



Piranhagram- Week of December 5, 2011



Coaches Report

Our first USA meet of the year went great. All the swimmers made it to their events without marshaling and many placed in his/her A/B/C division. Good job swimmers!

Congratulations to Johnny Allen who did the IMX challenge this past weekend. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. His 6 events were 500 Free, 200 Breast, 200 IM, 200 Back, 400 IM and 200 Fly. He was the only one in his age group out of all the teams that dared to enter these events and did a great job.

Congratulations to Eli Falk for making his state cut in the 13-14 100 Fly and to Olivia Nave for making her state cut in the 11-12 50 Back. Everyone keep up the great work and continue to strive toward your goals.

Parents and swimmers, please make sure when you are at a meet, you bring extra clothes and towels. We have encountered many swimmers who only have one towel and only the clothes that they wore to the meet. They are subsequently cold and wet on deck and after the meet. We need to make sure that all swimmers are staying warm at meets.

A good rule of thumb is to have at least two towels for use on deck and one for drying off before changing into dry clothes to go home. On deck, sweats or fleece pants, sweatshirts and t-shirts are great for keeping swimmers warm between races. An additional set of dry clothes is a must after your swimmer is done for the day.

Also, please make sure that your swimmer is eating and staying hydrated during a meet. Swimmers may wait many hours before their first swim and then if they have not eaten or drank anything, they have no energy when they do swim. Keep in mind the food needs to be healthy (and nut free) so please hold off on eating pizza, hot dogs, candy, etc until after all swims are done for the day. Water, Gatorade, fruit, crackers and cheese are good choices.

It is starting to get colder outside and time to make sure we change out of our bathing suits and into dry clothes after practice. All swimmers also need to wear hats and gloves to keep warm.

Keep up the hard work!

Coach Colleen, Coach Qenton and Coach Jackie

tweak!

The Tweak sessions are full for December 17th and 18th. A schedule will be sent out soon. We are currently working on more sessions and will keep you posted on all new sessions that are added.

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>

Or watch this video:

http://www.youtube.com/watch?v=Xg_nGdrNRk&feature=share



Important Dates:

December 10-11 – FFYS Meet

December 12 – YPAC Board Meeting- open to all members 6:15pm @Y

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

December 19-30 – Holiday Practice schedule in effect

December 21 – FLY and Marlins meet entries due to Black Box at Y by 7pm

January 7 & 8 – FLY Meet

January 14 & 15 – Marlins Meet

January 15 – YMCA Officials Training



Holiday Practice Schedule

Dec 19 - 22

10 & Unders: Same time as usual, practice at the YMCA
11/12: Same time as usual, practice at FHS
13 and ups: 5:30 to 7:30, practice at FHS (note earlier start)

No practice

- **Friday, December 23**
- **Sunday, December 25**
- **Monday December 26**

Dec 27-30

ALL swimmers in ALL age groups will practice during the day at FHS. Times to be sent out via email and posted on the website once they are finalized

High School Swimmers

High School Boys

Please make sure to have all of your meets sent to Coach Colleen so we have your most up to date times. Please have your coach ask for the Meet Manager backup of the meet. If a meet manager backup of the meet cannot be provided please send Coach Colleen a pdf result copy of the meet. If you or your coach have any questions please contact Coach Colleen at headcoach@ypacswimteam.org. Good Luck during your season.

High School Girls

Please ask your coach to send Coach Colleen all of your meet times so we have the most up to date times from your season. Please ask for the meet manager backup of all meets if possible. Any questions please ask Coach Colleen.

YPAC Parent Board Meeting

The YPAC Parent Support Group is responsible for promoting, developing and supporting YPAC. This includes many routine activities, special events and long range planning. Our YPAC Parent Board meets every month and the meeting is open to all parents. Our next meeting is at the YMCA, at 6:15 pm on Monday, Dec 12.

These meetings are not mandatory, but if you are interested in coming, we welcome everyone. If you have an agenda item, please email Maura Weber at president@ypacswimteam.org by Dec 10.

YMCA Level 1 Officials Training

Are you interested in learning more about the rules of swimming? Curious as to why your child was DQ'd? Would you like to help our team and others to fulfill the requirement of having a proper number of officials at a meet? Then YMCA official training may be for you. A class is going to be offered in January. If you are interested, please contact Stine Grand at Stine@grandandgrand.com by Thursday 12-8-11. She can get you registration forms and give you information on being an official.

Date & Time: Sunday, January 15, 2012 1:00 to 5:00 pm

Site: Flint YMCA

411 E. Third St
Flint, MI 48439
810 232-9622

Registration Fee: \$40.00

Instructor: Linda Brooks, 313.223.2484, lbrooks@ymcametrodetroit.org

Purpose: To certify new officials and re-certify existing officials for the YMCA of the USA's Competitive Swimming Program as Level 1 Officials. The clinic will prepare participants to act in the capacities of Stroke & Turn Judge, Finish Judge, Relay Take-off Judge, Timer and Scorer.

Prerequisites: Minimum Age: 21 years old

Associated with a recognized YMCA Swim Team

For re-certification, have worked at least 12 sessions on deck as a certified official over the previous three year certification period.

Registration may be e-mailed to Linda Brooks or sent to Linda at YMCA of Metro Detroit, 1401 Broadway Blvd. Suite 3A, Detroit, MI 48226. Checks should be made payable to the YMCA of Metropolitan Detroit.

2011 FFYS Holiday Invitational



This meet is this weekend, 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.

Timers needed!!!! If anyone would like to time this weekend let Coach Colleen know by Thursday 12-8-11 at headcoach@ypacswimteam.org. Each team is required to supply timers and the other teams were very helpful to us at our Invitational supplying timers.



Flint YMCA Falcons/Community Podiatry Group
2012 Winter Invitational Swim Meet
Saturday, January 7th and Sunday, January 8th

Waterford - Mott High School
1151 Scott Lake Road
Waterford, Michigan 48328

Entries due to the Black Box at the Y by **Wednesday, December 21, 2011**.
Please make checks payable to **"South Oakland YMCA"**.

Anyone willing to officiate at the meet is welcome and appreciated. Officials must be YMCA certified. If you are interested, please contact Stine Grand at stine@grandandgrand.com

Meet packet is attached to the email, available on the website and on the bulletin board at the Y.



30th ANNUAL MACOMB MARLINS INVITATIONAL
January 14 & 15, 2012

L'Anse Creuse North High School
23700 21 Mile Road
Macomb, MI 48042

Entries due to the Black Box at the Y by **Wednesday, December 21, 2011**.
Please make checks payable to **"South Oakland YMCA"**.

Any person who would like to volunteer for timing please let Coach Colleen know by 12-21-11 at headcoach@ypacswimteam.org.

Any officials that are interested in volunteering please let Stine Grand know by 12-21-11 at stine@grandandgrand.com.

Meet packet is attached to the email, available on the website and on the bulletin board at the Y.
