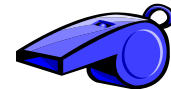




PIRANHAGRAM

Week of December 8, 2010

Coaches Report



We had our first USA meet and it went well. All the swimmers made it to their events and there was no marshaling. Great Job to all that went to the meet! We will have results in the next Piranhagram.

Congratulations to Katie Sullivan for getting her 50 Back State cut this past weekend. We also have many swimmers getting closer to their cuts and goals. Keep up the great swimming.

Parents and swimmers, please make sure when you are at a meet that 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. We need to make sure that all swimmers are staying warm at meets.

Also, please make sure that your swimmer is eating and staying hydrated during a meet. Swimmers wait many hours before their first swim and then they have no energy when they do swim. Keep in mind the food needs to be healthy so please hold off on eating pizza until after all swims are done for the day. There will be listings of "good" and "bad" food in the next Piranhagram.

We have added some new equipment to our YPAC arsenal of training tools - breaststroke fins. They have been ordered and will start being used at practice soon.

Keep up the hard work!

Coach Colleen, Coach Eric and Coach Rick



Deadlines

- **December 10th**, RSVP to Lisa Veasey at 248-990-6608 for the December 20th Social Event (see below)
- **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.



Holiday Schedule

The week of December 20th, practice will be normal times for 12 and unders and 13 & ups will practice from 6:30 to 7:45pm. **There will be no practice on Friday, December 24th or Sunday, December 26th.**

Practice times for the week of the 27th have not been finalized yet - however, they will be during the day at Ferndale High School for all age groups.

Swim Team Photos Have Arrived!

If you ordered an individual or team swim picture you can pick them up during practice from Susan Takacs on Wednesday Dec 8th. She will be at the YMCA from 5:30 to 6:00 pm and at Ferndale from 7:30 to 8:00 pm. She can be reached at 248-399-7679 or sstakacs@wowway.com if you have any questions, or can't make one of these times.

Swim Club

Starting in January, YPAC will be taking over the Swim Club from the Y. This will be used as a feeder program into the swim team. They will be practicing at Ferndale on Monday and Wednesday's. We will also be hiring another coach for this position within the next couple of weeks. The new coach will be trained before Swim Club starts in January. We will also have this coach help out with other groups as well on Monday and Wednesdays. There will be an announcement as soon as we have a coach hired.

Want more information for a friend? Contact Coach Colleen!

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. Any questions please ask 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.

Long Course



For ages 11 & up, we may be offering long course if there is enough interest. Please email Coach Colleen at headcoach@ypacswimteam.org if you would like more information or are interested.

Marvin's Marvelous Mechanical Museum Trip



Get your game on! YPAC is heading to Marvin's Marvelous Mechanical Museum! The "museum" contains items of magic, neon, antiques, posters, airplanes, robots, animation, and all sorts of odd and unusual coin operated games. The coin operated games are the main attraction, and range from the oldest gypsy fortune telling machine of the early 1900's, to the latest video games. All games are operational.

Monday, December 20th • Noon
31005 Orchard Lake Road, Farmington Hills, MI 48334
<http://www.marvin3m.com/>

Admission is free. However, each family is responsible for their own spending money for games.

Lunch details pending number of RSVPs

Please RSVP to Lisa Veasey by December 10th at 248-990-6608.