

CYAC

NEWSLETTER



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PIEDMONT FAMILY YMCA
www.piedmontymca.org
February 2015

Inside This Issue

Coach's Corner.....	1
Info at a glance	2
Parent Advisory Council.....	2
Parent's Corner.....	3
Reminder.....	3
Swimmer's Corner	3
Splash-for-Cash.....	4
Team Highlights	5
Team Contacts	5
Meet Schedule	5
Birthdays	5

COACH'S CORNER

As the lights from the Holidays fade and schedules for winter, spring and even thoughts of summer plans begin, we wanted to provide a CYAC program update.

CYAC membership in both YMCA and USA swimming sanctioned events provides the opportunity to serve a broad spectrum of swimmers and families. To assist everyone with understanding the remaining weeks of the Short Course season, please review the following information about meets and program scheduling. If you have additional questions please contact Coach Cameron or Coach Pat for clarification.

* Feb 28 – Mar 1: Blue Ridge Region/District Championships: This swim meet in Christiansburg is for all USA registered swimmers to swim events in which they have NOT achieved "Senior Champs" or "Age Group Champs" qualifying times. This is a great Short Course championship meet for swimmers without YMCA Regionals qualifying times, and a "last chance" meet for swimmers hoping to achieve additional qualifying times for YMCA Regionals.

* March 5-8: Virginia Senior Championships: This swim meet in Christiansburg is for all USA registered swimmers (13&Over) who have achieved qualifying times. This meet (along with YMCA Regionals) is a "last chance" meet for swimmers to achieve qualifying times for YMCA Nationals.

* March 12-15: Upper Southeast YMCA Regional Championships: This swim meet in Goldsboro, NC is for all YMCA registered swimmers who have achieved qualifying times AND have attended a minimum of three (3) YMCA meets since September 1, 2014. This is CYAC's traditional Short Course season championship meet and should be attended by all swimmers with qualifying times.

* March 30 – April 3: YMCA Short Course National Championships: This swim meet in Greensboro, NC is for all YMCA registered swimmers who have achieved qualifying times AND have attended a minimum of three (3) YMCA meets plus one (1) YMCA Championship meet since September 1, 2014.

*Note: A YMCA meet attendance report and meet qualifying times can



-Coach Cam

be found on the "Meets & Team Events" tab of the CYAC website.

In addition...

April 19 will be the CYAC Team Banquet event for all swimmers and families at the Doubletree Hotel. More details to follow.

The last practice for CYAC Short Course season is Friday, May 22nd.

In the month of May, many of our CYAC swimmers will begin to focus on JSL summer league teams. CYAC offers a Long Course season program that run from late-May through the end of July and is strongly encouraged for Senior swimmers, and Junior 3 swimmers planning on moving into the Senior practices groups in the Fall of 2015.

More specific details on our Long Course program will be available in the coming weeks as we finalize pool space and meet schedule.

At this time our practice groups at both sites are full. The next opportunity to join our program will be March 16, with the next session of our Take Your Mark, Junior Prep and Senior Prep practice groups as well as any of our Pre-Junior to Senior practice groups.

Our athletes have come a long way thus far this season, and the practice and preparation time for our Short Course championships is now 9 weeks or less. Practice attendance is the most significant way your swimmer can be in the best prepared for a successful championship season.

Keep up the good work CYAC, See you at the pool!

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

Info at a glance

Feb 3

Silicone cap order deadline.
Contact [Erica DeVito](#) to order.

Feb 4

Sign-up for District/Region Champs
(USA-S swimmers who meet entry time requirements)

Feb 6

Sign-up for Senior Champs
(Senior swimmers with cuts and Coach Cam approval)

Feb 6

District/Region Champs team HOTEL
deadline (Holiday Inn Express;
(540) 382-6500)

Feb 7

Senior Champs team HOTEL deadline
(Hilton Garden Inn; (540) 552-5005)

Feb 14

Splash 4 Cash Fundraising Event
(Please sign-up to attend so we have a
feel for numbers)

Feb 16

Sign-up for Y Regionals in Goldsboro,
NC. Note: Swimmers earning cuts at the
District/Region meet will be able to sign-
up late for Y Regionals. Host team
info here.

PARENT'S CORNER

CYAC Swim Team will be hosting a special one-time screening of the new film [Touch the Wall](#) on **Sunday, February 22nd at 1:00 PM** at the **Regal Stonefield Stadium 14**.

Touch the Wall is the story of two amazing women and their journey to swimming's highest stage - the 2012 London Olympics. The young phenom (Missy Franklin) is just beginning her career and is saddled with mile-high expectations; the veteran (Kara Lynn Joyce) is trying to rediscover the juice that took her to the previous two Olympics. **Touch the Wall** is a story of winning and losing, of commitment, and triumph through adversity. It's also a story of family, of loving what you do, and having fun with the people around you.

Here is the [trailer](#) for the film.

To reserve your tickets, please visit our [Event Page](#). Unlike a traditional movie showing, our screening requires that **103** tickets be reserved before Saturday, February 14th in order for the screening to occur. We would like to fill the theater with CYAC swimmers and families, however, if tickets are not selling quickly enough we will begin to promote the film to other local swim teams on Saturday, February 7th. If we meet our ticket threshold, tickets will remain available until the film is sold out or until 9:00 AM on Sunday, February 22nd.

Please let Coach Cam or Coach Pat know if you have any questions. We hope to see you in the audience!

GO CYAC!

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.

Also be sure to check the LOST AND FOUND at both pools for any missing items!

SWIMMER'S CORNER

January of each year brings the optimism and opportunity of a "fresh" start. Many people use the New Year to begin a new wellness routine, or modify behavior from the previous year in "hopes" of having an even "better" year than last. For competitive swimmers we are right in the middle of our Short Course Season. Our December meets provided us with meet results and motivation for the remainder of our season. Now we look ahead to the Championship meets of March and April with that much more focus. Consistent practice attendance is the most significant way to be prepared to achieve your potential and personal goals. For success with a new wellness program, it is proven that having a "training partner" is most beneficial to staying at it and reaching goals. Look around, you have teammates swimming, stretching and doing dry land, right next to you, working for similar goals, and attempting to improve upon previous best times. Set your site on success for the remainder of the season by "teaming up" with your teammates! Together Everyone Achieves More! T.E.A.M. Encourage one another, high five one another after hard sets, push one another, and cheer each other on in practice! And at meets. It is a new year, not a new season, time to finish strong. "Good work today, See you at practice tomorrow!" a little something to be said to your teammates as you prepare for your Championship meet.

GO CYAC!

Splash-4-Cash Fundraiser

On Saturday, February 14th all CYAC swimmers will join together at Crozet Pool to have a great time swimming to raise funds for their personal [CYAC fundraising account](#), the CYAC National Team Travel Fund, or our 2015 charitable partner, [The Blue Ridge Food Bank](#) (BRAFB). Swimmers will seek donations from family and friends in support of their participation in this event. [Donation forms](#) will be distributed at each pool in your mail/ ribbon folder and will also be available through download through the event. Swimmers can designate how they would like their funds allocated, choosing to put it all towards one designee, or split as you see fit.

This will be a FUN event for the entire team with prizes for highest earners (BRAFB or Y Nats Travel), fastest swimmers, and other fun categories throughout the event. There will be snacks and fun prizes for all participants. **This is a fun, no-stress team event.** Special note to parents of newer swimmers, you will be amazed at how many laps your kids can swim in one or two hours!

Our goal is to get 90% of our swimmers in the pool that day. Month-to-Month program swimmers are welcome as well! The sign-up for this event and a printable donation form are available through the CYAC website (sign up is under the Meets & Team Events tab).

We need your help! [Please sign-up to bring snacks or to help count laps](#) for the swimmers.

The Splash-4-Cash Schedule:

- Pre-Junior and Jr 1: 8:30 am – 9:30 am or 100 lengths, whichever comes first.
- Jr2 and Crozet Jr3: 9:30 am – 11:30 am or 200 lengths, whichever comes first.
- Senior and Crow Jr3: 11:30 am – 1:30 pm or 200 lengths, whichever comes first.

To sum-up, here's the process:

- [Sign-up](#) to attend the event on our website (same process as signing-up for a meet).
- Download the [pledge form](#) or retrieve the copy placed in your mail folder (1/28)
- Contact friends, neighbors and relatives to solicit donations to support your effort
- Visit the [Sign-up Genius](#) to pick a food/beverage item to donate and/or to volunteer to count laps for your child's group (easier than timing!)
- Show-up for your assigned swim time on 2/14, bring your pledge form and get ready for a lot of fun! **Participants must raise a minimum of \$10 to participate in the event.**
- Please **bring a food donation** as well to be placed in the Blue Ridge Area Food Bank barrel that will be located in the hallway beginning 2/2.
- Collect all pledges and donations (before or after the swim) and **submit them to the Splash-4-Cash folder at either pool by 2/20.** Be sure to combine all donations into an envelope clearly marked with the swimmer's name to make sure you get the proper credit.
- Be sure to indicate on the bottom of the pledge form how much money you wish to dedicate to each of the three possible designees.

Splash-4-Cash is not just a fundraiser, but also a FUN team-building event. It's a great way to kick-off the championship meet season. The coaches are encouraging all swimmers to participate.

If you have any questions, please contact the event coordinator, CYAC parent [Jenny Commins](#) or [Brad Heilman](#). Coaches [Cameron](#) and [Pat](#) would be happy to answer your questions as well.

Team Highlights

LY Invitational:

CONGRATULATIONS to the CYAC swimmers who participated in the Lynchburg Winter Invitational in January. You showed strong team spirit, performed very well in the pool and won the FIRST PLACE team award for CYAC!

Great job!

Best Times & Top 10 Reports

A Best Times Report (thru 12/20/14) has been posted to the website. It shows, by age group, each swimmer's best time in any event swum this season. If your child aged-up during the fall, they may appear in two age groups.

We have also updated our CYAC All-Time Top 10 Lists. There were 71 new entries on the lists, achieved by 19 different swimmers.

Great job CYAC!

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

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)
3/12-15	YMCA Regionals – Goldsboro, NC
3/17-21	NCSA Spring Swimming Championship - Orlando, FL
3/30-4/3	YMCA SC Nationals - Greensboro, NC

JANUARY BIRTHDAYS

1/1 Graham DeVito	1/23 Samuel Bledsoe
1/1 Virginia Browne	1/27 Megan Jones
1/4 Ryan Davidson	1/27 Virginia Smith
1/9 William Browne	1/28 Jason Heilman
1/11 Claire Rude	1/28 Nolan Liang
1/16 Cole McMahon-Gioeli	1/31 Simon Watkins
1/16 Samuel Simmons	

FEBRUARY BIRTHDAYS

2/2 Cayden Fix	2/22 Anjali Nitzsche
2/4 Sophia Espie	2/22 Jack Radio
2/4 Theophilus Barrett-Johnson	2/23 Zachary Greenhoe
2/7 Thomas Heilman	2/24 Aidaire Burnsed
2/7 Eli Radio	2/27 Elke Beaumont
2/13 Ruby Schaeffer	2/27 Harrison Kinsey
2/20 Mia Craytor	