

YPAC SWIM TEAM

December 1, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

December

- 1 – Circle City Entries Due
- 7 – Team Towel/Hat Orders Due

Coach's Corner

Hello YPAC Swimmers and Families-

I hope your long holiday weekend was filled with good times spent with friends and family. As we become more and more submerged in the holiday season, I know everyone's schedules get very busy and chaotic. The coaches would greatly appreciate it if you will be so kind as to inform us when your swimmer will not be able to attend their regular schedule of practices. It is very important at this point in the season for swimmers to stay focused on what they are working so hard at practice for. Although we will be continuing our regular goal setting schedule at practices, it would be helpful for parents to take some time to find out what their swimmers goals are (this can be done by reviewing the goal folders) and remind them of those goals before practices.

It is also that time of season when cold weather and snow are most likely to be occurring. Please send your swimmer to practice with hats, gloves and coats. Also, should your swimmer become sick, please do not send them to practice. All too often swimmers are sent to practice sick and as a result spread the illness to other swimmers. My general rule is that if a fever is present; do not send your swimmer to practice.

One last reminder for the winter swim season...if school is cancelled...there will be no YPAC practice. To be more specific, if Royal Oak Schools are cancelled, there will be no practice at the YMCA. If Ferndale Schools are cancelled, there will be no practices at Ferndale. If there are any other practice cancellations, you will be notified via e-mail or phone call. I hope everyone enjoys a wonderful holiday season! Stay warm and have fun.

Coach Amber

South Oakland YMCA

1016 W. Eleven Mile Rd. Royal Oak, MI 48067 (248)-547-0030

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Dates to Remember

December

- 6 Club Wolverine Meet
- 6 Peter Vanderkaay
- 7 Club Wolverine Meet
- 13 FFYS Meet
- 14 FFYS Meet
- 18 Coach's Holiday Practice
- 22 Holiday Schedule Begins
- 22 Film Clinic
- 23 Film Clinic
- 24 No Practice
- 25 No Practice
- 26 No Practice
- 29 Butterfly Clinic
- 30 Breaststroke Clinic
- 31 No Practice

January

- 1 No Practice
- 2 No Practice
- 4 11 and Up Turn Clinic
- 9 Flint Winter Invitational
- 10 Flint Winter Invitational
- 10 BAC Meet
- 11 Flint Winter Invitational
- 11 BAC Meet
- 16 Superbowl Splash

Circle City, MYM and Flint Winter Invitational

Meet packets for the Circle City, Macomb Marlins and Flint Winter Invitational are now posted to the YPAC website. Please note that there are time cuts required for the Circle City Meet. **Entries for the Circle City Meet will be due no later than today, Monday, December 1 by 7:00pm.** Entries for the Flint Winter Invitational will be due no later than Monday, December 15 by 7:00pm and entries for the Macomb Marlins Invitational will be due no later than Monday, December 29 by 7:00pm. Please make sure to get your entries in on time as **no late entries will be accepted.**

Peter Vanderkaay is Coming to the YMCA

This Saturday, December 6 from 12-1pm, Olympic gold medalist Peter Vanderkaay will be speaking at our YMCA. This is an absolutely amazing opportunity for YPAC swimmers to listen and ask questions of a hugely decorated, talented swimmer. I hope you will all take advantage of this amazing opportunity.

Goal/Awards Folders

Goal and awards folders are now available for viewing at practice. The folders contain all goals achieved and set by each swimmer. The folders also contain unclaimed team photos and any awards earned at previous meets. Goal Folders are located on the YMCA pool deck for 10 and under swimmers. The folders will be brought out into the hall for viewing during practices. Folders for 11 and up swimmers are located in the stands of the Ferndale High School pool. The coaches ask that the folders remain at practices and are not taken home. Swimmers will be allowed to take their folders home at the awards banquet at the end of the year.

YPAC Team Towel and Hats Orders Extended

The Deadline for ordering YPAC team towels and hats has been extended to Sunday, December 7. **All orders must be received by December 7 to Julie Buccalo at 25529 Parkwood, Huntington Woods, MI 48070.** Order forms are available on the YPAC website.

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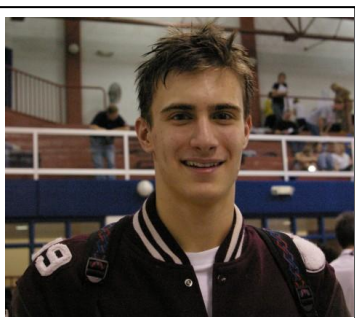
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Quote Of The Week

"According to the laws of aerodynamics, the bumble bee cannot fly. Apparently, someone forgot to tell that to the bee. It makes me wonder what humans could do, if only we didn't know we weren't capable of it."



Wendy's Fundraiser

Every Wednesday from 4-8 pm the Wendy's restaurant located at Greenfield and 12 mile will donate 15% of all dine in and drive thru order bills to the YPAC Swim Team. This Wednesday all proceeds raised will go towards the YPAC National Team. Please be sure to support our National Team by stopping by Wendy's for a healthy pre or post practice snack.

Holiday Market Gift Cards

Don't forget to use Holiday Market gift cards for your holiday food and wine/beverage purchases. Even if you don't usually make your grocery purchases at Holiday Market, please consider using a Holiday Market gift card for your wine/champagne/spirits purchases for this holiday season. With 5% of the each purchase from your card returning to YPAC, your holiday purchases can be a significant money maker for YPAC. If you do not already have a Holiday Market gift card you can obtain one at the customer service desk at Holiday Market by asking for a YMCA gift card (they are not listed as YPAC cards). You can preload any amount of money on your card at the customer service desk or at the check out lane prior to ringing up your purchases. Using the gift card does not increase the cost of your purchases but it does return 5% of every purchase to the YPAC team. Two families can then benefit from your holiday grocery shopping –your family and the YPAC family.

Save the Date

Please mark February 28 and March 1 on your calendar for the YPAC hosted YMCA State Meet. We will need all YPAC parents, regardless if your swimmer is swimming in the State Meet or not, to volunteer some time in order to pull off a successful State Meet.

Core Value Activity 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 December will be a core value activity month. In the month of December each age group will perform an activity that demonstrates one or more of the core values they have learned throughout the season. Stay tuned to future Piranhagrams to find out what activity each age group will be participating in.

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Nutrition

Examples of High-Carb Breakfast Meals

At Home:

Orange juice, Fresh fruit. Low-fat yogurt, Pancakes with syrup, 2% or skim milk
or

Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk

At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk
or

Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin

At a Convenience/ Grocery Store:

Fruit flavored yogurt, Large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk

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.

- ✓ Order your team towel and hat by Sunday, December 7.
- ✓ Stop by the Wendy's at 12 mile and Greenfield on Wednesdays from 4-8 for a pre or post workout snack.
- ✓ Order your Holiday Market gift cards
- ✓ Mark February 28 and March 1 on your calendar for the YPAC hosted YMCA State Meet
- ✓ Come see Peter Vanderkaay at the YMCA December 6 from 12-1pm.
- ✓ Take a look at your swimmers goal folder at practice.

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