

# YPAC SWIM TEAM

December 8, 2008 Piranhagram

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



## In This Issue

- Coach's Corner (1)
- Deadlines (1)
- FLY, BAC, SBS, MYM (2)
- Coach's Holiday Practice (2)
- Holiday Practice Schedule (2)
- Dates to Remember (2)
- Wendy's Fundraiser (3)
- Holiday Market Gift Cards (3)
- Save the Date (3)
- Core Value Activity Month (3)
- Quote of the Week (3)
- Parent Weekly Checklist (4)
- Nutrition (4)

## Deadlines

### December

- 15 – FLY, BAC, SBS Entries Due
- 29 – MYM Entries Due

## Coach's Corner

Hello YPAC Swimmers and Families-

Whether you were at the CW meet, listening to Peter Vanderkaay talk about swimming, or just spending some time with family and friends, I hope you all had a wonderful weekend.

I attended the Peter Vanderkaay event on Saturday at the YMCA and was very happy to see all the swimmers and family members who came out for this amazing opportunity. Peter was very gracious in signing autographs, answering questions and sharing with us what his swimming journey has entailed. It was very interesting to know that Peter was just an ordinary swimmer until his sophomore year of high school. He did not even make high school state meet his freshman year. It was Peter's personal drive and motivation of wanting to reach his goals that pushed him to be the swimmer he is today. I wonder if we have some future Olympian on our team.

For all of you who braved the snowy roads to Ann Arbor for the CW meet congratulations on some very nice swims. The meet results have not yet been posted, but I know that YPAC had several fast swims this past weekend. I hope you all enjoyed swimming in the same pool that Peter Vanderkaay, Michael Phelps and several other Olympians trained in every day.

This weekend is the FFYS meet. All swimmers need to make sure they are eating a healthy meal before the meet and packing a snack for during the meet. Meets this year have been running extra long and extra snacks might also be necessary. All too often the coaches are hearing that our swimmers have not been eating a healthy meal if anything at all before the meets. Only with the proper fuels (food) to support a swimmer in the pool will they be able to swim their best race.

Please be sure to check out the holiday practice schedule located in this weeks Piranhagram. Also, please check out the article on the Coach's Holiday Practice. Enjoy your snowy week.

*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

- 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

### FLY, BAC, SBS and MYM Invitational's

Meet packets for the Macomb Marlins, FLY, BAC and Superbowl Splash (Share the Warmth) Invitational's are now posted to the YPAC website. **Entries for the FLY, BAC and SBS Invitational's are due no later than Monday, December 15 by 7:00pm.** 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.**

### Coach's Holiday Practice

The YPAC Coaches would like to extend an invitation to all YPAC swimmers to this years Coach's Holiday Practice. The Coach's Holiday Practice will be held on Thursday, December 18 from 6:00-7:30pm at the Ferndale High School pool. This is a wonderful time for the entire team to get together and celebrate the holiday season. The night is full of food, fun, music and team camaraderie. All regular practices have been cancelled this evening so that all swimmers can attend the Coach's Holiday Practice together.

### Holiday Practice Schedule

Beginning Monday, December 22, the YPAC practice schedule will be altered for the Holiday break. December 22, 23, 29, 30 the following practice schedule will be in effect:

8 & Under – Ferndale High School	10:30-11:30
9-10 - Ferndale High School	10:30-11:30
11-12 - Ferndale High School	11:30-1:00
13 & Up - Ferndale High School	10:30-1:00

There will be no practice December 24,25,26,31 and January 1,2. If you are able to make it up the YMCA for open or lap swimming on the days we do not have practice, workouts will be posted by the coaches to the YPAC bulletin board. The regular practice schedule will resume on January 5.

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## Quote Of The Week

"I considered myself an underdog not being one of the most recruited guys in my class. Things have really changed since high school"  
(Peter Vanderkaay).



## 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. Be sure to stop 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

It is very important that all swimmers eat a healthy meal before a meet. It is also very important that swimmers eat a snack during the meet. Peter Vanderkaay said this weekend that his favorite meet snacks are power bars. Without the proper fuel to swim your race, you will not be able to perform to the best of your ability.

## 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.

- ✓ 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.
- ✓ Take a look at your swimmer's goal folder at practice.

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