

CYAC

NEWSLETTER



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PIEDMONT FAMILY YMCA
www.piedmontymca.org
December 2015

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COACH'S CORNER

The month of December brings two very exciting parts of the short course season – mid-season championship meets, and winter break training. The mid-season championship meets are a great opportunity for our athletes to put their training and skills to the test. In addition, while our athletes are in competition and following their championship meet, please do everything possible to be a source of very positive encouragement and support to your swimmer. As there are “mid-season” championships, one of the goals is to gauge each swimmers progress toward their end of season goals. Not every swim will be a lifetime best time nor is it a realistic expectation to believe they should be, and it is extremely important that we help the swimmers stay positively focused on performing their best in each event. Following the championship meets is CYAC winter break training. These two weeks of challenging practices are a tradition for CYAC and critical training period for our swimmers to re-establish their conditioning and begin implementing the many lessons learned at the mid-season championship meets. Please mark your calendars and do all that you can to get your swimmers to these practices. Check the CYAC website for the customized winter break training practice schedule.

GO CYAC!



-Coach Cam

BROOKS FAMILY YMCA UPDATE

Construction on the Brooks Family YMCA started the day after groundbreaking, on November 5. We are on schedule to open in the summer of 2017. A new road has been cut through parking lot, the walking trail was re-routed, shelters have come down, and site work is underway. You can track our progress on our Facebook page: <https://www.facebook.com/TellYourYStory/posts/>.

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

Info at a glance

Dec 18

Opt-Out Deadline for January LY Invite

Dec 20

Sign-up Deadline for PSDB Senior Circuit

Dec 21 – Jan3

Winter Break Practice Schedule

Dec 23

Wintergreen Tubing Outing

Jan 8

Opt-Out Deadline for BASS
Winter Warm-up Meet on Feb 6

Jan 8-10

LY YMCA Invite

Jan 16-18

PSDN Senior Circuit

Thank You!

Thank you to everyone who participated in this year's Poinsettia Fundraiser. Special thanks go out to Kelly Moore (and others) for coordinating!

Also thanks to those who participated in and/or spread the word about the Sal's Pizza fundraiser!

MEET SCHEDULE

* *denotes change to meet schedule*

1/8-10	LY YMCA Invite – Lynchburg (Jamerson Y) – Hotel deadline 12/8
1/16-18	PSDN Senior Circuit – Richmond (CSAC)
2/6-7	BASS Winter Warm-up – Orange, VA (Woodberry Forest)
2/26-28	District (12U) & Region (13&O) Champs – Christiansburg (CAC) – Hotel deadline 1/11
3/3-5	SC Senior Champs – Richmond (CSAC)
3/10-13	SC Age Group Champs – Christiansburg (CAC) – Hotel deadline 1/25
4/4-8	YMCA SC Nationals – Greensboro, NC

2015 WINTER BREAK PRACTICE SCHEDULE

****SWIMMERS & PARENTS: IN ORDER TO PROVIDE THE BEST TRAINING OPPORTUNITY FOR EACH SWIMMER DURING WINTER BREAK WHEN WE HAVE LIMITED LANE SPACE, SWIMMERS IN JR3 BLUE & GREEN GROUP MUST CONFIRM PRACTICE SITE LOCATION WITH COACH CAMERON & COACH PAT TO ENSURE PLACEMENT IN APPROPRIATE WINTER TRAINING GROUP****

CROW POOL

SENIOR AND JR3 SWIMMERS MUST BRING COLD WEATHER OUTDOOR DRYLAND CLOTHING TO PRACTICE

Monday, Dec. 21, Tuesday, Dec. 22, and Wednesday, Dec. 23:

9:00AM – 11:30AM SENIOR, JR3 BLACK
9:30AM – 11:30AM **SELECT JR3 BLUE & GREEN

***NO CROW POOL PRACTICE ON Thursday (12/24), Friday (12/25) and Saturday (12/26).**

***SENIOR and JR3 GROUPS practice at Crozet Pool on Thursday (12/24), Saturday (12/26) and Sunday (12/27).**

Monday, Dec. 28, Tuesday, Dec. 29, and Wednesday, Dec. 30:

11:30AM – 1:30PM SENIOR, JR3 BLACK, **SELECT JR3 BLUE & GREEN

***NO CROW POOL PRACTICE ON Thursday (12/31), Friday (1/1) and Saturday (1/2).**

***SENIOR and JR3 GROUPS practice at Crozet Pool on Thursday (12/31), Saturday (1/2) and Sunday (1/3).**

CROZET POOL

SENIOR AND JR3 SWIMMERS MUST BRING COLD WEATHER OUTDOOR DRYLAND CLOTHING TO PRACTICE

Mon, Dec. 21, Tues, Dec. 22, and Wed, Dec. 23

10:00AM – 10:45AM PRE-JUNIOR
10:00AM – 11:00AM JUNIOR 1
10:00AM – 11:30AM JUNIOR 2
10:00AM – 12:00PM **SELECT JR3 BLUE & GREEN

Thurs, Dec. 24

10:00AM – 11:45AM SENIOR, JR3

Fri, Dec. 25

NO PRACTICE – MERRY CHRISTMAS

Sat, Dec. 26

9:00AM – 11:30AM SENIOR, JR3

Sun, Dec. 27

3:45PM – 5:45PM SENIOR, JR3

Mon, Dec. 28, Tues, Dec. 29, and Wed, Dec. 30:

10:00AM – 10:45AM PRE-JUNIOR
10:00AM – 11:00AM JUNIOR 1
10:00AM – 11:30AM JUNIOR 2
10:00AM – 12:00PM **SELECT JR3 BLUE & GREEN

Thurs, Dec. 31

10:00AM – 11:45AM SENIOR, JR3

Fri, Jan. 1

NO PRACTICE – HAPPY NEW YEAR

Sat, Jan 2

9:00AM – 11:30AM SENIOR, JR3

Sun, Jan 3

3:45PM – 5:45PM SENIOR, JR3

Capital Classic Wrap-up

Nineteen CYAC swimmers (and two coaches) traveled to Raleigh, NC to compete in the 23rd Annual YOTA Capital Classic swim meet. CYAC placed 6th overall (out of 25 teams), with the boys finishing 5th and the girls 6th. This is CYAC's best finish ever, improving from 11th place last year! Highlights include:

- 61% time improvements (132/216). Of the 216 races, 90 resulted in AAA or faster time standard achievements
- Seven event champions (Kathryn Burr (100 free), Avery Huang (50 & 100 breast), Peyton Wray (50, 100 & 200 back), Senior Boys 200 Free Relay (Hynes, Holstege, McMahon-Gioeli, Pease)
- 32 individual Y Nationals qualifying times achieved: Zach Greenhoe, Sam Holstege (2), Ashley Huang, Brian Hynes (8), Megan Jones, August Lamb (3), Mack Lawson, Cole McMahon-Gioeli (2), Nick Pease (4), Jack Robbins (6). And Maggie Woods (3)

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, irsimons@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

PARENT'S CORNER

Volunteer Timers

It is imperative that ALL parents volunteer to time at the meets in which your child swims. We have a problem with the same parents volunteering over and over again. We have made it easy by dividing each session into 2 halves so that you will only need to sign-up to time for 1 of the halves. It is also important that ALL volunteer timers attend the timers meeting before the start of each session regardless of which half you are timing. That way you can decide which other CYAC timer you will replace or will be replacing you at the half. We have had a problem with second half volunteers not showing up for their slot, leaving the first half timer on deck the entire session. Note that if the meet is running behind schedule, it is up to you as volunteers to work out a fair agreement on when to make the switch. Also, if you know that you need to leave early or cannot make it to the meet, it is your responsibility to find a replacement. Please do not leave someone from the team scrambling to find a replacement for you and thus holding up the meet.

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.

Thank you for your continued support!