blocks as the previous heat finished. How they consistently organized those youngsters into their correct starting positions was amazing...and one of the main reasons the meet flowed so well. Great job, marshalling team.

Chip Archambeau and Donna McNamara presented a fabulous concessions area with great selections and a wonderful friendly approach that made everyone feel at home. The concessions area is a HUGE job that they did incredibly well...we should all thank them the next time we see them...they and their helpers were exceptional.

I want to add some special thank-yous to individuals who went the extra mile this weekend: Tom Branigan and Dan Scanlan, the co-chairs....who were always willing to take on a job and were always there when needed, helping out from Friday night setup to Sunday PM cleanup, John Tadian, Valerie Newton, Stine Grand, and Tom Branigan who worked three and four sessions as on-deck officials, Mary Talucci,...who put together another fantastic meet program, and Jeff Zandler, ...who put together the finances and money handling for the meet, organized the Zumbas fund raiser, and found time to be an announcer, as well.

I want to make special mention of our fantastic YPAC swimmers who performed the National Anthem to begin each session – Benjamin Cher, Emmeline Dunckel, Ethan Khanolkar, and Noah Duchan. It's hard to make a swimming pool silent, but you could have heard yourself breathing as Benjamin and Emmeline with their violins, Ethan with his trumpet, and Noah with his harmonica mesmerized the crowd when they played the national anthem. They drew some of the loudest applause I've ever heard at a swim meet. Superb job, YPAC musicians.

I know that there were lots of wonderful efforts for our team and our kids by lots of great parent/sibling volunteers over the weekend. I almost certainly didn't mention some great efforts that should have been mentioned. I'm sorry for that, but I want everyone to know that what you did for the success of our YPAC Invitational and our YPAC team is appreciated and necessary. Even if your individual contribution wasn't mentioned...YOU WERE IMPORTANT.

Thanks again to everyone for a great invitational. We'll use that same enthusiastic spirit and effort to put on a great state meet next Feb 28/Mar 1.

Tom Dolniecek  
Meet Director

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## Dates to Remember

### 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

- 1 Board Meeting @ 7pm
- 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
- 25 No Practice

## FFYS Meet Entries

If you are planning on attending the FFYS meet on December 13 and 14, entries are due **Wednesday, November 19 by 7:30 pm to the YPAC Black Box**. Be sure to get your entries in on time. **No late entries will be accepted.**

## Meet Entry Procedure

When filling out your meet entry, please make sure to follow the following procedures. By following these procedures, you will be aiding our volunteer entry chairperson to do entries in an efficient manner with little room for error.

- Do not staple your entry fee check to the entry
- Use the YPAC entry form, not a scrap piece of paper
- Make sure you are entering the correct event number
- Do not pay for relays. The YPAC parent board pays for relays.
- Do not sign up for relays. Relays are put together by the coaches
- Do not pay the \$1 USA surcharge for non USA meets
- Do not turn your entries in late. They will not be accepted.

## Grand Rapids Meet Activities

If you will be attending the Grand Rapids meet, the social committee has some fun activities planned for you.

Saturday afternoon all am swimmers are invited to join in on a trip to the Children's Museum. The cost is \$3.00 per person. If you are interested in attending, please sign up and pay either Erin Chekal or Lee Ann Hart by Monday, November 17.

Saturday evening all swimmers are invited to attend the team pasta party at the hotel lobby. The price per attendee is \$5.00. Please RSVP and pay Lee Ann Hart by Monday, November 17 if you are interested in joining in on the fun.

All RSVP and monies can also be placed in the YPAC Black Box by Monday, November 17 by 7:30pm.

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## Quote Of The Week

**"If you do not consciously form good habits, you will unconsciously form bad ones".**



There would be a photo here is you would send them in to me!!!!



## Lost and Found

There are several items that were collected in The Varsity Shop YPAC Invitational lost and found. SuAnne Sharef has a large collection of towels, suits, caps, goggles and clothes that are waiting to be claimed. If the rightful owners of these items do not contact her in the next week, the items will be donated to the good will. If you are missing anything from this weekend, please contact SuAnne at 248-547-7523 or at [AxonGroup@aol.com](mailto:AxonGroup@aol.com). Also Found at the invitational was a size 28 drag suit. If you would like to claim the drag suit, please contact Tom Dolnicek at 248-545-2868.

## Save the Date

At the summer Michigan Coaches Meeting, YPAC Swim Team was honored with the great responsibility of hosting this year's YMCA State Meet. This is a huge accomplishment and honor for our team. Please mark February 28 and March 1 off on your calendar. We will need all YPAC parents, regardless if your swimmer is swimming in state meet or not, to volunteer some time in order to pull off a successful state meet. This is another great opportunity to let the entire state of Michigan know what a spectacular team YPAC is.

## YPAC Team Photo

The YPAC team photo will be taken today, Tuesday, November 11 at 6:00pm sharp at Ferndale High School. There will be no practice for the 8 & Under and 9-10 age groups this day in order for all swimmers to be able to participate in the photo. Please remember to bring your best smile and **to wear your team suit**. If you have any questions regarding the team photo, please email Marlene Carey at [oneroti@hotmail.com](mailto:oneroti@hotmail.com).

## HOLIDAY MARKET GIFT CARDS FOR THE HOLIDAYS

Don't forget to use Holiday Market gift cards for your holiday food and wine/beverage purchases. Even if you don't do your holiday grocery purchases at Holiday Market, **please** consider using a Holiday Market gift card for the wine/champagne/spirits purchase that we all do for the season. With 5% of the each purchase from your card returning to YPAC your holiday purchases can be a significant money maker for YPAC. So please use Holiday Market for your holiday beverage/grocery purchases. Cards are available in amounts from \$25 to \$hundreds. Holiday Market gift cards are also great gifts which also benefit YPAC, if purchased from YPAC ahead of time. Please call Tom Dolnicek at 248-545-2868 or email him at [sasnetdoln@aol.com](mailto:sasnetdoln@aol.com) to order your cards. The earlier, the better.

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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](mailto:headcoach@ypacswimteam.org)

Please send in photos so we do not have to look at boring, plain text boxes in the Piranhagam  
Anymore



## Yoga

There will be yoga this weekend from 12:30-1:30 at the YMCA.

## Practice this weekend

There will be 11-12 and 13-&Up practice this weekend. There will be no 8 & Under and 9-10 practice this weekend due to the starts clinic.

## Starts Clinic

There will be a starts clinic held this Sunday from 12:15 to 2:15 for any YPAC swimmers who would like some extra help on starts. Spaces are limited. Contact Coach Amber at [headcoach@ypacswimteam.org](mailto:headcoach@ypacswimteam.org) by Friday to reserve your spot.

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

### Care about your teammates:

Last week I talked about caring about your teammates in regards to their swimming success. This week I would like to discuss another way to care for your teammates. When we go to meets or simply wear our YPAC merchandise, we are part of a team. I would like to encourage all swimmers to get to know their teammates. Learn about what makes us different and learn to respect each others differences along with what ties us together. I am proud of what a diverse team we are. I think this needs to be celebrated and acknowledged more than it currently is. If we can start to care about all the different backgrounds and personalities of our teammates, we will be a better team for it. This team has provided each of us with an opportunity to get to know about someone or something we may not have been exposed to in our own social settings. I encourage all of you to take advantage of our differences and learn from them.

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## Nutrition

### Homemade Power Bites

24 dried figs  
1/3 cup honey  
4 tbsp. orange juice  
2 tbsp. lemon juice  
1 tsp. lemon juice  
2 1/2 cups unbleached flour  
1/2 tsp. baking soda  
1/4 tsp. baking powder  
1 tbsp. canola oil  
1/4 cup dark corn syrup  
2 egg whites  
1 cup oat bran

#### DIRECTIONS

Add figs, honey, orange juice, and 2 tbsp. lemon juice to food processor and mix on "chop" setting until fig bits are finely cut. Set aside.

Put all other ingredients (except oat bran) in mixing bowl. Beat with electric mixer for 3-4 minutes at medium speed. Add fig mixture and beat until everything blends- the texture is something like play dough. Make 20-24 mini bars (about golf ball size) and coat with oat bran poured on a plate. Place bars on pan and bake at 350° for 10 minutes, or until they are warm and a bit puffy. Place in refrigerator to harden. For a crunchier texture, bake 2-5 minutes longer, or until dough is thoroughly cooked. Makes 24 small bars. **Nutrition**

#### Information per Serving:

Total Calories 108  
Carbohydrate (g) 25  
Protein (g) 3  
Fat (g) 1  
Saturated Fat (g) 0  
Sodium (mg) 38  
Fiber (g) 3

## 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.

- ✓ Sign up for the FFYS meet by Wednesday, November 19 by 7:30pm
- ✓ Sign up and turn in money for the Grand Rapids Children's Museum activity and pasta party by Monday, November 17 at 7:30pm
- ✓ Mark February 28 and March 1 on your calendar for the YPAC hosted YMCA State Meet
- ✓ Show up for the team photo tonight
- ✓ Order your Holiday Market gift cards
- ✓ Pat yourself on the back for a job well done at The Varsity Shop YPAC Invitational

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