



# PIRANHAGRAM

Week of February 10, 2011

## Coaches Report



Eastern Clusters are this weekend and the swimmers are continuing to prepare. Please remind your swimmers to conserve their energy. Not all swimmers will be tapering for clusters. If your swimmer has many state or zone cuts they will not be tapering until before state meet.

**Thursday is our Championship Pasta Dinner at the Y at 6:30pm. We will have the 11 and up practices early from 5:00-6:30pm so all can make the dinner.** Please see below for what each age group is bringing.

Keep up the great work in the pool!

*Coach Colleen, Coach Eric, Coach Rick and Coach Alex*

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## Deadlines:



**February 15, 7pm**, Joe Dumars Social RSVP & Payment to the black box at the YMCA

**February 21, 7pm**, JO Entry form to the black box at the YMCA

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## 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**

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)

Questions? Contact Lisa Veasey via text or phone: 248-990-6608

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## Practice Change

Practice for the 11 and up swimmers only will be from 5:00-6:30pm at Ferndale on this Thursday only for our pasta dinner.

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## Volunteers Needed



Coach Colleen needs volunteers for Clusters. YPAC must provide 2 for each session. She only has 2 confirmed for the pm Session on Sunday. If you are interested in timing and or officiating please let her know by this Wednesday. You can either let her know via email or at practice.

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## Eastern Junior Olympics



The JO meet is our Championship USA Swimming meet, held on March 4-6th by BBA in Lake Orion. Time cuts are needed for this meet. Please read this packet carefully. At the end of the meet packet are the time standards needed. If you have any questions about eligibility, please talk to your coach or email Coach Colleen at [aheadcoach@ypacswimteam.org](mailto:aheadcoach@ypacswimteam.org). There is also a JO apparel order form attached for pre-orders. This apparel will be picked up by our Merchandise Chair, Susan Takacs. If you have any merchandise or entry questions, please email Lisa Palmer or Susan Takacs directly. [l1217p@gmail.com](mailto:l1217p@gmail.com) [sstakacs@wowway.com](mailto:sstakacs@wowway.com) The entries deadline is Monday, February 21, by 7pm to the black box at the Y

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## Joe Dumars End-of-Season Social Party



Join us At Joe Dumars  
45300 Mound Rd. Shelby  
Sunday, March 13 • 1:00pm-3:00pm

Cost is \$15.95 For Each Person Participating in Activities  
Plus an Additional Charge for a Concession Package

Activities include: Laser Tag, Bungee Trampoline, Rock Climbing, High Ropes, Slot Car Racing and Arcade

**Please fill out the attached form and place it along with your check made out to the "South Oakland YMCA" into the Black YPAC box no no later than February 15th**

Questions? Contact Lisa Veasey via text or phone: 248-990-6608

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## Save the Date

March 20th at the YMCA  
Paper Plate Awards Activity for 11 & Up swimmers