

YPAC SWIM TEAM

August 18, 2008 Piranhagram

www.ypacswimteam.org



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Deadlines

September

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

Nutrition

“What are the first three foods that come to mind when we say “carbohydrate?”

1. Pasta 2. Rice 3. Bread

Each of these is excellent. But what do they have in common? They're all white! One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate”(USA Swimming).

Coach's Corner

Hello YPAC Swimmers and Families-

What a tremendous past few weeks for USA Swimming! Watching Michael Phelps write history with his unprecedented eight gold medals, seven world records and one Olympic record in one Olympics was overwhelming. What an exciting time for us all to be involved in competitive swimming.

Almost as exciting as watching Team USA compete in the 2008 Olympics is the fact that Phelps along with several of his Team USA teammates have been training for several years about 45 minutes to our west in Ann Arbor, Michigan. You may have heard the announcers at the Olympics mention that Phelps and several of his teammates train at Club Wolverine. If you didn't recognize the name of the team, you should have. Club Wolverine's age group program is a USA Swim Team that YPAC competes against in several of our USA meets.

It is very gratifying for me to hear athletes such as Kobe Bryant start to give swimmers and the sport of swimming the credit it deserves. What Phelps, along with the help from his coach Bob Bowman and his teammates in his relays, have done for swimming during the 2008 Olympics has opened people's eyes to the physically demanding, mentally brutal and extremely exciting sport that you are all a part of.

I look forward to seeing you all at practice in just 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 Family Fun Night
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

YPAC Welcome Dinner

The YPAC Welcome Dinner has been set for Friday, September 19th at 6:30 pm at the Pleasant Ridge Recreation Center located at 4 Ridge Road. The Welcome Dinner is for all YPAC swimmers and their families. It is a great opportunity to meet other families and swimmers, set up car pools and sign up for volunteer opportunities. The Varsity Shop, one of YPAC's Gold Sponsors, will also have their booth set up at the dinner to allow swimmers to try on and purchase their team swimsuit. Make sure to mark this important date on your calendar. More information regarding the YPAC Welcome Dinner will be posted in future Piranhagrams.

YPAC Registration Has Begun

For those of you who are interested in taking advantage of early registration, you may register at the YMCA starting today, Monday, August 18. All four registration forms are available on-line or at the front desk of the South Oakland YMCA (Registration Form, Medical Release Form, USA Swimming Form and Family Information Form).

High School Girl Swimmers

If you are a High School Girl Swimmer who will be swimming for YPAC this 2008-09 season, we ask that you register for the team during this initial registration period. There are several behind the scenes operations that happen for YPAC in September that are easier to execute with a full YPAC roster. Ordering t-shirts, registering for USA Swimming and to avoid being waitlisted are just some of the areas that require pre-season registration for our High School Girl Swimmers.

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.

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Quote Of The Week

"I have all the memories and the pictures. I'll have all the medals, every suit, every cap, my award sweats, but the best memories for meets like this are spent with your teammates, playing spades with them, playing risk and just getting to know them. To be a part of Team USA is one of the best memories I'll take away from this"(Phelps, Michael).



Peirsol, Hansen, Phelps and Lezak after winning gold in the 4x100 Medley Relay

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

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.

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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