

## Coaches Report

What a great second week - which ended with an awesome Welcome Dinner! We had many families that came and all the swimmers won a prize. All of the coaches are very excited about the swimmers and can't wait to see them in action in our first meet! We have really started the season off on a positive note. This is a brand new season and we are starting fresh!

It is important that we all, parents and swimmers, engage in proper conduct during practices and at meets. All parents and swimmers should have filled out their Code of Conducts, which spells out what the team expects and what the violations are. If you have any issues or concerns, the lines of communication between the coaches and team are always open. We cannot fix anything if we are not told about it.

**All swimmers should be registered by now. If you are not registered at the Y, then you will not be allowed to swim after this week.** Not only is it a safety concern for us to have swimmers without the proper family and medical forms, it is important so that we can finalize our roster, submit our USA forms, get team shirts and caps ordered and a myriad of other team-related issues! If you have not registered yet, please drop Coach Colleen an email so she knows what your status is and when you can register.

After all, our first meet will be here before we know it! **Please make sure all entries are in the black box at the Y by 7pm on October 8th.** If your swimmer is not sure what to enter in the meet, please talk to the coaches. We want to make sure all the swimmers feel good about their swims during the meet.

*Swimmers - keep up the good work and continue to work hard!! If you have any questions or concerns please let your age group coach know, or contact Coach Colleen directly.*

Coach Colleen, Coach Eric, and Coach Rick

## Team Suits & Spirit wear/gear

Team suits will be available for order through October 11th. This is the same suit as last year. An order form is attached for all those who could not make it to the Suit Try-on. All swimsuit forms need to be turned in directly to the Varsity Shop in Birmingham; the address is in the PDF.

Spirit wear/gear will also be available for order until October 11th. The form is attached with all descriptions, pricing and ordering instructions. Show your YPAC spirit! Plus, they make great holiday gifts for family and friends. Remember, each swimmer gets one team shirt for free to wear at our meets. This is *not* to be indicated on the Spiritwear/gear order form; only additional shirts for order are to be included on here.

## **Our First Meet!**

Attached are meet packets for the BBD Fall festival and Sunday Fun Meets on October 23 and 24th. Please read these packets carefully!! A Meet Entry form is also attached. This information is up on our website and also at the YPAC Bulletin Board at the YMCA

**The entry deadline is OCTOBER 8TH. All entries need to be placed in the black box at the YMCA. Please put the entry form and payment into an envelope so that the entry fees and the entries stay together.**

**NO LATE ENTRIES WILL BE ALLOWED**

For more information on entry procedures, see our website at:  
<http://www.ypacswimteam.org/meets/entries/>

## **Officials Training Class**

An Officials Training Class will be held on October 10, 2010 from 2:30-6:30pm at North Oakland YMCA. Cost is \$40. Please contact Coach Colleen if you would like to become an official!

## **Pick-up and Drop-off of Swimmers**

Please note practice times and make sure you are dropping off and picking up your children at the correct times. **It is unsafe for them to wait without adult supervision for extended periods before practice begins or after practice ends.** Of course, if there is an emergency and you are running late, please call the South Oakland YMCA to let them know your child needs supervision, or contact a coach or fellow team member so they can be responsible for the safety of your child. Thank you!