

# CYAC

## NEWSLETTER



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PIEDMONT FAMILY YMCA  
[www.piedmontymca.org](http://www.piedmontymca.org)  
October 2015

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### COACH'S CORNER

CYAC Families,

The 2015-16 season is off to a great start as the athletes are displaying lots of positive energy, commitment and focus in and out of the water. This first phase of the season (Sept & Oct) is specifically focused on establishing fitness and conditioning, along with developing and understanding stroke mechanics and technique. In addition, we are continually discussing the importance of out of water behaviors such as nutrition, sleep, and overall daily schedule management to minimize stress and positively support our competitive swimming goals. Ultimately, the plan is to develop deliberate and positive daily and weekly routines which will keep our athletes progressing and improving throughout the season. Without this type of routine in place, it becomes very difficult to measure an athletes progress and for coaches (and parents) to make informed and necessary adjustments to an athletes behaviors to keep them challenged, healthy and on-track to achieve their competitive swimming goals. So, as we work as a team to support our athletes throughout this exciting season, take every step necessary (establish specific practice and school schedules, regular sleep and meal times, etc.) to help them develop a detailed and deliberate routine. GO CYAC!



-Coach Cam

### Volunteers Needed!

Mon Oct 5th 1-3pm & Tue Oct 6th 6:30am-3pm

It's time to RAISE THE DOME over the Crozet Pool to 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. (Note: Rain date is Oct 7<sup>th</sup>.)

THANKS IN ADVANCE!

## PARENT ADVISORY COUNCIL (PAC)

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

[Nancy Addison](#), Bulletin Board Crozet

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

[Li Ding](#), Spirit/Fundraising

[James Hargrove](#), Travel Coordinator

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

[Kelly Moore](#), Fundraising/Banquet

[Hope Peritz](#), Officials Coordinator

[Wendy Scarbrough](#), Social/Spirit Activities

[Alisa Sposato](#), Newsletter Editor

[Kristen Wray](#), Spirit/Fundraising

## Crozet Arts & Crafts Festival

The Crozet Arts & Crafts Festival is being held in Crozet Park on Oct. 10-11. This is the primary fundraising vehicle for the Park (a community owned and operated park, which includes the pool we use every day).

For the festival to be successful, they need a lot of help from community volunteers. If you have some time to donate to the park beginning Friday, 10/9 through Sunday, 10/11, they would appreciate it. You can sign-up [here](#).

If you cannot work, but are looking for a nice outing next weekend, drop by to see some great art and eat some good food!

## Info at a glance

Oct 5 & 6

Dome Raising– Crozet Pool  
Pool will be closed for the week. All Crozet practices will be in Charlottesville.  
(Note: Rain date is Oct 7)

Oct 6

Registration deadline for LY Tri-Meet  
(Click [here](#) for Meet Sign-up Procedure)

Oct 6

Registration deadline for PSDN Meet

Oct 17 – 18

LY Tri-Meet  
(CYAC vs LY vs SMAC)  
Lynchburg (Jamerson Y)

Nov 2

Registration deadline for SMAC Meet

Nov 5

Brooks Family YMCA  
Groundbreaking Celebration  
McIntire Park 5-7pm

Nov 6-8

PSDN Invitational  
Richmond (CSAC)

Nov 16

Coupon Books Fundraiser ends

Nov 20-22

SMAC Invitational  
Waynesboro Y

## PARENT'S CORNER

CYAC is looking to add some new officials to our bench. We have lost some to graduation and will lose more in the next couple of years. If you'd like a front seat at the meets and a chance to learn more about the sport your kids are so invested in, please consider stepping-up and helping in this area. Officials can be on-deck stroke and turn (many of you volunteer in this capacity during the summer) or dry-deck (computer operator, timing judge or recorder). Adding officials now and next year is going to be important as we transition into our new facility in 2017 (see project update below). If we want to host meets (i.e., less travel!), we will need to have a larger group of certified officials qualified to run the meets.

Please contact [Brad Heilman](#) for more information. Also, if you have any detailed questions about the various roles of Officials, please contact our team Officials Coordinator, [Hope Peritz](#).

Thanks for your help and support!

## YMCA Project Update

The Brooks Family YMCA in McIntire Park cleared its final hurdle and received necessary approvals from City Council to move the project forward!

**SAVE THE DATE!** Thursday, November 5 from 5-7pm there will be a groundbreaking and community-wide celebration in McIntire Park. Like our "Build a Y at McIntire Park" Facebook page : <https://www.facebook.com/TellYourYStory> and receive construction progress updates.

Stay tuned for CYAC fundraising opportunities coming in October!

## MEET SCHEDULE

10/17-18	CYAC vs LY vs SMAC Tri-Meet – Lynchburg (Jamerson Y)
11/6-8	PSDN A/BB/B/C – Richmond (CSAC)
11/20-22	SMAC A/BB/B/C – Waynesboro Y
12/3-6	YOTA Capital Classic- Cary, NC
12/11-13	HOKI Invite – Christiansburg (CAC)
1/8-10	LY YMCA Invite – Lynchburg (Jamerson Y)
1/29-31	NOVA BB+ – Richmond
2/26-28	District (12U) & Region (13&O) Champs – Christiansburg (CAC)
3/3-5	SC Senior Champs – Richmond (CSAC)
3/10-13	SC Age Group Champs – Christiansburg (CAC)
4/4-8	YMCA SC Nationals – Greensboro, NC

## Team Highlights

Y Nats and Zones Recap (Long Course Season August 2015):

Our National team swimmers had a great Y Nats meet in Indianapolis and three of our top junior swimmers had the meets of their life at the Eastern Zones meet in Richmond.

The Nats team had numerous best times and achieved new Y Nats cuts for next year. The boys finished 26th out of 53 teams, our best finish by the boys in recent memory. The boys qualified for eleven finals swims, led by Brian Hynes, Nick Pease, Jack Robbins and Ben Holstege. Ben finished 8th in the country in the 50 back! We also had two relay teams score points in the 'B' finals of the 200 free and 200 medley relays. Cole McMahon-Gioeli and Sam Holstege joined the previously mentioned boys on these relay teams.

Our girls squad consisted of Mack Lawson, Olivia Sanusi, Savannah Scarbrough, Maren Weathersby and Maggie Woods. The girls had strong showings in the breaststroke events, sprint freestyle and butterfly. They are a great example for our younger CYACers and have set the stage for a strong run into 2016 Y Nats competitions.

To wrap up the Nats report, we congratulate Ben Holstege and Olivia Sanusi on competing in their final Y Nats meet and the best of luck as they head off to college in the next month.

At the Eastern Zones meet, Bracken Eddy, Kathryn Burr and Avery Huang helped lead the Virginia team to a first place finish, besting the field of 12 teams that stretch from Maine to PA to Virginia. Kathryn swam great, earning 3/4 best times. Bracken secured his second Y Nat cut on way to a 3rd place finish in the 200 breast and Avery dominated the 10U girls with six individual top six finishes, four of which saw her on the podium.

Great job kids!

Go CYAC!

## Team Contacts

Coaching, Meets, Practices:

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

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

Click [here](#) for a list of all coaches.

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)

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)

Amy Browne, [amyhallbrowne@yahoo.com](mailto:amyhallbrowne@yahoo.com)

Poinsettia Fundraiser: Coming Soon!