

CYAC

NEWSLETTER



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PIEDMONT FAMILY YMCA
www.piedmontymca.org
February 2016

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COACH'S CORNER

CYAC Families,

The month of February brings us to the doorstep of the short course championship season and is undoubtedly one of the most challenging and influential months of the competitive swimmers year. The calendar shows we are less than four weeks away from the District & Region Championships (Feb 26-28), less than five weeks from Virginia Senior Championships (Mar 3-6), and less than six weeks from Virginia Age Group Championships (Mar 10-13). CYAC athletes have been training hard since September, many had very successful mid-season championship meets in December, and now their bodies are tired, the weather is cold, and their schedules are packed with academic demands and personal activities. It is so easy at this time for the athlete to slip just a bit on their practices attendance and mental focus, and to struggle at maintaining the nutrition and rest necessary for them to prepare to perform their best. Ninety plus percent of our CYAC swimmers have season performance goals they want to achieve at these three fast approaching championship meets, and CYAC families, coaches and athletes must work together with excellent communication, planning and accountability to overcome the challenges of February. Please communicate with Coach Cameron and Coach Pat now with any questions about your swimmers championship meet plan.

GO CYAC!



-Coach Cam

REMINDERS

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.

Also, remember MEET FEES can be paid by check to CYAC Swimming and left in Jessica Simons folder in the file box at either pool.

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

[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

Info at a glance

Feb 5

Sign-Up deadline for District
& Region Champs

Feb 7

BASS Winter Warm-up Meet

Feb 12

Sign-Up deadline for Age Group Champs
Sign-Up deadline for Senior Champs

Feb 26-28

District & Region Champs

Mar 3-6

Senior Champs (15&O)

Mar 10-13 (14&U)

Age Group Champs

May 1

CYAC Team Banquet
Charlottesville Doubletree Hotel

CYAC TEAM BANQUET

Please keep Sunday, May 1st from 5-8pm free on your calendar for our annual team banquet. We will honor our many graduating seniors, as well as recognize the many accomplishments by the kids and coaches this year. The event is a lot of fun and everyone is welcome to attend.

More details will be forthcoming. Contact [Kelly Moore](#) if you're interested in helping out (especially if you'd like to help with the slideshow!). Also, we are always looking for pictures for the slideshow, so if you have some good ones, set them aside and we will soon provide a central depository for them.

Go CYAC!

Team Highlights

Congratulations to Savannah Scarbrough, who has committed to swim in-state at Division III Emory & Henry College!

HOKI Wrap-up:

72 CYAC swimmers competed in the HOKI Winter Championships in Christiansburg, VA in December. CYAC finished a solid 5th place, led by some amazing performances. Overall, the team achieved 68% best times!

There were two dozen or more huge drops (>2 seconds/lap); the top few were achieved by: Julie Addison (-12 sec, 100 breast), Ariana Alimard (-17, 50 breast), Sam Bledsoe (-12, 100 breast & -14, 100 back), Will Browne (-21 sec in the 200 free), Tilden English (-13, 100 back), and Izzy Reed (-11, 100 free).

In addition to the drops, the following CYAC swimmers combined for 23 event victories:

- Julie Addison: 100 IM and 100 back
- Will Browne: 50 & 100 breast, 50 & 100 back and 100 IM
- Thomas Heilman: 50, 100 & 200 free, 50 & 100 fly and 200 IM
- Max Moore: 50 & 100 breast, 50 & 100 back, 100 & 200 IM
- Athena Vanyo: 50 fly, 100 back, and 200 IM
- 10&U boys 200 Free Relay (H. Addison, J. Burr, T. Heilman, M. Moore)

Finally, Coaches Cam and Pat were on deck for 13-14 hours each day covering two pools of competition (with some help from Coaches Svetlana and Bledsoe). THANK YOU COACHES!!!

LY Meet Summary:

Congrats to all the swimmers who participated in the LY Meet in January. The team saw 58% time improvements, led by the 12&U's who dropped in 65% of their swims. Great job!

Team Contacts

Coaching, Meets, Practices:

Coach Cameron: cburr@piedmontymca.org

Coach Pat: coachpatbateman@gmail.com

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

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 and Volunteering:

Brad Heilman, cyacbrad@gmail.com

Officials Training:

Hope Peritz, peritz17@hotmail.com

Kroger Grocery Cards:

Jonna Garono, jgarono@comcast.net

MEET SCHEDULE

* denotes change to meet schedule

2/7*	BASS Winter Warm-up Orange, VA (Woodberry Forest)
2/26-28	Districts (12U) & Regions (13&O) 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

LONG COURSE MEET SCHEDULE

(Tentative as of 2/1/16. Additional meets may be added)

May 5-8: PSDN BB+ (Richmond)

May 21: HOKI / Ben Hair-JSL Open Water Swim (Lake Anna)

June 3-5: HOKI (Christiansburg)

June 24-26: SMAC Commonwealth Games (Waynesboro)

July 15-17: Summer Awards (Christiansburg)

July 21-24: VSI Senior Champs (Richmond)

July 21-14: VSI Age Group Champs (Christiansburg)

*Tentative: August 4-7: USA Futures Championships - (University of Maryland)

SEASONAL STROKE CLINICS

The Seasonal Stroke Clinics are now open for registration. This includes Take Your Mark, Junior Prep, Senior Prep and Summer Prep programs. Session 3 dates are April 11 to May 20. Information can be found on the CYAC website: <https://www.teamunify.com/TabGeneric.jsp?tabid=101831&team=vapfy>.