



PIRANHAGRAM

Week of February 1, 2011

Coach's Report



What a great weekend at the GPG meet. Hope all survived the hot pool and are ready for the new week. Congratulations to Evan Carpenter for making his first state cut in the 50 free and Margaret Dominic for making her first state cut in the 50 breast. Great Job to all that swam this past weekend. Keep up the hard work!

We will be starting taper over the next two weeks for all age groups. Please remember that the swimmers will be a little more energized over the next couple of weeks and we need to remind them to conserve their energy. As we are entering the Championship Season we need to make sure to be careful if we decide to do something new.

Let's keep up the great work and if there are any questions please talk your swimmers coach or Coach Colleen.

Coach Colleen, Coach Eric, Coach Rick and Coach Alex!

Volunteers Needed



For Clusters each team needs to provide 2 volunteers each session. The volunteers can be either a timer or an official. For all of our new officials this is an great time to get in your hours that are needed. If anyone would like to volunteer please contact or tell Coach Colleen at headcoach@ypacswimteam.org.

Deadlines



- **February 7th** Hotel Reservations for Grand Rapids (see below)
- **February 7th, 7pm** 9 & Up Districts Meet Entry Deadline to the black box at the Y.
- **February 7th, 7pm** 9 & Up States Meet Entry Deadline to the black box at the Y.
- **February 7th, 7pm** 8 & Under States Meet Entry Deadline to the black box at the Y.
- **February 8th** Championship Dinner (see below)

As noticed by many, the deadlines for 9 and up States, Districts and 8 and under States are due before Clusters are over. With Districts and 8 and u States the week after Clusters, we are in a time crunch to get these entries in. This is not our timetable, but that of the teams hosting each meet.

Do not hold your meet entry for Districts or States; this must be turned in by Feb 7th. If your swimmer does not have a 9 and up State cut currently, enter them into Districts. If they make a State cut at Clusters on Feb 12-13, Coach Colleen will make sure they are entered in the State meet.

Any questions please talk to Coach Colleen

All meet packets are available at the bulletin Board at the YMCA or can be downloaded from our website at

<http://ypacswimteam.org/meets/calendar/>

Extra meet entry forms can be downloaded at our website at:

<http://ypacswimteam.org/meets/entries>

Championship Pasta Potluck Dinner



Come Celebrate the Beginning of our Championship Season!

Thursday, February 10th • 6:30pm
South Oakland YMCA Summit Room

- Carb load with Mac & Cheese and Italian Pasta dishes
- Pick up your clusters gift and t-shirts
- Limited number of YPAC merchandise available for purchase

PASTA MAIN DISHES PROVIDED BY THE TEAM.

Based on your swimmer's age group, please bring something to share:

ALL DISHES MUST BE PEANUT & NUT-FREE

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| 8 & Under: | Bread (garlic, rolls, breadsticks, etc.) |
| 9-10: | Green, Veggie or Side Salad |
| 11-12 : | Fruit or Fruit Salad (no sugary desserts) |
| 13 & Up: | Beverages (no pop, no sugary drinks) |

Please RSVP to Lisa Veasey by February 8th with the number of attendees via text or phone: 248-990-6608

Grand Rapids Hotel Information



The 8 and Under State Meet will be on February 19th and the YMCA District Meet (for all those 9 and up who did not get a State Meet Cut) will be on February 20th in Grand Rapids.

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. This rate will only be held until February 7th.

Homewood Suites
3920 Stahl Drive, Grand Rapids 49546
616-285-7100

Board Meeting

Monthly YPAC board meeting are open to all members. Want to attend? The next one will be held on Monday, February 7th at 6:30pm at the South Oakland YMCA. Please email Maura at president@ypacswimteam.org if you have an agenda item to be added.

Save the Date

Joe Dumars Fieldhouse Team Social: Sunday, March 13 1pm to 3pm

End of Season Banquet: Sunday March 27th at Club Venetian.