



Piranhagram- Week of September 21, 2011



Coaches Corner

What a great first week. Glad to see all the returning swimmers and the many new swimmers that will be joining the team. All of the coaches are very excited about the swimmers and can't wait to see them in action in our first meet!

Please make sure that all swimmers are bringing all of their equipment that they have to practice everyday. In this first month we will be doing a lot of technique and fixing of the strokes and the equipment helps a lot. If you have not purchased all of the equipment please make sure that you do by Monday September 26th. Items will be available for purchase at our Welcome Dinner and Suit Try-on. If there are any questions please ask your swimmer's coach or email Coach Colleen.

A reminder to all 9 and up swimmers that there is a Sunday practice at the Y. The 9-10 will practice from 12:15-1:15pm and the 11 and ups will practice from 1:15-2:15pm. This is a great time to come in and get some extra practice in or replace a practice from during the week that you couldn't make it to.

It is important that we all, parents and swimmers, engage in proper conduct during practices and at meets. All parents and swimmers should have filled out their Code of Conducts, which spells out what the team expects and what the violations are. If you have any issues or concerns, the lines of communication between the coaches and team are always open. We cannot fix anything if we are not told about it.

All swimmers should be registered by Monday September 26th. If you are not registered at the Y, then you will not be allowed to swim after this week. Not only is it a safety concern for us to have swimmers without the proper family and medical forms, it is important so that we can finalize our roster, submit our USA forms, get team shirts and caps ordered and a myriad of other team-related issues! If you have not registered yet, please drop Coach Colleen an email so she knows what your status is and when you can register.

After all, our first meet will be here before we know it!

Swimmers - keep up the good work and continue to work hard!! If you have any questions or concerns please let your age group coach know, or contact Coach Colleen directly.

Coach Colleen, Coach Qenton, and Coach Rick



Important Dates

September 23 - Two Week Trial Ends

September 23 - **NO PRACTICE** - Welcome Dinner and Suit Try-on

September 26 - Registration Due



WELCOME POTLUCK DINNER & SUIT TRY-ON

Fun and information for all YPAC families!

- Meet the Coaching Staff
- Connect with other YPAC families
- Team suit try-on and order
- The Varsity Shop swim gear mini-market
- YPAC Spiritwear

Friday, September 23rd at the YMCA

4:30pm - 8:00pm

Suit try-on starts at 4:30pm, dinner at 5:00 pm

MEXICAN MAIN DISHES PROVIDED BY THE TEAM.

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: Salad (green or fruit)
 - 9-10: Mexican side
 - 11-12 : Dessert
 - 13 & Up: Beverages (please, no pop)
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Team Suit Information



All swimmers are required to have the YPAC suit for meets. This suit is NOT to be worn for practice. We will have our Suit Try-On with the Welcome Dinner on September 23rd.

The Varsity Shop is the official vendor for YPAC and will be at the YMCA to assist with fit and sizing. They may also have practice suits, goggles, shampoo, mesh bags and additional gear available for purchase during the dinner.

If you are unable to attend suit try-on date, you will need to visit The Varsity Shop to order your team suit.

Order deadline is October 5th

The Varsity Shop
277 Pierce, Birmingham
248.646.4466
Ask for Marc or Ryan

Invitational Volunteer Form



As you register, it is important you fill out and turn in the INVITATIONAL VOLUNTEER FORM to the front desk at the Y. On November 5-6, YPAC will host our annual Invitational at Royal Oak Middle School. In order to make this meet a success, **each family is required to volunteer.** Not only does volunteering during this event support our team, it's a great way to meet other YPAC swimmers and families.

Questions? Contact Terri Kuznia, Internal Affairs/Volunteer Chair.
elphen@aol.com (248) 764-0406