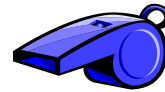




PIRANHAGRAM

Week of November 24

Coaches Report



What a great weekend - from all the fun activities to the all the great swims! Thank you to Lisa Veasey and Melissa Ferrero for setting up all the dinners and the museum for the younger swimmers and the games night for all the swimmers. Thank you for all you did.

Great job to all the swimmers who swam. Congrats to Grace Einhaus for making states in the 500 Free. Congrats to Max Takacs in the 200 Free, 200 Fly and 50 Free.

We have not gotten the meet results yet for Grand Rapids. They will be posted when they forward out team a file.

A couple of things did come up this weekend that need to be cleared up. The events that are signed up for must be swum by the swimmers unless one of the coaches makes a different call. NO Swimmer or Parent can scratch an event - it must be done by a coach, if approved by a coach. All swimmers must also see their coach after each swim to get feedback.

Keep up the good work and have a happy Thanksgiving!

Coach Colleen, Coach Eric and Coach Rick

Deadlines



- **November 24th, 7pm Club Wolverine Meet Entry Deadline to the black box at the Y.**
 - **December 27th, 7pm Flint Falcons Winter Invitational Meet Entry Deadline to the black box at the Y.**
-

Practice Changes For the Next Two Weeks

Wednesday, November 24 - 8 & under and 9-10 practice as usual, **11 & ups practice ends at 7:30pm**

Thursday, November 25 - **NO PRACTICE**

Friday, November 26 - **NO PRACTICE**

Sunday, November 28 - Practice at the Y as usual

Monday November 29 - Practice as usual

YPAC Buddy Day - Wednesday, November 24th



Let's show our YPAC spirit! Come one, come all to YPAC buddy day! All swimmers are invited to bring one friend to practice on Wednesday, November 24th. The 10 & unders will have practice times at the Y as usual, the 11 & ups will have their Ferndale High School practice end at 7:30pm. We will have some fun aquatic activities planned and may even work a set in or two.

All buddies should be able to swim the length of the pool and pass the YMCA deep water test. And, safety first - we will need medical waivers for buddies. These will be handed out at practice to bring home and be filled out.

We welcome ALL buddies: former YPAC swimmers, swimmers from other teams, friends not on any team... in the spirit of Thanksgiving we are grateful for the support of our entire community and want to show off our Piranha Pride!

Our team camaraderie can be witnessed in the pool, on deck, and in the stands. Our reputation is based on the YMCA core values of Caring, Honesty, Respect, and Responsibility. YPAC's Buddy Day is to reinforce our welcoming attitude.

Upcoming Meets and Meet Entries



Two meet packets are available for Club Wolverine and Flint Falcons Winter Challenge. Club Wolverine is a USA meet. On this meet entry form, please add one dollar per swimmer in addition to the \$4 per entry. This is NOT \$1 per entry, just \$1 per swimmer.

The meet entries for the Triton Tsunami IMX Challenge are attached. If you have any questions on entries, please contact Lisa Palmer at l1217p@gmail.com