

YPAC SWIM TEAM

August 11, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

September

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

Nutrition

“During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities”(USA Swimming).

Coach's Corner

Hello YPAC Swimmers and Families-

What an exciting week this has been for USA Swimming! For those of you who have somehow missed it, the USA Olympic Swim Team has been raking in the medals in Beijing. For many swimming enthusiasts the Mens 4 X100 Free Relay Sunday night was thrilling enough by itself to get us all motivated for the upcoming season. If watching Michael Phelps, Garrett Weber-Gale, Cullen Jones and Jason Lezak smash the world record by 3.99 seconds beating the French Relay Team by less than a tenth of a second does not get you excited, perhaps this following list of USA medal recipients will.

Michael Phelps: Gold, 400m IM, 4:03.84 (WR); Gold, 400m Free Relay, 3:08.24 (WR)

Garrett Weber-Gale: Gold, 400m Free Relay, 3:08.24 (WR)

Cullen Jones: Gold, 400m Free Relay, 3:08.24 (WR)

Jason Lezak: Gold, 400m Free Relay, 3:08.24 (WR)

Nathan Adrian: Gold, 400m Free Relay, 3:08.24 (WR) (P)

Ben Wildman-Tobriner: Gold, 400m Free Relay, 3:08.24 (WR) (P)

Matt Grevers: Gold, 400m Free Relay, 3:08.24 (WR)

Ryan Lochte: Bronze, 400m IM, 4:08.09

Larsen Jensen: Bronze, 400m Free, 3:42.78 (AR)

Katie Hoff: Silver, 400m Free, 4:03.29; Bronze, 400m IM, 4:31.71

Natalie Coughlin: Silver, 400m Free Relay, 3:34.33 (AR)

Lacey Nymeyer: Silver, 400m Free Relay, 3:34.33 (AR)

Kara Lynn Joyce: Silver, 400m Free Relay, 3:34.33 (AR)

Dara Torres: Silver, 400m Free Relay, 3:34.33 (AR)

Helen Silver: Silver, 400m Free Relay, 3:34.33 (AR) (P)

Julia Smit: Silver, 400m Free Relay, 3:34.33 (AR)

Christine Magnuson: Silver, 100m fly, 57.10

There are several days of Olympic Swimming competition left. Make sure to catch some of your favorite swimmer's races to see how the pros swim. Also, make sure to keep swimming at your neighborhood pool or the YMCA. The Olympians did not get to where they are today by taking time off. I look forward to seeing you all in a few weeks

Coach Amber

South Oakland YMCA

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

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Dates to Remember

August

18 Early Registration Begins

September

2 New swimmer registration begins
7 Parent Information Meeting, Noon at YMCA
8 First 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

Parent Information Meeting

Be sure to mark Sunday, September 7 at Noon on your calendar for this year's Parent Information Meeting. At the meeting you will have an opportunity to talk with the Coaches, hear what new exciting projects the Parent Board has been working on all summer and have an opportunity to hear from our new President, Karin Jahn. We look forward to seeing all new and returning parents on September 7.

Early Registration

For those of you who are interested in taking advantage of early registration, you may register at the YMCA starting Monday, August 18. To make registration even easier for you, all four registration forms have been attached to this e-mail (Registration Form, Medical Release Form, USA Swimming Form, Family Information Form). Simply print off the forms at home, fill them out and bring them to the YMCA. Forms will also be available online and at the front desk of the YMCA.

Two Week Trial

If you are a new swimmer to YPAC or know of anyone who is interested in giving YPAC a try, we welcome you to take advantage of our Two Week Trial. By taking advantage of the Two Week Trial, your swimmer will be able to swim with the team for two weeks starting September 8 running thru September 19. Those two weeks will allow you and your swimmer enough time to decide if YPAC is the team for you. You may register for the two week trial by filling out all the registration forms, excluding the payment portion, and dropping them off to the front desk of the YMCA. Be sure to tell the front desk staff that you are only registering for the Two Week Trial. Registration for the trial begins September 2. You may also register for the trial after our Parent Information Meeting held on Sunday, September 7 at Noon at the South Oakland YMCA. Coaches and Parents will be available that day to help out with any registration questions you may have.

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Quote Of The Week

"It's not how far you swim in practice; and its' not how fast you swim in practice--it's how far you swim fast in practice"(unknown).



Hannah Tadian & Brita Sharef at Pleasant Ridge this summer

If you have any photos you would like to have displayed in the Piranhagram, please send them to Coach Amber at

amber.wood@ypacswimteam.org

Practice Schedule

The 2008-09 practice schedule is now posted to the YPAC Website. There are a few changes that have been made from last year's schedule. Be sure to take a look at your swimmers age group practice times.

8 & Under:	Monday-Friday	4:10-5:00 @ South Oakland YMCA
9-10:	Monday-Friday	4:45-5:50 @ South Oakland YMCA
11-12:	Monday only	5:30-7:00 @ Ferndale High School
	Tuesday-Friday	6:00-7:30 @ Ferndale High School
13 & Up:	Monday – Friday	6:00-8:00 @ Ferndale High School

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 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.

Questions?

If you or anyone you know has any questions concerning the 2008-09 YPAC season, please contact Coach Amber at amber.wood@ypacswimteam.org.

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