



Piranhagram- Week of November 28, 2011

Coaches Report



Hope everyone had a great Thanksgiving. The results for the Grand Rapids meet and the entries for the GLT and FFYS meets are posted on the website, posted at the Y and attached to the Piranhagram. Please check your entries to be sure they are correct. Contact Coach Colleen if your entry needs to be fixed at headcoach@ypacswimteam.org .

We had our first TWEAK Event on Sunday and it was very informative. All that attended had a great time and learned a lot. Tweak has extended us additional dates. Please see below for more information.

Our first USA meet at the GL Tritons is coming up this weekend. Please remember that some of the rules are different. The differences are listed below:

1. **You must check in when arriving - All swimmers must highlight their names before coming out to the pool. If your name is not highlighted then you will be scratched from the meet. Coaches will not be highlighting swimmers names.** So, please make sure you are on time. ***The age groups swim in different sessions than at the YMCA meets you have attended.*** Below are the age groups and times for the meet.

Friday, December 3rd

All Swimmers Entered:

PM Warm-up 5:00pm Start 6:00pm

Saturday December 4th and Sunday Dec 5th

11/12 Girls, 13 and up swimmers and open events:

Saturday, December 4th- **AM Warm-up** 7:30am Start 8:30am

Sunday, December 5th - **AM Warm-up** 7:30am Start 8:30am

Saturday December 4th and Sunday Dec 5th

11/12 Boys, all 10 & under swimmers:

Saturday, December 4th - **PM Warm-up** 12:30pm Start 1:30pm

Sunday, December 5th- **PM Warm-up** 12:30pm Start 1:30pm

2. For any events that are 50s in length and over, there will be flyover starts. This means swimmers must stay in the water until the next heat starts except in backstroke events. Any questions? Talk to your coach or Coach Colleen before the meet.

3. Third, 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.

AS ALWAYS - THERE ARE TO BE NO SNACKS DURING MEETS (and during practices) WITH ANY PEANUTS OR TREE NUTS IN THEM DUE TO TEAMMATES WITH ALLERGIES.

Keep up the great work!

Coach Colleen, Coach Qenton and Coach Jackie

tweak!

Due to the overwhelming response for tweak, (a facility in Birmingham where they do underwater filming and critique of your strokes) we have added 2 new dates. There will be 8 spots available on Saturday, December 17th from 11:00am-1:00pm, as well as 8 spots available on Sunday, December 18th from 3:00pm-5:00pm. The cost is \$15 a swimmer. This is payable to tweak at the clinic.

Please email Coach Colleen at headcoach@ypacswimteam.org 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 order an additional package of two or more lessons on the date of your YPAC session, they will discount the package by 10%.

If you attended tweak on November 27th, you may not sign up again unless there are available unsigned spots not taken by new clinic attendees.

Want to know more about Tweak and how they work with our coaches to improve a swimmer's stroke? Visit their website:

<http://tweakedathlete.com/index.html>



Important Dates:

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

2011 FFYS 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. Check your entries to be sure they are correct.

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.