



## *Piranhagram- Week of November 8, 2011*

### Coaches Report



What an AWESOME weekend. The meet ran well and smoothly. We got many compliments from other teams. **Thank you to all that helped - without your help the meet would not have happened!** Thank you to all the swimmers who helped with awards, timing and hospitality. Many of you came before your session and worked and also stayed after your session. It shows great team spirit.

All the swimmers had great swims. There were many time drops and goals beaten. Keep up the great work and continue to meet those goals.

Over the weekend we had new State cuts made. Congratulations to all! Adam Siegel made states in 50 Fly and 50 Free, MaKenna Bellamy made states in the 50 fly, and Katie Sullivan made states in the 100 IM. Congratulations also to Lauren Wroe who made her state cut in the 50 Free at her High School League meet and then came to swim at our Invite the day after and made a cut in the 100 Free. Great job to all the swimmers! We can't wait to see what the rest of the season brings.

After the team picture on Wednesday, November 9, each swimmer will be writing down their goals for the rest of the season. The coaches have been talking with them about setting goals and what it takes to achieve them. The goals should be specific and the swimmer should understand what it means to reach the goal. As parents, please also talk with your swimmer about his/her goals and encourage them to take steps to meet those goals.

The team picture is this Wednesday at Ferndale High School. All swimmers are to be there just before 5pm so we can get all the swimmers set for the picture. Swimmers must wear their team suits and team t-shirts. Individual photos will be taken after the team picture. Picture forms are on the bulletin board at the Y and there will be forms available at FHS on picture day.

Keep up the great work!

Coach Colleen, Coach Qenton, Coach Rick and Coach Jackie

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## Hy-tek

The Hy-tek tab on our website is up and running. If you are looking for your swimmer's times you can look on there now.

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## **Important Dates:**

**November 8-** Last day to sign "No Show" list for Macomb Marlins Dual meet

**November 9, 5:00pm** - Team Photos at Ferndale High School

**November 11-** GLT meet entries due

**November 12** - Macomb Marlins Dual Meet.

**November 16-** Grand Rapids Pizza RSVP form due

**November 18-20** - Grand Rapids Meet Weekend

**December 2-4-** GLT Meet

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## **YPAC Invitational**

Thank you to all those that volunteered their time this weekend and all those that brought goodies for the coaches & officials! We could not have done it without you!

All perishables left over from the meet were donated to Common Ground Sanctuary. They were very grateful.

If you have serving dishes that need to be returned, please contact me at [elphen@aol.com](mailto:elphen@aol.com).

Thanks again,

Terri Kuznia, Volunteer coordinator

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## **GRAND RAPIDS MEET**



Those of you who have signed up for the away meet in Grand Rapids on November 18-20, hosted by the RAYS, YPAC will be staying at the Homewood Suites. A group of rooms have been blocked off for our team at the rate of \$79.00 a night plus tax. To make your reservations please contact the number below and mention that you are with YPAC.

Homewood Suites  
3920 Stahl Drive, Grand Rapids 49546  
616-285-7100



[http://homewoodsuites1.hilton.com/en\\_US/hw/hotel/GRRMIHW-Homewood-Suites-by-Hilton-Grand-Rapids-Michigan/index.do](http://homewoodsuites1.hilton.com/en_US/hw/hotel/GRRMIHW-Homewood-Suites-by-Hilton-Grand-Rapids-Michigan/index.do)

On Friday night, we will have a team dinner starting at 6:30pm at



Cantina Mexican Restaurant  
2770 E Paris Ave SE, Grand Rapids, MI 49546

<http://www.cantinamexicangrill.biz/>

Each family will be responsible for their own bill. We have a room reserved so even if you get to Grand Rapids or finish your swim after 6:30, come up, we are usually there for a few hours.

On Saturday afternoon, the 10 & Unders (with parents and anybody else that wants to go) are invited to the Grand Rapids Children's Museum. We will meet outside the glass at the top of the pool spectator area after the conclusion of the morning events. We will grab lunch and head to the museum together. If you are interested in attending, please contact Lisa Veasey at 248-990-6608 via phone or text. The admission rate will depend on the number of persons attending.

<http://www.grcm.org/>

On Saturday evening, starting at 6:30pm, we will have pizza and games in the lobby dining area of the hotel. The cost is \$5 per person and includes pizza, salad and drinks. Please fill out the attached form and send it in with your payment to the Black Box at the Y before Wednesday Nov 16.

Due to the small team size this year, all families who attend our Grand Rapids away meet will need to help subsidize our coaches' accommodations. Each swimmer will be asked for a small contribution to cover this cost, which will **not** be reimbursed by the YMCA. Once we get entries, we will know what this amount will be. We thank you for your understanding and look forward to this wonderful weekend.

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## Triton Tsunami Winter IMX Challenge

Hosted By: Great Lakes Tritons, December 2 - 4, 2011

This meet is a USA meet. USA Meets run a little differently than YMCA meets.

First, when you complete your meet entry form, please note that there is a \$1 per swimmer fee that must be paid in addition to your event entry fees.

Second, when you come into the pool, there will be lists of swimmer's 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.

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.

Fourth 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.

The meet packet is attached, available on the website and on the bulletin board at the Y.  
**Entries are due November 11.**

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## **Teamwear**



If you were unable to pick up your team wear please contact our merchandising chair, LeeAnn Hart, at [leeannahart@redhatsbyyou.com](mailto:leeannahart@redhatsbyyou.com).

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## **Team Photo**



Team photo day is **Wednesday November 9th, 5:00pm** at Ferndale High School. Please have the kids wear their team suits and team T shirts. We will take a group shot and the option to have an individual photo of your swimmer will also be available. Order forms are posted on the board at the Y and will be at Ferndale High School to fill out beforehand. Bring your form and payment to FHS on photo day; do not place these in the black box.

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**LOST- HWAC towel with the name "Ian Carpenter" monogrammed on it.** Please check your belongings and see if you picked it up by mistake. If you have it, contact Erin Carpenter at [Elcarp@comcast.net](mailto:Elcarp@comcast.net).