

# CYAC

## NEWSLETTER



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PIEDMONT FAMILY YMCA  
[www.piedmontymca.org](http://www.piedmontymca.org)  
December 2014

### COACH'S CORNER

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We have reached the mid-point in our season and most of the athletes are in final preparations for their December championship meet, either the Capital Classic or the HOKI Invitational. For athletes attending either of these incredibly fast and exciting meets, the keys to success in achieving target times and event goals will be a highly focused mind and extreme attention to detail leading up to and during these meets. The past three months have consisted of many weeks of challenging training to achieve a top level of fitness, hard work on stroke technique, mechanics and strategy, and several quality meets to develop race strategy and execution. Now, to bring out the best results of this hard work, our athletes will need to put forth their very best effort physically and mentally. Unfortunately we sometimes see athletes think that if they are "tapering" or resting leading up to a championship meet, that somehow magically they can just sit back and good things will happen. This is very rarely the case and often leads to a very disappointing meet experience. The only reliable way to achieve top results during championship season (provided the essential preparatory work has been done) is to plan, commit, visualize and execute better than ever before. Parents, over the next two weeks let's help our athletes in every way possible with time management, nutrition, rest and positive reinforcement. Athletes...embrace the "professional mindset" in every way possible. Be focused, determined and excited, and be ready to put everything you've got into each and every race!

GO CYAC!



-Coach Cam

#### Dec 5-7 Weekend Practice Schedule

CYAC will follow our normal practice schedules at both sites Friday Dec 5 and Saturday Dec 6. We will also hold a Jr 3 & Senior 'stay-loose swim' session from 4:00-4:45pm at Crozet on Sunday Dec 7 for those attending the HOKI meet.

## PARENT ADVISORY COUNCIL (PAC)

[Marc Weathersby](#), PAC Chair

[Shannon Barras-Espie](#), Crow Bulletin Board & Spirit Activities

[Erica DeVito](#), Spirit Wear and Gear

[James Hargrove](#), Hotel/Travel Coordinator

[Brad Heilman](#), Team Manager & Website Administrator

[Michelle Holzwarth](#), Attractions Books & Crozet Bulletin Board

[Lori Linville](#), Banquet Committee

[Hope Peritz](#), Officials Coordinator

[Amy Robbins](#), Sr. Parent Liaison

[Wendy Scarbrough](#), Spirit Activities

[Alisa Sposato](#), Newsletter Editor

## DECEMBER BIRTHDAYS

12/3 Olivia Brown

12/5 Caitlyn Nguyen

12/5 Howard Zhu

12/7 Jackson Berigan

12/7 Vasantha Yerikalapudi

12/8 Rosalee Kelly

12/9 Bracken Eddy

12/9 Ian Ratcliffe

12/11 Sophie Haise

12/12 Parker Devillier

12/16 John Lewis

12/16 Martha Oakey

12/18 Jonathon Robbins

12/19 Matthew Mandell

12/20 Andrew Commins

12/25 Vijay Chhabra

12/27 Thomas Gresge

12/29 Andrew Huffmyer

### Info at a glance

Dec 5-7

YOTA Capital Classic

Dec 12 – 14

HOKI Holiday Invitational

Dec 20

Dual Meet vs. LY @ Smith Pool

Opt-Out Deadline – Dec 5

Jan 9-11

LY YMCA Invite

Opt-Out Deadline – Dec 12

Jan 17-19

PSDN BB+ Jumpin' January Invite

Opt-Out Deadline – Dec 13

Jan 31

SMAC-CYAC-Staunton Tri-Meet

Opt-Out Deadline – Jan 16

Feb 14

Splash 4 Cash Fundraiser

## Winter Break Practice Schedule: Mon Dec 22 – Sat Jan 3

Pre-JR, JR 1, JR 2 will swim at Crozet ONLY except Saturdays.

JR 3 and Senior will swim at Crow ONLY except Saturdays, and Dec 26 & Jan 1.

Regular schedule for all groups at both sites on Sat Dec 27 and Sat Jan 3

<u>GROUP</u>	<u>TIME</u>	<u>POOL</u>	<u>DATES</u>
Pre-JR	9:30-10:30am	Crozet	Dec 22, 23, 26, 29, 30, Jan 1, 2
Junior 1	9:15-10:30am	Crozet	Dec 22, 23, 26, 30, Jan 1, 2
Junior 2	8-9:30am	Crozet	Dec 22, 23, 26, 29, 30, Jan 1, 2
Junior 3	11:30-1:30pm	Crow	Dec 22, 23, 29, 30, Jan 2
	12noon-3pm	Crozet	Dec 26, Jan 1
SR/SR Black	11:30- 1:30pm	Crow	Dec 22, 23, 29, 30, Jan 2
	12noon- 3pm	Crozet	Dec 26, Jan 1

## PARENT'S CORNER

### Volunteer Timers

It is imperative that ALL parents volunteer to time at the meets in which your child swims. We have a problem with the same parents volunteering over and over again. We have made it easy by dividing each session into 2 halves so that you will only need to sign-up to time for 1 of the halves. It is also important that ALL volunteer timers attend the timers meeting before the start of each session regardless of which half you are timing. That way you can decide which other CYAC timer you will replace or will be replacing you at the half. We have had a problem with second half volunteers not showing up for their slot, leaving the first half timer on deck the entire session. Note that if the meet is running behind schedule, it is up to you as volunteers to work out a fair agreement on when to make the switch. Also, if you know that you need to leave early or cannot make it to the meet, it is your responsibility to find a replacement. Please do not leave someone from the team scrambling to find a replacement for you and thus holding up the meet.

### Reminder

Please remember to check your family folder in the file box near the CYAC bulletin board at the pool in which you normally swim. Any ribbons earned at recent meets will be placed there.

### Poinsettia Fundraiser

Thank you to everyone who participated and to Erin English and Kelly Moore for coordinating!

### CYAC On-line Store

Recent orders are expected to be delivered around December 16. Questions? Contact [Erica DeVito](#).

Thank you for your continued support!

## SWIMMER'S CORNER

The last month of the year, and a pre-Christmas swim meet for everyone! December provides three opportunities for CYAC swimmers of all abilities to participate in competition. Our Senior swimmers having achieved the event time standards will attend The Capital Classic meet in Cary, NC in early December. Some of our Seniors and many of our Age Group athletes will be attending the HOKI Prelim/Final meet in Christiansburg mid-month, and December 20, we have a Y Dual meet with Lynchburg in Charlottesville available for everyone.

December meets are a wonderful way to measure your progress from earlier this season, as well as "life time best time." Since beginning back in September many of you have been preparing and practicing specifically for one of these meets. Regardless of your finishing place, and overall time in a particular event, December meets are opportunities to see if you have progressed in your "Techniques." Are your Turns going to be better? Are your Underwaters better? Is your Warm-up better? Is your mental and emotional attitude better? Will your Breathing Pattern be better? Will your Start be better? Focusing on the details above will provide you with the best opportunity for time improvements.

Looking forward to everyone's December competitive performances! GO CYAC!

## Team Highlights

CONGRATULATIONS to all the swimmers who participated in November's PSDN Autumn Splash and SMAC Fall Invite. [CYAC Meet Results](#) are on our website.

CONGRATULATIONS to the following FIRST-TIME swimmers on their debut for CYAC in those meets:

Caitlin Nguyen	Eleanor Shaps
Jonathon Alexander	Jonah Davis
Reese Mattern	Aleah Siek
Virginia Smith	Sofie Vanyo

CONGRATULATIONS to the following swimmers who recently cracked the CYAC All-Time Top 10 list for their age group, including another team record set by Avery Huang!

Thomas Heilman (8&U Boys)  
25 free (7<sup>th</sup>)                      25 back (5<sup>th</sup>)

Will Browne (8&U Boys)  
25 back (10<sup>th</sup>)

Avery Huang (9-10 Girls)  
100 free (4<sup>th</sup>)                      200 free (1<sup>st</sup>)  
50 breast (3<sup>rd</sup>)                      50 back (3<sup>rd</sup>)  
50 fly (5<sup>th</sup>)                              200 IM (2<sup>nd</sup>)

Matthew Heilman (9-10 Boys)  
200 IM (6<sup>th</sup>)

Sophie Haise (11-12 Girls)  
50 fly (9<sup>th</sup>)

Sophie O'Donnell (11-12 Girls)  
200 breast (10<sup>th</sup>)

Noah Hargrove (11-12 Boys)  
100 free (3<sup>rd</sup>)                      200 free (2<sup>nd</sup>)  
500 free (4<sup>th</sup>)                      200 back (3<sup>rd</sup>)  
100 breast (7<sup>th</sup>)                      200 breast (5<sup>th</sup>)  
100 fly (6<sup>th</sup>)                              200 fly (2<sup>nd</sup>)

August Lamb (13-14 Boys)  
100 free (4<sup>th</sup>)                      200 breast (7<sup>th</sup>)  
200 IM (5<sup>th</sup>)

Bracken Eddy (13-14 Boys)  
1650 free (6<sup>th</sup>)                      100 breast (10<sup>th</sup>)

Brian Hynes (Open Boys)  
1650 free (6<sup>th</sup>)

## Team Contacts

Coaching, Meets, Practices:

Coach Cameron: [cburr@piedmontymca.org](mailto:cburr@piedmontymca.org)

Coach Pat: [coachpatbateman@gmail.com](mailto:coachpatbateman@gmail.com)

Coach Jessica: [jessica.m.laird@gmail.com](mailto:jessica.m.laird@gmail.com)

Dues, Meet Fees or Fundraising Balances:

Jessica Simons, [jrsimons@comcast.net](mailto:jrsimons@comcast.net)

Fundraising (general):

Cameron Burr, [cburr@piedmontymca.org](mailto:cburr@piedmontymca.org)

Parent Advisory Council:

Marc Weathersby, [marc@cjp.com](mailto:marc@cjp.com)

CYAC Website, Volunteering, Officials Training:

Brad Heilman, [cyacbrad@gmail.com](mailto:cyacbrad@gmail.com)

Kroger Grocery Cards:

Jonna Garono, [jgarono@comcast.net](mailto:jgarono@comcast.net)

Attractions Coupon Books:

Michelle Holzwarth, [mholzpsu94@mac.com](mailto:mholzpsu94@mac.com)

## MEET SCHEDULE

12/5-7	YOTA Capital Classic - Cary, NC (TAC)
12/12-14	HOKI Invite - Christiansburg (CAC)
12/20	Dual meet vs. LY - Charlottesville (Smith Pool)
1/9-11	LY YMCA Invite - Lynchburg (Jamerson Y)
1/17-19	PSDN BB+ - Richmond (CSAC)
*1/31	CYAC-SMAC-Staunton Y tri-meet - Waynesboro
2/27-3/1	12U Districts/13&O Regions - Christiansburg (CAC)
3/5-8	SC Senior Champs - Christiansburg (CAC)
3/12-15	SC Age Group Champs - Richmond (CSAC)
*3/12-15	YMCA Regionals - Goldsboro, NC
3/17-21	NCSA Spring Swimming Championship - Orlando, FL
3/30-4/3	YMCA SC Nationals - Greensboro, NC

\* denotes change to original meet schedule