

# CYAC

## NEWSLETTER



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

### COACH'S CORNER

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Hello CYAC families and welcome to the 2014-15 season! As of Monday, October 6th we are entering the sixth week of practice for the Senior – Junior 2 groups and the fifth week for the Junior 1 and Pre-Junior groups, and all of the athletes are really starting to show improved conditioning, technique and focus...combined with lots of smiles. Attendance has been very strong at both Crow and Crozet practices sites, especially for the morning workouts, and Coach Pat, myself and all of the CYAC coaches are very impressed with the level of commitment and positive attitude present with all of the swimmers. Great job to all, let's keep it up and make it even better moving forward!

We are about to enter into the competition meet season and it is extremely critical to our athletes success that we make practice attendance and level of effort at each practice the top priority. The coaches have been reminding our athletes at each practice, at goal setting meetings, and at parent meetings that our mid-season target meets (the YOTA Capital Classic Dec 5-7 and the HOKI Invitational Dec 12-14) are only 8 to 9 weeks away. The quality work in the practice pool (and out) must continue to be done now in order for our athletes to perform their best and achieve their goals in December. That means not only making all necessary practices, but also maintaining proper nutrition, rest and overall health and life-balance during this period. Every season there are unfortunately a few athletes who are derailed or distracted from their early-season training plans and miss substantial practice time due to an illness or potentially avoidable scheduling issues with school and other activities. It is extremely important that those in our athletes' lives (parents, coaches, teachers, friends, etc.) are informed and empowered to help our athletes by providing the planning, support and structure necessary to give each CYAC swimmer the best opportunity to succeed. So, in simple terms that means...stick to a practice schedule and routine, get enough rest every day (and especially over the weekends), plan for a healthy diet (with plenty of protein, healthy carbs and hydration), stay on top of homework and deadlines for significant school projects and exams, and avoid schedule overload which can produce unnecessary stress in our athletes. As we discuss in our goal setting meetings with the athletes, it takes the consistent, pro-active support of those around our athletes to best enable them to achieve their goals and top performance.



-Coach Cam

October will be an exciting month for CYAC featuring the Rays meet in Richmond Oct 18-19, the "Raising of the Crozet Dome" on Oct 14th (please come volunteer) and all groups practicing together at Crow Oct 13-18, CYAC team shirts and caps arriving (and the online store opening: <https://cyacs13.itemorder.com>), and of course Halloween practices which will be scary-fun!!! (Sorry couldn't resist.) Please make sure you are checking the Official CYAC website ([swimcyac.org](http://swimcyac.org)) weekly and are receiving the team emails to ensure you are aware of important and timely CYAC team information. As always, please reach-out to Coach Cameron and Coach Pat with any questions.

GO CYAC!

## PARENT ADVISORY COUNCIL

Members of the CYAC swim team Parent Advisory Council (PAC) are volunteer swim parents who are willing to work on various activities required for the swim team to function well. WE WELCOME NEW MEMBERS! Our goal is to have every family actively involved in at least one committee or role. If we can accomplish this, we will avoid having a small group of parents doing multiple jobs. Volunteering is a great way for new CYAC families to meet other CYAC families and feel more a part of our team. Below is a list of current PAC members. Feel free to contact them with any questions.

[Marc Weathersby](#), PAC Chair

[Shannon Barras](#), Spirit Activities

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

[James Hargrove](#), Travel Coordinator

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

[Michelle Holzwarth](#), Attractions Books & Spirit

[Hao Fan Huang](#)

[Lori Linville](#)

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

[Alisa Sposato](#), Newsletter Editor

Please provide a current email address and preferred phone number to [Brad Heilman](#) to be sure you are receiving up to date program information. And remember to always check the CYAC website [swimcyac.org](http://swimcyac.org) for more detailed information about items appearing in this newsletter.

## Info at a glance

**Oct 6 (Crozet) & Oct 7 (Crow)**  
DAS reps onsite 4:30-7:00pm for swimsuit and spirit wear sizing

**Through Oct 10**  
Crozet Junior 3 & Sr. Groups  
Goal Setting Meetings  
<https://www.teamunify.com/Events/Current.jsp?team=vapfy>

**Oct 11-19**  
Crozet Pool closed for dome installation. Click [here](#) for schedule changes for the week of Oct 13

**Oct 12**  
CYAC on-line store closes  
<https://cyacs13.itemorder.com/sale>

**Through Oct 15**  
Crow Senior Practice Group  
Goal Setting Meetings  
<https://www.teamunify.com/Events/Current.jsp?team=vapfy>

**Oct 18 – 19**  
RAYS Invitational Meet  
CSAC Pool in Richmond

**Nov 1**  
Attractions Book Deadline  
Contact Michelle Holzwarth  
[mholzpsu94@mac.com](mailto:mholzpsu94@mac.com)  
with questions and orders

**Nov 7 – 9**  
Poseidon Autumn Splash Meet  
Registration deadline Oct 10

**Nov 22 – 23**  
SMAC Invitational Meet  
Registration deadline Oct 31

## PARENT'S CORNER

### Parent Meetings

Coach Cam and Coach Pat conducted a series of Parent Meetings at both practice sites over the past two weeks. They covered a number of important topics including:

1. CYAC Program Goals, Program Purpose, and Structure of the Short Course Season
2. USA/YMCA Structure and Standards
3. The 3 Roles: Swimmer, Parent, and Coach
4. Methods of Communication: website, email, newsletter, social media, phone, and face-to-face
5. Financials: Program Fees, Meet Entry Fees, and Fundraising (Attractions Books available until Nov 1)
6. Competition Schedule, Meets, and Event Selection
7. Q&A

Feel free to contact the coaches or parent council members with any additional questions. Contact information can be found in the Parent Advisory Council and Team Contacts sections of this newsletter.

### CYAC On-line Store (Downtown Athletic Store)

The CYAC team gear and spirit wear [on-line store](#) is open at Downtown Athletic Store (DAS). Please visit the store's website to find shirts, parkas, sweats, backpacks and more. The store will remain open until 11:59pm on 10/12, at which time DAS will place all orders received (note, some items have team minimums that must be met or they will not place the order). **DAS representatives will be on site at both pools between 4:30-7:00 on Monday Oct 6 (Crozet) and Tuesday Oct 7 (Crow) to help with sizing.** Merchandise should be ready by the first week of November; we will distribute orders at both of the pools.

**Proper planning, preparation and practice determine peak performance.**

## SWIMMER'S CORNER

Hey CYAC swimmers,

Each month there will be a topic or theme for you to write about and submit to the CYAC newsletter to appear here in the Swimmer's Corner.

November's topic will be "Thanksgiving" and how being a member of CYAC makes your Thanksgiving even more special. Articles/contributions need to be submitted to Coach Cameron by October 24, and need to be 50 words or less.

We are looking forward to hearing from you!

Go CYAC!

## Team Highlights

Congratulations to CYAC senior swimmer Ben Holstege who earned USA-Swimming Academic All-American honors. To be considered, applicants must meet a minimum 3.5 GPA in academic courses for the current academic year. On the swimming side, applicants must have swum a time equal to a Junior National 2011 bonus time (very fast!) Congratulations Ben, we are very proud of you!

Also, congratulations to CYAC senior swimmer Brynn Acker, who has verbally committed to swim at the University of North Florida, a Division 1 program in Jacksonville, Florida. Brynn will be joining the Ospreys for the 2015-16 season. Congratulations Brynn, we are very proud of you too!

## Volunteers Needed!

Tues Oct 14 7:45am-2:00pm

It's time to RAISE THE DOME over the Crozet Pool and get us ready for indoor swimming.

Any time that you can donate towards this project will help.

Click [here](#) to sign up or sign up in person at the Crozet PARC.

Thanks in advance!

## 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

10/18-19	RAYS A/BB/B/C Invitational - Richmond (CSAC)
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 (Pool TBD)
1/9-11	LY YMCA Invite - Lynchburg (Jamerson Y)
1/17-19	PSDN A+ - Richmond (CSAC)
1/30-2/1	NOVA BB+ - Richmond (NOVA)
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