



PIRANHAGRAM

Week of December 21, 2010

Coaches Report



Great job to all who swam this past weekend. It was a very interesting meet. All of the swimmers have got the hang of the USA meets and no marshaling. Keep up the great work.

All meet results for the past weekend will be posted to the website. Congrats to Grace Einhaus for making her 100 Free State Cut.

Thanks to Lisa Veasey for putting together the social activity at Marvin's Marvelous Mechanical Museum. It was a blast for all the team members who attended!

Reminder - if you haven't done 3 YMCA meets then you must enter into the MYM and FLY Meets. To participate in any YMCA Championship Meets (Cluster, States, Zones etc) you must have swam in **THREE** YMCA meets.

Any questions please ask Coach Colleen.

Keep up the hard work,

Coach Colleen, Coach Eric, Coach Rick

Deadlines



- **December 27th, 7pm** Flint Falcons Winter Invitational Meet Entry Deadline to the black box at the Y.
 - **December 27th, 7pm** Macomb Marlins Invitational Meet Entry Deadline to the black box at the Y.
 - **January 7th, 7pm** Grosse Pointe Gators Meet Entry Deadline to the black box at the Y.
 - **January 18th**, Swim-a-thon pledge sheets and money to Coach Colleen (see below)
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Holiday Schedule & Holiday "Fun" Practice



The week of December 20th, practice will be at normal times for 12 and unders. 13 & ups will practice from regular start times until 7:45pm. There will be no practice on Friday, December 24th or Sunday, December 26th.

December 27th-29th, all practices will be at Ferndale High School:

8 and under - 11:00-12:00pm

9 and 10's - 12:00-1:15pm

11 and 12's - 11:00-12:30pm

13 and Up - 11:30-1:30pm

On Thursday, December 30th, YPAC will be having a Holiday "Fun" Practice! All age groups to swim at Ferndale High School from 11:00 - 1:00 pm. Pizza will be provided to swimmers. Please bring your own beverages.

There will be no practice on Friday, December 31st.



Starts and Turn Clinics

YPAC will be holding clinics the week of December 27th at the Y from 4:15 to 5:45pm

Sign up sheets will be posted at the Y on our YPAC bulletin board.

Turns will be on Monday the 27th and Wednesday the 29th.

Starts will be Tuesday the 28th and Thursday the 30th.

There will be two 45 minute sessions - one for the 10 and under swimmers and one for the 11 and up swimmers. There is no cost for these clinics.

YPAC Swim-a-thon



The Swim-a-thon will take place on January 11th, 2011 during each age group's regular practice. Swimmers are highly encouraged to participate; this event counts as a practice day! A prize will be given to the swimmer who collects the most pledges. Families can use one pledge sheet if they want.

100% of the money raised goes to the YPAC swim team to help fund team scholarships for swimmers, update equipment, offset meet entries and other YPAC expenses.

You may collect pledges as flat rate per swimmer or per lap. Please make checks payable to the South Oakland YMCA. An information/pledge sheet PDF is attached. Please bring this sheet to the Swim-a-thon on the 11th. Thank you for your support!