

CYAC

NEWSLETTER



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PIEDMONT FAMILY YMCA
www.piedmontymca.org
November 2014

COACH'S CORNER

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There are many criteria which can help determine a competitive swimmer's success. Certainly athleticism, mental focus, and persistence are all high on the list. But perhaps most important of all is self-motivation. Self-motivation can be defined as the, "initiative to undertake or continue a task or activity without another's prodding or supervision."

Often swimmers will look to coaches, parents and role models to provide the necessary motivation to succeed in the pool, and in some ways we can. As coaches, we can help swimmers determine and set performance goals to fuel their motivation. We can share stories and anecdotes of other swimmers success for comparison. "This is what Ryan Lochte, Missy Franklin or Katie Ledecky does, so should you." We can certainly motivate some by threats of many push-ups or 200s of fly if certain actions and behaviors are not done properly. As parents, we can take away favorite privileges and opportunities for lack of performance, or on the contrary offer amazing rewards for realizing desired achievements. As role models, we can inspire and excite swimmers to want what we have achieved.

But as coaches, parents and role models, we are external influences. We are human and prone to our own short comings and failures, and we are not ever-present and all-knowing in our swimmers day-to-day lives. Success in competitive swimming requires a 24 hour 7 days a week commitment, and the only person who can make sure every turn is properly executed, every morning practice is attended, every pre-race warm-up is completed, and every healthy meal and critical hour of sleep is accounted for is the swimmer.

This season our team has the privilege of attending and viewing the UVA Men's and Women's Swim Team "sprint practices" to see up-close the effort and technique put forth by these elite competitive swimmers. During our first visit earlier this month, I asked one of the UVA swimmers during a Q&A session with our team how often do their coaches need to reprimand them for doing sub-standard turns and underwaters during practice and what was the typical penalty. The UVA swimmer's answer was, "They don't. We're a pretty self-motivated bunch and we know how important those things are to our success." For me and I believe for all the CYAC swimmers in



-Coach Cam

attendance, this was a perfect example of the "professional mindset" the CYAC coaching staff discusses and expects of our swimmers at every practice.

As coaches, parents and role-models we can teach, inspire, reiterate, demonstrate, demand and explain, but it is the self-motivated CYAC swimmer and only that individual who can truly 100% ensure that the necessary work is getting done.

GO CYAC!

PARENT ADVISORY COUNCIL (PAC)

The PAC is made up of parent volunteers who work on various activities throughout the year. WE WELCOME NEW MEMBERS AT ANYTIME! Below is a list of current PAC members. Feel free to contact them with any questions.

[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

Thank You!

A big thanks to all our CYAC families that came out to help RAISE THE DOME over the Crozet Pool. We couldn't have done it with you!

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.

Info at a glance

Nov 7 - 9

Poseidon Autumn Splash Meet
CSAC Pool in Richmond

Nov 15 @ 3pm

UVA vs NC State Meet
All CYAC team members are invited to attend.
Please wear your CYAC gear.

Nov 22 - 23

SMAC Invitational Meet
Waynesboro YMCA Pool

Nov 25

Fundraiser at Sal's Pizza in Crozet
All day - Dine in or carry out
10% of sales go to CYAC

Nov 26-28

Thanksgiving Practice Schedule:
Wed - Crozet AM & PM (No Crow)
Thurs - OFF
Fri - Crozet PM only (No Crow)
Sat - Normal AM practice times

Dec 5-7

YOTA Capital Classic
13&O (requires time cuts)
Opt-In Deadline - Nov 11

Dec 12 - 14

HOKI Holiday Invitational
Opt-Out Deadline - Nov 14

Dec 20

Dual Meet vs. LY
Opt-Out Deadline - Dec 5

PARENT'S CORNER

CYAC is looking for parents to become volunteer swim meet judges and officials. The season is just underway, and this is a great time to start. USA-S has a guideline that about 10% of team families should work as an official (we're at about 2%). Keep in mind too that officiating is not just on the deck stroke and turn (or it's more advanced cousins Referee and Starter), there are also jobs behind the scenes such as Timing Equipment Operator, Recorder and Timing Judge, all of which are dry deck jobs. If you are interested in learning more about this opportunity, please contact our team's Officials Coordinator, Hope Peritz peritz17@hotmail.com

It's the best seat in the house!

CYAC On-line Store

Caps are in! Check your family folder if you ordered a custom silicone cap. Orders for team gear and spirit wear are arriving Wed Nov 5. Erica DeVito will bring Crozet swimmers' gear to Crozet Pool for evening practices on Wed Nov 5 and Thurs Nov 6. Crow swimmers can pick up their gear at Downtown Athletic Store beginning Thurs Nov 6. Crozet swimmers who do not pick up gear from Erica on Wed or Thurs will need to go to DAS for pickup beginning Fri Nov. 7. Questions? Contact [Erica DeVito](#), Spirit Wear and Gear coordinator. The CYAC [on-line store](#) will re-open on Sun Nov 16 for your holiday shopping needs. Please visit the store's website to find shirts, parkas, sweats, backpacks and more. The store will close Sun Nov 23 at 11:59 pm - no exceptions! Remember, a percentage of all sales comes directly back to the team.

Poinsettia Fundraiser

The annual CYAC Poinsettia Sale will begin in early November, so keep an eye out for an email regarding starting dates and deadlines to order. They make great gifts and decorations! We expect the plants to be delivered the first week of December, but the deadline to order is generally 2 weeks prior to delivery. Plan accordingly!

Swim Meet Success requires more than just "in the water" preparations.

SWIM ARTICLE

From SwimSwam.com

How to Squeeze More Awesome From Your Swim Practices

By Olivier Poirier-Leroy

We are conditioned to believe that it's necessary to do more, more, more of the things we are doing to see results. That we need to do it longer and harder than the next athlete. While sometimes that is the case, before you jack up the mileage it is important to be making the most of what you are already doing.

While I suppose it might be great for "character building," pumping out endless mileage is pointless if you are doing it without purpose or any sense of intention. The limited time we have in the pool should be spent with maximum efficiency and intent.

Here are a few different ways that you can maximize the time you are spending in your Speedo:

<http://swimswam.com/squeeze-awesome-swim-practices/>

SWIMMER'S CORNER

Hey CYAC swimmers, did you know it is possible to know what events you will be swimming at the meet before you ever leave the house for warm up?

Did you also know we have a standard "swim meet warm up"?

It's true! In order to perform at your best and be prepared to reach your potential, there are a few details you need to take care of and complete.

First, check our team website, www.swimcyac.org for a list of your events, event numbers, and order of events, before you leave the house for the meet. You can print out a paper copy, or go ahead and write event and event number on your arm. Heat and lane assignments can wait, and be verified at the meet. By planning ahead and knowing what events you will be swimming, you will have more time to focus on your warm up and getting familiar with the facility.

Speaking of warm up! Warm up times, and lanes can also be found on our website. Reporting to the pool deck at least 10 minutes prior to allow for our body motion dryland to be done as a team is important. Once in the water, depending upon age, we begin with a relaxed "loosen" swim of 100 to 300 yards. Then we move into a set of 50's Kick and Drill, we then swim some buildup 25's, 50's or 75's. Once again the distance and number depend upon age and length of warm up session. We then finish with some dive 25's with walk around.

During the warm up session it is important to execute some turns and finishes of the events you will be swimming to be sure your stroke count and distance are correct before the race. In most cases warm up sessions are 30 minutes or less, so it is critical to arrive early and not miss the opportunity to get to know the walls and starting blocks!

CYAC has a team meeting after the warm up session. This is to review meet focus, set relays, and execute a loud Team Cheer! Remember we race "with" one another not "against" one another, as we all race "against" the clock!

So plan ahead, know what you are swimming before arrival at the meet, and prepare for a purposeful warm up. Visit www.swimcyac.org for all your meet information in advance.

GO CYAC!

OCTOBER BIRTHDAYS

10/2 Harrison Greenhoe	10/20 Ava Burnsed
10/3 Gibbs Gresge	10/20 Jake Hartogensis
10/6 Avery Huang	10/24 Sarah Moore
10/7 Ramneek Kaur	10/26 Benjamin Kunkel
10/13 Kathleen Cannell	10/26 Lillian Simeone
10/14 Preston Hutter	10/27 Stephane Karp
10/15 Daniel Johnson	10/30 Cooper Weiss
10/16 Sammuel Waldbillig	

NOVEMBER BIRTHDAYS

11/1 Aiden Zhu	11/19 Evan Sposato
11/5 Weining Ding	11/21 Robert Miller
11/7 Catherine Doherty	11/22 Rebekah Starr
11/11 Jackson Snyder	11/22 Sophia Garono
11/16 John Hornsby	11/29 Sam Bickers

Team Highlights

CONGRATULATIONS to all the swimmers who participated in October's RAYS Pumpkin Splash meet. CYAC's results have been posted to our website. Also, THANKS to all of the parents who volunteered to time and judge at the meet.

CONGRATULATIONS to the following FIRST-TIME swimmers on their debut for CYAC at the RAYS meet:

Sam Bledsoe	Kasey Chadwick
Andy Commins	Soren Corbett
Ryan Davidson	Parker Devillier
Evelyn Girardi	Jake Hartogensis
Tess Hendrickson	Harrison Kinsey
Jenny Little	Robbie Miller
Sarah Moore	Caitlyn Nguyen
Cooper Roy	

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

Thomas Heilman (8&U Boys)
50 fly (2nd) 100 free (10th)

Avery Huang (9-10 Girls)
100 breast (1st) 100 IM (1st)
500 free (1st) 50 free (2nd),
100 free (2nd) 100 back (2nd)
100 fly (4th) 50 fly (8th)

Noah Hargrove (11-12 Boys)
50 back (4th) 50 fly (6th)
100 back (7th) 100 free (8th)
100 IM (8th) 50 free (9th)
100 fly (10th)

August Lamb (13-14 Boys)
200 free (5th) 50 free (6th)

Bracken Eddy (13-14 Boys)
100 breast (10th)

Team Contacts

Coaching, Meets, Practices:

Coach Cameron: cburr@piedmontymca.org

Coach Pat: coachpatbateman@gmail.com

Coach Jessica: jessica.m.laird@gmail.com

Dues, Meet Fees or Fundraising Balances:

Jessica Simons, jrsimons@comcast.net

Fundraising (general):

Cameron Burr, cburr@piedmontymca.org

Parent Advisory Council:

Marc Weathersby, marc@cjp.com

CYAC Website, Volunteering, Officials Training:

Brad Heilman, cyacbrad@gmail.com

Kroger Grocery Cards:

Jonna Garono, jgarono@comcast.net

Attractions Coupon Books:

Michelle Holzwarth, mholzpsu94@mac.com

MEET SCHEDULE

11/7-9	PSDN A/BB/B/C - Richmond (CSAC)
11/22-23	SMAC A/BB/B/C - Waynesboro
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)
TBA	YMCA Regionals - Site TBA
3/17-21	NCSA Spring Swimming Championship - Orlando, FL
3/30-4/3	YMCA SC Nationals - Greensboro, NC

* denotes change to meet schedule