



Piranhagram- Week of November 21, 2011

Coaches Report



What a wonderful weekend - from all the fun activities to the all the great swims! Thank you to Lisa Veasey for setting up all the dinners and the museum for the younger swimmers. We appreciate all the work you did.

We placed 6th out of 13 teams this weekend! Great job to all the swimmers who swam. We had a lot time drops and many swimmers tried out new events. Keep trying those new events-you never know what you might like.

Congrats to Katie Sullivan for making a zone cut in the 100 IM and Anna Hoppe for making states in the 100 Back.

There will be **NO PRACTICE Nov 24, 25 and 27**

Keep up the good work and have a Happy Thanksgiving!

Coach Colleen, Coach Qenton, Coach Jackie and Coach Rick

tweak!

For those of you unfamiliar with tweak, it is a facility in Birmingham where your swimmer is filmed and observed underwater and given tips and corrections in technique that cannot be seen from the surface. Tweak offers many different packages and clinics to assist your swimmers, check out their website for information. <http://tweakedathlete.com/swim.html> They have offered a session for YPAC swimmers which your swimmer is observed for 15 minutes for the price of \$15. If you order an additional package of two or more lessons on the date of your YPAC session, they will discount the package by 10%.

New Tweak Dates Added

Due to the over whelming response for Tweak, 2 new dates have been added: Saturday December 17th from 11:00am-1:00pm and Sunday December 18th 3:00pm-5:00pm. Each session has 8 spots. Please let Coach Colleen know by December 1st if you are interested. Swimmers that were put on a waiting list from the last Tweak event will get first priority.

If you are already attending Tweak on November 27th you may not sign up again unless there are spots left open by swimmers who were not signed up for that session.



Important Dates:

November 24- 27- No Practice- Thanksgiving Break

November 27 – tweak session 3:30-6:30pm

December 1- last day to sign up for tweak Dec 17 & 18

December 2-4- GLT Meet

December 10-11 – FFYS Meet

December 17 & 18- tweak sessions: Dec 17 11am-1pm, Dec 18 3-5pm

Triton Tsunami Winter IMX Challenge

This meet is hosted by the Great Lakes Tritons on December 2 – 4, 2011. Meet information can be found on our website in the meet packet. The deadline for entries has passed. A reminder of USA meet procedures follows.

First, when you come into the pool, there will be lists of swimmers' names on the wall for check-in. Find your child's name and highlight it. If your child's name is not highlighted before warm ups begin, they will be scratched from the meet.

Second, the meet will be self-marshaled. This means that your child will be responsible for getting him/herself to the blocks for their heat. Coaches will be there to assist the swimmers, but they will not be able to assist swimmers who leave the deck area without permission.

Third and finally, USA has fly-over starts, except for backstroke. This means that at the end of your child's race, they stay in the water holding onto the gutter and the next heat dives in over them. Once the next heat has started, they can exit the pool quickly. This will be practiced at practice.

2011 Holiday Invitational



This meet is hosted by the Farmington Family YMCA Stingrays. It runs December 10-11, 2011 at Waterford Mott High School – 1151 Scott Lake Road 2800, Waterford, Michigan 48328. Information on the meet can be found in the meet packet on our website. The deadline for entries has passed.

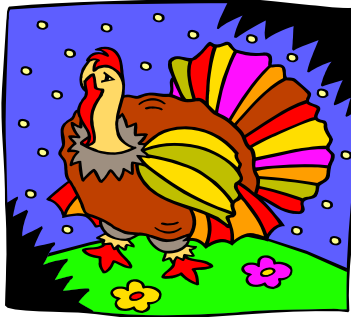
Team Wear



The deadline for ordering team wear is over. When the new orders come in, you will be notified. If you have any questions, please contact our merchandising chair, LeeAnn Hart, at leeannhart@redhatsbyyou.com

LOST- HWAC towel with the name "Ian Carpenter" monogrammed on it. If you have it, contact Erin Carpenter at Elcarp@comcast.net.

LOST- Girls size 30 YPAC team suit. If you find it please contact Julie Hiotaky at jhiotaky@wideopenwest.com.



Happy Thanksgiving!