

CYAC

NEWSLETTER



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PIEDMONT FAMILY YMCA
www.piedmontymca.org
March 2015

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COACH'S CORNER

CYAC families and swimmers...Championship season is here! Brief updates: Over 50 CYAC athletes participated at the Blue Ridge District/Region Championships in Christiansburg from Feb 27 - Mar 1. Our athletes did an amazing job in the pool achieving 70% best times, as well as out of the pool showing incredible team energy and sportsmanship. Coach Pat and I were very impressed by our team's performance and inspired for the many great things to come. This past weekend, the Virginia Swimming Senior Championships were also in Christiansburg from March 5-8. CYAC had nine senior group athletes competing in this very fast meet with the goal of achieving best times and qualifying times for YMCA Nationals. Our senior swimmers performed very well with 7 of the 9 achieving at least one best time and 4 of the 9 achieving 100% best times...congratulations seniors! Following Senior Champs, the team will travel to Goldsboro, NC where over 50 CYAC athletes will compete for individual, age group and team titles at this traditional short course season ending championship meet. Finally, CYAC will send a dozen or more athletes to compete on the national stage at YMCA Short Course Nationals in Greensboro, NC. This is a very exciting phase of the short course season and our CYAC athletes are off to a great start!

Our swimmers have spent the past 8 months training incredibly hard, establishing a high level of conditioning and developing their strokes and skills to now showcase them at these most competitive championship meets in the state, southeast region and nation. Please do all you can to help and encourage our athletes as they complete their preparations for these exciting meets and congratulate them as they display their excellence as competitive swimmers and as quality, respectful, inspirational members of our Charlottesville community and the Piedmont Family YMCA. **Also, please remember to join us on Sunday, April 19th for the annual CYAC Team Banquet as we celebrate another incredibly successful short course season for the CYAC Swim Team.**

One of the best ways to help our athletes continue to reach and surpass their goals as competitive swimmers is to keep them training year-round. Beginning in May, the CYAC long course



-Coach Cam

season will begin with a new schedule of practices and meets. Participating in the long course season is an option for CYAC swimmers in Junior 1 through Senior groups. Please see the details on the CYAC website and discuss the right program for your athlete with Coach Cameron and Coach Pat.

GO CYAC!

Practice Schedule Changes

- **THURSDAY 3/12:** Crozet AM is ON. Crozet PM is canceled. All groups will practice at Crow pool normal times.
- **FRIDAY 3/13:** All Crozet practices canceled. All groups will practice at Crow pool at normal times.
- **SATURDAY 3/14:** All Crozet practices canceled. All groups will practice at Crow pool at normal times.
- The Crozet dome is scheduled to come down on April 18. Look for practice changes that week.
- The last day of practice at Crozet is May 18 (AM only) and the last day at Crow is May 22.
- Long Course practices at ACAC begin on May 25 for Junior 3 and Senior groups only. During Long Course season the Crozet pool will be open on Mondays, Wednesdays, and Fridays for Junior 1 and 2 groups. See page 4 for more details.

Info at a glance

March 12-15
YMCA Regionals – Goldsboro, NC

March 12-15
SC Age Group Champs - Richmond (CSAC)

March 30-April 3
YMCA SC Nationals - Greensboro, NC

April 18
Crozet Pool dome comes down

April 19
CYAC Team Banquet
Charlottesville Doubletree Hotel
Come celebrate with your teammates!

May 2
Splash 4 Cash Fundraising Event
More details to come

May 25
Long Course practices begin at ACAC
See practice and meet schedule on page 4

PARENT ADVISORY COUNCIL (PAC)

Below is a list of current PAC members. Feel free to contact them with any questions.

[Marc Weathersby](#), PAC Chair

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

[Lori Linville](#), Banquet Committee

[Hope Peritz](#), Officials Coordinator

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

[Alisa Sposato](#), Newsletter Editor

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

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

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

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

[Wendy Scarbrough](#), Spirit Activities

SWIMMER'S CORNER

A really cool part of competitive swimming and being a member of CYAC is that our older swimmers also have the opportunity to participate on and represent their High School's swim teams. Check out some of the highlights from this year's High School season.

CYAC has 29 year-round swimmers who also swam for their high school teams. 19 of them participated in their school's state championship meet over the past few weeks in individual and/or relay events.

Special congratulations to Ashley Huang, Megan Jones, Maren Weathersby and Maggie Woods from Albemarle High School who captured their SECOND consecutive 5A State Championship and Brynn Acker, McKenna Riley, and Savannah Scarbrough from Western Albemarle High School who captured their FIFTH consecutive 3A State Championship. Great job girls!

Individual Highlights include:

AHS

Ashley Huang: 14th 100 fly

Megan Jones: 6th 100 breast

Nick Pease: 5th 100 back

Jack Robbins: 3rd 200 free, 3rd 500 free

Maren Weathersby: 9th 100 back

Maggie Woods: 3rd 100 free, 4th 100 back

CHS

Zach Greenhoe: 7th 200 free, 7th 500 free

Cole McMahon-Gioeli: 14th 50 free, 12th 100 free

Covenant

Ben Holstege: 6th 50 free, 3rd 100 back

Sam Holstege: 21st 100 breast, 20th 50 free

Mack Lawson: 7th 100 breast, 24th 200 IM

Monticello

Ava Burnsed: 23rd 100 free

STAB

Clara Duffy: 24th 200 free, 21st 200 free

Brian Hynes: 2nd 100 fly, 2nd 500 free

WAHS

Brynn Acker: 17th 200 IM, 11th 100 fly

McKenna Riley: 13th 200 free

Savannah Scarbrough: 6th 100 breast

Also, Parker Devillier (STAB) and Noah Holstege (Covenant) were contributing members of their state relay teams.

GO CYAC!

Long Course Season: Summer Training

Dates: Monday, May 25 – Saturday, August 1

Groups: Junior 3, Senior, College

Location: ACAC Adventure Central Pool

Schedule: May 25 – June 13

MON-FRI: 6:00-7:45am; SAT: 7:00-9:00am

Schedule: June 15 – August 1

MON-FRI: 6:00-8:00am; SAT: 7:00-9:00am

Groups: Junior 2 (Junior 1 with coach approval)

Schedule: May 25 – July 18

Location: Crozet Park YMCA Pool

MON, WED, FRI: 6:30-7:50am

Location: ACAC Adventure Central Pool

SAT: 7:30-8:45am

Please contact Coach Cameron with questions.

Email: cburr@piedmontymca.org

Phone: 434-205-4380.

Meet Schedule

May 7-10

PSDN – Poseidon Classic – Richmond
A+ (13 & Over), BB+ (12 & under)

May 16

HOKI – Ben Hair Open Water Swim – Lake Anna

June 26-28

SMAC – Subway Commonwealth Games –
Waynesboro

July 10-12

Summer Awards – Christiansburg

July 16-19

Senior Champs – Richmond

July 23-26

Age Group Champs – Christiansburg

August 3-7

YMCA LC Nationals – Indianapolis, IN

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

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

MARCH BIRTHDAYS

3/3 Noah Hargrove

3/3 Isabelle Bradley

3/4 Joshua Nemergut

3/6 Morgan Breza

3/7 Ashley Huang

3/9 Samantha Rome

3/11 Brynn Acker

3/13 Margaret Craytor

3/14 Noah Holstege

3/14 Mahdin Hossain

3/14 Andrew Holzwarth

3/15 Eleanor Shaps

3/16 Samuel Holstege

3/16 Ishpreet Singh

3/19 Luke Craytor

3/21 Keller Stebbins

3/25 Jackson Kinsella

3/29 Maya Chatterson

3/29 Jenna Huffmyer

3/30 Veda Gupta