



Piranhagram- Week of January 31, 2012

Coaches Report

What a great weekend at the GPG meet. Hope all survived the hot pool and are ready for the new week. Congratulations to Adonnis Terrell who got her state cut in the 100 Free. Great job to all that swam this past weekend. Keep up the hard work!

We will be starting taper over the next two weeks for all age groups. Taper is a process utilized in training in which workout intensity is gradually reduced just prior to championship competition to allow the swimmer's body and mind to rest and recover from rigorous training (facilitating the process of rebuilding and increasing muscle mass).

Please remember that the swimmers will be a little more energized over the next couple of weeks and we need to remind them to conserve their energy. As we are entering the Championship Season we need to make sure to be careful if we decide to do something new. Championship meet information is still included at the end of the Piranhagram for your reference.

Let's keep up the great work and if there are any questions please talk your swimmer's coach or Coach Colleen.

Coach Colleen, Coach Qenton and Coach Jackie

Championship Meet Fees

Through our fundraising efforts, the YPAC Parent Board has voted to cover all swimmers' entry fees for the following 5 meets:

- 8 and Under State Meet
- Districts
- 9 and Up State Meet
- Junior Olympics

- Zones

If you have turned in money with any of these meet entries, it will be returned to you.

Cluster Volunteers

For Clusters each team needs to provide 2 volunteers each session. The volunteers can be either a timer or an official. If anyone would like to volunteer for timing please contact or tell Coach Colleen at headcoach@ypacswimteam.org. If you are interested in officiating at Clusters please contact Stine Grand at stine@grandandgrand.com.

Important Dates:

February 1 – 8 & Under State Meet and District Meet entries due
February 2 – Pasta Pot Luck RSVP's due
February 6 – State Hotel Reservations Guaranteed Room Rate Expires
Feb 7 – Pot Luck Pasta Team Dinner
Feb 11-12 – YMCA Eastern Clusters
Feb 18 – YMCA 8 & Under State Meet
Feb 19 – YMCA District Meet
Feb 25-26 – YMCA 9 & Up State Meet
March 2-4 – USS Junior Olympics
March 18-19 – YMCA Zones

Come Carb Load with the Team and Celebrate the Beginning of our Championship Season!

CHAMPIONSHIP PASTA POTLUCK DINNER

Tuesday, February 7th

5pm - 7:30pm

South Oakland YMCA Gym

Based on your swimmer's age group, please bring something to share

ALL DISHES MUST BE TREE NUT & PEANUT-FREE, NO SEAFOOD, NO HUMMUS:

- 8 & Under: Beverages (no pop, no sugary drinks)
- 9-10 Girls: Green, Veggie or Side Salad
- 9-10 Boys: Bread or Rolls
- 11-12: Pasta (ready to serve, ex: mac & cheese, spaghetti)
- 13 & Up: Fruit, Desserts (healthy, not sugar-laden)

Please RSVP to Lisa Veasey by February 2nd with the number of attendees via text or phone: 248-990-6608

State Hotel Reservations

A block called "Parents of YPAC" for Feb 24th and 25th has been set up at:

Holiday Inn Express Grandville
4651 36th Street • Grandville, Michigan 49418

Please call 616-532-0202 and mention arrival date and block name. Rooms are double queens, fridges, microwaves, LED TV's in all rooms. Free hot breakfast and just a few minutes from Jenison High School Aquatic center. Rate is \$89.99 plus tax a night. **Must call by Feb. 6th to guarantee availability and rate.**

After February 6th, room availability is not guaranteed, but those who call after that date can ask for the Jenison High School swim rate which is the same rate,

<http://www.suburbaninns.com/hiex-grandville/>

Championship Season

Swimmers are required to attend the Championship meets for which they have qualified.

Your swimmer's times are listed under "HY-TEK" on our website or accessed from this link:
<http://www.sports-tek.com/TMOnline/aATHLETE.asp?DB=upload\SouthOaklandYMCA.mdb>

You can find links to the time standards on our website at <http://ypacswimteam.org/resources/time-standards/>

If you have any additional questions on meets, feel free to email Coach Colleen at headcoach@ypacswimteam.org

For all YMCA championship meets below, the swimmer **MUST** have met the requirement of swimming in 3 YMCA meets.

YMCA Clusters - The YMCA Cluster meet is the first of the YMCA Championship meets. All swimmers, in all age groups who have met the 3 YMCA meet requirement over the season can swim; there is no time cut requirement for this meet. It is also the "last chance" meet to get a YMCA State Cut. If a State, Zone or National cut is not made at this meet, the swimmer will swim at Districts. The Clusters are hosted by BBD and will be held February 11 & 12, 2012 at Waterford Mott HS.

YMCA 8 and Under States - This meet is for all 8 and Under swimmers. There are no qualifying times for this meet. Many of the events allow swimmers to compete only against swimmers that are the same age (six year olds swim against six year olds, etc.). This is a fun meet and a great way to end the season!
This will be the last meet for all 8 and unders.

The 8 & Under State Meet is hosted by the Flint Falcons. It will be held Saturday February 18, 2012 at Waterford Mott HS. The meet packet is attached, will be at the Y and posted to the website. Your entry is due to the Black Box at the Y by 7pm, Wednesday, February 1, 2012. The team pays for any swimmer's entry fees

YMCA Districts - This meet is for all the 9 and up swimmers who did not make a YMCA State time cut and competed in 3 YMCA meets. If your swimmer has made ANY State time cuts, they cannot swim in this meet. This meet will include all teams in the state. **After this meet, the swimmer is done, unless they make another time cut.** If a swimmer achieves a State Meet time at this meet, that time will qualify them for participation in the State Championship. (Note: this meet was called "B Clusters" in years past.)

The District Meet is hosted by the Flint Falcons. It will be held Sunday February 19, 2012 at Waterford Mott HS. The meet packet is attached, will be at the Y and posted to the website. Your entry is due to the Black Box at the Y by 7pm, Wednesday, February 1, 2012. The team pays for all swimmer's fees for this meet.

YMCA 9 and Up States - This meet is for all 9 and up swimmers that have made a State time cut during the season. These swimmers will not compete in Districts. Swimmers must swim the events in which they qualified and may be entered in other events at their coach's discretion. **If a Zone or National time is not accomplished at this meet the swimmer is done for the season.**

YMCA Zones - This is a meet for a swimmer, typically 9 and up, that has made a Zone qualifying time during the season or at States. This meet will include swimmers in our Zone of states. **If a National qualifying time is not achieved at this meet, the swimmer is done for the season.**

Our team is a dual affiliate YMCA and USS team. All time cuts earned at YMCA meets qualify swimmers for the USA swimming meets. The one Championship USS meet that YPAC participates in is Junior Olympics

Junior Olympics - To attend this meet, a swimmer must have a USS time cut that falls between a certain range. They need to have attained a Q2 time prior to the meet entry deadline; if a swimmer has a Q1 time, they may not swim that race at J.O.'s. A swimmer may swim as many events for which they have qualified, as long as it does not exceed 4 events per day.

2012-13 YPAC Board Positions

Our team is run by a dedicated group of volunteer parents. We cannot provide extras like merchandise, our website, or social events without your help! For next year, we do have a few positions open on our Board. If you are interested, or have any questions, please contact Maura Weber at president@ypacswimteam.org

All YPAC Parents are invited to apply for the following Board Positions:

Officers:

President – Provides direction for the Executive Board in all team endeavors. Coordinates and serves as liaison with the Coaching Staff and the South Oakland YMCA.

Vice President – Oversees special projects and assists the President

Chairs:

Fundraising – Organizes and oversees YPAC fundraising activities.

USA Swimming Representative – Acts as a liaison between YPAC, USA Swimming and the YMCA.

Keeps us apprised of changes, requirements and registration.

10 & under Swimmers must be supervised in the Locker room at the YMCA

Parents cannot drop off their kids at the YMCA without walking them into the locker room or have them wait, unattended, after practice. This is a liability issue for the Y and there is no supervision by staff or coaches for these swimmers who do not have parents in the building.

****ALLERGY ALERT****

We have a swimmer with severe airborne peanut, nut, fish and shellfish allergies. We want to keep all our swimmers safe and healthy and we need your help.

At our remaining meets and practices, please do not bring snacks on deck that may contain these ingredients or were processed in a plant that uses these products. Remember that residues left by teammates in our area may cause a reaction, too. So, even if you are not swimming at the same time, you could still cause a reaction. Please take care when planning your snack choices.