

YPAC SWIM TEAM

July 25, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

September

- 1 – Early Registration Ends
- 19 – Two Week Trial Ends

Nutrition

One of the foundations of quality training is GOOD NUTRITION. Given the proper fuels, the body will adapt the way training intended. The result: high quality workouts and optimal performance (USA Swimming)."

Coach's Corner

Hello YPAC Swimmers and Families-

I hope this letter finds you all well and enjoying the last few weeks of summer vacation. Although I have not seen all of you this summer, I have been keeping track of your summer swimming times and am pleased to see how well YPAC swimmers have been performing. It was great to see many of you swimming this past weekend at the NSSL B Finals and I look forward to seeing some great swims from YPAC swimmers at the NSSL A Finals. Good luck to all of you who will be competing this coming weekend!

It has been quite the eventful summer for YPAC. Some of you may know that we started a long course team this year. We had over 20 swimmers who trained and competed in a 50 meter pool. We participated in the Motor City Mile and other exciting long course meets. We also had four swimmers who qualified for the YMCA Long Course National Meet. Tyler Tadian, Loren Wolfe, Matt McNamara and Peter Dolnicek all qualified to swim in the National Meet held in College Park, MD July 29 - August 1.

YPAC Coaches and Board Members have also been working hard this summer to make sure that the 2008-09 season will be a great one. YPAC has hired three new coaches; Qenton Stinson, Dale Burr and Ashley St. Andrew. We have added several new clinics to the schedule along with set days for filming and goal setting. We have spiced up the overnighter, which will include the Piranhathon this year. We have incorporated the four YMCA core values into the program. We have also formed several sub-committees designed to make communications for the YPAC parents less complicated and events more fun.

Our Parent Information Meeting will be on Sunday, September 7 at Noon at the South Oakland Family YMCA, located at 1016 W. Eleven Mile Road. Make sure to save the date so you don't miss out on meeting our new coaches and hearing more details about what YPAC has in store for you this season. Also, make sure to read further into the Piranhagram to get information about our new early registration.

I look forward to seeing you all again this September for the kick off of the 2008-09 YPAC season. Take care, and enjoy the rest of your summer.

Coach Amber

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Dates to Remember

August

18 Early Registration Begins

September

7 Parent Information Meeting, Noon @ YMCA

8 1st Day of Practice

19 Welcome Dinner

19 No Practice

20 Filming Clinic

27 Filming Clinic

October

4 Filming Clinic

11 Lock In/ Overnighter

18 10 and Under Flip-Turn Clinic

25 BBD Meet

26 BBD Meet

31 No Practice, Happy Halloween

November

8 YPAC Invitational

9 YPAC Invitational

15 Starts Clinic

27 Happy Thanksgiving

28 No Practice

New Early Registration...

With the YPAC Swim Team continuing to grow each year, we wanted to make sure that all returning families have an opportunity to reserve a spot on the team. If numbers continue to grow, we may be forced to start a wait list for YPAC. Therefore, we will be holding early registration for all returning YPAC swimmers from August 18 to September 1. Be sure to reserve your spot on the team early so you won't miss out on being a part of the YPAC 2008-09 Swim Team. General registration begins September 2 for all new YPAC swimmers.

Who Will Be Coaching My Swimmer?

We are excited about our returning and newly hired coaches for the 2008-09 season. Here is a tentative list of the coaching assignments:

8 and Under..... Qenton Stinson

9-10..... Colleen Rose

11-12Dale Burr

13 and up.....Eric Heim

Coach Amber will be working with all the age groups.

Our Technique coaches will be **Ashley Eilers, Ashley St. Andrew** and **Ryan Morse**.

Newsletter, Website and E-mail

Be sure to check out the website at www.ypacswimteam.org for the latest YPAC information. The Piranhagram will be sent out via e-mail and posted to the website every Monday. Once practices begin, the newsletter will also be provided in hard copy. Be sure to see your Age Group Parent Mentor for a copy. If you know of anyone who is not receiving e-mail announcements, please e-mail Coach Amber at amber.wood@ypacswimteam.org so that they can be added to the e-mail distribution list.