



Piranhagram- Week of October 24, 2011

Coaches Report



At the BBD Fall Festival and Sunday Fun Meet this past weekend, we had many time drops and great swims. What a fantastic first meet! Congratulations to all of the first year swimmers for conquering your jitters and becoming comfortable with the competition. All of the swimmers did great and had a lot of fun. The coaches are very proud of YPAC's effort and excited for more time drops as the season progresses.

Congratulations to Katie Sullivan for making states in the 100 Free, and zones in the 50 Free and 50 Breast.

Make sure to stay on top of all the deadlines for meets that are coming up. Please make sure that you get your entries in the black box for our Invitational by Friday October 28. Please ask your swimmer's coach if you are not sure what to enter your swimmer in.

Looking forward, on Saturday, November 12th, we will be having a dual meet against Macomb Marlins. Info packet will be posted in the meet section of the website soon. This dual meet is the only meet where the coaches will pick the swimmers' events. We will be talking to the swimmers about the events that are picked for them and will try to pick one they normally swim and one that isn't normally swam. We will need all swimmers who can't participate in the meet to sign off on the NO SHOW LIST at the Y on our bulletin board. **ALL SWIMMERS NOT SIGNED OUT OF THE MEET ON THE NO-SHOW LIST WILL BE ENTERED IN THE MEET!**

Any questions, please ask your swimmer's coach.

Keep up the good work!

Coach Colleen, Coach Qenton, Coach Rick and Coach Jackie



Important Dates:

October 28 – 1. Practice time change for 9-10 to 5:15-6:30pm (permanent change from now on)

2. YPAC Invitational entries due

October 31 - NO PRACTICE! Happy Halloween!

November 5 & 6 - YPAC Invitational

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

November 12 - Macomb Marlins Dual Meet. **Sign the No-Show Sheet ASAP at the Y if you CANNOT attend.**

November 18-20 - Grand Rapids Meet Weekend



Welcome to our New Coach

We want to welcome our new Coach Jackie Jurgelewicz. She will be helping with the 11 and up swimmers with Coach Colleen. She will also be helping out a day or two at the Y with the 10 and under swimmers.

A note from Jackie:

My name is Jackie Jurgelewicz. I am a junior at Wayne State University pursuing a Bachelor's Degree in Communication Sciences and Disorders or the undergraduate degree for Speech Therapy. I currently work for the City of Troy Parks and Recreation and for Berkley Continuing Education as a lifeguard, swim lesson instructor, lifeguard instructor and a fitness and wellness instructor. I was the Co-Head Girl's Swim Coach at Shrine Catholic High School. Working with swimmers has always been my passion and I enjoy it very much.

I attended Center Line High School and was a member of the Varsity Swim Team for 4 years.. In the 4 years I swam on the swim team I placed every year in our division meet and 2 out of my 4 years I went to the County Meet. I was a two time Macomb County Division Meet MVP and a 2 time MVP of my team.

Swimming is and always has been a passion of mine. I love helping children who want to learn to swim and or become a more competitive swimmer, along with educating them on stroke technique and healthy eating.

I am excited to have joined the YPAC family and look forward to a successful season!

AWAY MEET IN GRAND RAPIDS



Towards the end of November, we have our away meet in Grand Rapids - The MC Sports Classic held November 18-20, hosted by the RAYS. It is great fun for all the swimmers in all age groups and their families! The meet packet will be available soon.

YPAC will be staying at the Homewood Suites, and 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

On Friday night, we will have a team dinner 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

Lisa Veasey, our Social Chair, will provide more details on the timing of Friday night's dinner and Saturday/Sunday plans as the date gets closer! Questions? You can call or text her at 248-990-6608.

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.

We hope you will be able to join us this year for this great team bonding meet!

9-10 Practice Change Starting Friday October 28, 2011

Starting this Friday, the 9-10 practice will be from 5:15-6:30pm. This will be the Friday time from now on.

Teamwear



Mark from the Varsity shop hopes to have the team wear ready this week. He is very sorry for the delay and does plan to make it up to our team. Lee Ann Hart, YPAC's Merchandise Chair will make it a point to be both at the Y and Ferndale as soon as the team shirts and clothing come in. You will be notified via OCN of this date.

Questions? Email Lee Ann at leeannhart@redhatsbyyou.com

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 will be posted on the board at the Y and 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.

Goal Setting for All Age Groups

On November 9th, after the team photo, there will be a goal-setting session for all swimmers instead of having practice in the water. All YPAC swimmers will set goals, no matter their age or skill level. These goals will start to be evaluated after the swimmer has participated in least 2 meets.

Please do not leave after photos until your swimmer has talked to a coach.

Halloween Practice



There will be **no practice** for all groups on **Monday October 31st**. Have a great Halloween!