

CYAC

NEWSLETTER



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PIEDMONT FAMILY YMCA
www.piedmontymca.org
March 2016

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COACH'S CORNER

CYAC Families,

Championship season is here and CYAC athletes are swimming fast! At both the Blue Ridge District & Region meet (Feb 26-28) and Virginia Senior Champs (Mar 3-6), CYAC swimmers performed great achieving many, many lifetime best times as well as qualifying for additional YMCA Nationals individual events and relays. Great job CYAC! Next up is Virginia Age Group Champs (Mar 10-13) in Christiansburg, and finally YMCA National Short Course Championships (Apr 4-8) in Greensboro, NC. GO CYAC! With Short Course season coming to a close and summer just around the corner, it's time to start thinking about Long Course season and Summer League Prep to keep this season's improvement moving forward until next fall. The CYAC Long Course meet schedule is coming together with several exciting meets and events to plan for including the Ben Hair Memorial Open Water meet on June 11th at Lake Anna. We are planning a few Open Water swimming clinics this spring for CYAC swimmers to learn how to compete in Open Water events - details and registration information coming soon! See the CYAC website and follow-up with Coach Cameron and Coach Pat for details and information about spring and summer practice and competition opportunities. Also, make sure to mark your calendars for May 1st when the annual CYAC Team Banquet will take place at the Hilton DoubleTree in Charlottesville. Plan to bring the whole family to this exciting evening when we will celebrate the team's accomplishments of this exciting season and honor our graduating CYAC seniors.

GO CYAC!



-Coach Cam

SEASONAL STROKE CLINICS

The Seasonal Stroke Clinics are now open for registration. This includes Take Your Mark (Apr 11-May 20) and Junior/Senior (Feb 29-Apr 30) programs. Information can be found on the CYAC website:

<https://www.teamunify.com/TabGeneric.jsp?tabid=101831&team=vapfy>.

PARENT ADVISORY COUNCIL (PAC)

WE ARE LOOKING FOR NEW MEMBERS! Please consider joining us.

The CYAC swim team Parent Advisory Council (PAC) is made up of volunteer swim parents who are willing to work on various activities required for the swim team to function well. 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

Mar 10-13

Age Group Champs (14&U)
Christiansburg (CAC)

Apr 4-8

YMCA Short Course Nationals
Greensboro, NC

Apr 9

PSDN Long Course Meet
Registration Deadline

May 1

CYAC Team Banquet
Charlottesville Doubletree Hotel

May 5-8

PSDN Long Course BB+ Meet
Richmond

May 27

HOKI/Ben Hair Open Water Swim
Registration Deadline

June 11

HOKI/Ben Hair Open Water Swim
Lake Anna

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

District/Region Champs Recap:

At the end of February, 77 CYAC swimmers and three coaches competed in the Blue Ridge Region/SW District Championship meet in Christiansburg. The team had a great showing, earning 75% best times, a 4th place overall finish at Districts and 7th overall at Regions. 50 of the 77 swimmers scored points, so it was definitely a full team effort!

CYAC swimmers dropped time in 390 races, ranging from 0.01 sec. to 26.52 sec. (Lukas Alton, 8&U 200 free). Other noteworthy drops include: Kristin Farabaugh (16.1 sec. in the 100 fly), Katie Jordan (20.6, 200 IM), Sarah Moore (14.4, 100 back), Lucy Nicholson (16.0, 100 breast), Bree Palmer (12.3, 100 back), Ben Tungate (18.5, 100 free), and Oliver Wray (10.6, 25 back).

The Iron-Swimmer award goes to Sophie Haise and Preston Hutter, both of whom competed in 19 events over three days (16 individual races and three relays). Way to go kids!

Congratulations on a great meet. This meet served as the final Short Course meet of the season for many of our swimmers. The coaches encourage you to continue with your training during the spring to prepare you for summer Long Course and/or JSL swimming. Please contact the coaches if you have any questions.

Go CYAC!

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@cjpc.com

Website and Volunteering:

Brad Heilman, cyacbrad@gmail.com

Officials Training:

Hope Peritz, peritz17@hotmail.com

Kroger Grocery Cards:

Jonna Garono, jgarono@comcast.net

BROOKS FAMILY YMCA UPDATES

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 Brooks Family YMCA Facebook page:

<https://www.facebook.com/TellYourYStory/?fref=ts>.

LONG COURSE MEET SCHEDULE

(Tentative as of 3/10/16. Additional meets may be added)

May 5-8: PSDN BB+ (Richmond) – Prelims/Finals Meet. Registration deadline: April 9.

June 11: HOKI / Ben Hair-JSL Open Water Swim (Lake Anna). Registration deadline: May 27.

June 24-26: SMAC Commonwealth Games (Waynesboro). Registration deadline: June 4.

July 15-17: Summer Awards (Christiansburg). Registration deadline: June 25.

July 21-14: LC Age Group Champs 14&U (Christiansburg). Registration deadline: July 2.

July 21-24: LC Senior Champs 15&O (Richmond). Registration deadline: July 2.

August 3-6 Eastern Zones LC. Registration deadline: July 16.

LONG COURSE PRACTICE SCHEDULE

(Tentative as of 3/10/16)

All practices held at ACAC's 50 meter pool on Four Seasons Drive

May 23 – June 7
TBD

June 8 – July 31
Monday-Friday 6-8am
Saturday 7-9am

HOST AN EXCHANGE STUDENT

World Heritage Student Exchange is looking for a loving host family for Matteo, 16, from Italy. Matteo loves sports. He swims competitively; he plays tennis twice a week and enjoys skiing and snowboarding in the winter months. He is also a lifeguard at the local pool. Matteo will be only here in the US for one academic semester, so he will arrive in August and go home at the end of January. Matteo comes with all of his own spending money and can share a room with a host-sibling, but does not yet have a loving host family, can you be that family? If you or someone you know is interested in hosting Matteo please contact: Filadelfia Soto locally at (434) 227-6270 - filadelfiasoto@gmail.com - or Alison Luciana (203) 815-5881 or apply to host Matteo or one of our other wonderful students at <http://www.world-heritage.org>.