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Piedmont Family YMCA

January 2020

<http://www.swimcyac.org/>

CYAC NEWSLETTER: VOLUME 1 (2019-2020)



CONGRATULATIONS!

Congratulations to all CYAC swimmers on an outstanding job for the first half of the short course season. December was a very busy month and the team had great performances at four separate meets: NOVA (Richmond), Capital Classic (Cary), Hoki (Christiansburg), and Junior Nationals (Atlanta).

Highlights for December meets include a second place team finish at the Capital Classic meet and five more National Age Group records for Thomas Heilman (50 free 21.50, 100 free 47.15, 200 free 1:44.28, 50 fly 22.87, and 200 fly 1:53.66). Congratulations Thomas! [Click here to watch his 200 fly!](#)

In addition, CYAC is currently ranked 105th in the nation as a club using USA Swimming's Virtual Club Championship ranking system (as of 12-27-2019).

Great job CYAC swimmers! Keep up the outstanding performances.

HOW TO BE A GREAT SWIM TEAM PARENT BY MIKE WENERT

As your swimmers progress through the sport of swimming, one constant for all athletes who have continued long term success in the pool is a well-

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Miscellaneous:

- Team Attire;
- Dress Warmly;
- Come to Practice;
- Prelims/Finals Meet Formats.

UPCOMING MEETS:

- **YMCA Invite-Lynchburg:**
January 3-5.
- **Winter Fest:**
College Park, Maryland.
January 17-19.
- **CYAC Winter Invite:**
Brooks Family YMCA.
(Home Meet).
January 25-26.

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balanced and consistent support system at home. Swimming is a tough sport and the support parents give to their athletes will go a long way towards a healthy and well-adjusted swimmer. Our goal as a coaching staff is to develop a life-long love of the sport of swimming. A positive and healthy support system at home helps pave the way for long term success in the pool. Here are some tips on how to be a great swim team parent.

1. Coaches coach. Swimmers swim. Parents parent.

Know your role in the coach-swimmer-parent dynamic. Trust your coaches and know that they have your swimmers best interest in mind. Coaches have been put in their leadership roles based upon their knowledge of the sport, experiences in the sport, and the ability to work with your athletes. Supporting coaches at home gives your swimmers confidence in their coaches' abilities and the plan they have developed for each swimmer.

2. Have a realistic set of expectations at meets.

No One is going to go best times at every meet in every event. Both parents and swimmers need to understand that it just does not happen that way. Putting pressure on athletes based on times is going to lead to a swimmer who is miserable and only focused on the clock. There are many ways excluding times to improve at a swim meet. Starts, turns, stroke development, breakouts, and race strategy are just a few things to consider when evaluating how a swimmer does at a meet. Whether we realize it or not, student-athletes have enough pressure on them as they grow up. There is no need to add that extra set of expectations every single time a swimmer competes.

3. Be consistent with your swimmers after every meet, race, or practice.

Your swimmers are going to have days where they are on fire and they are going to swim extremely well. They are also going to have days where they struggle. No matter what the result, be consistent in your interactions with your swimmers. Your swimmers are very perceptive and will feed off of your emotions. It is important to not get too high after a great performance and not to get too low after a poor performance.

4. Make sure your swimmers are prepared for meets, have the proper equipment for practice, and are on time.

- **Be prepared for meets.** Make sure swimmers have everything they will need to perform well: food, fluids, extra goggles, caps, towels, and change of clothes. Some swimmers, especially younger swimmers, also get comfort from having their events-heats-lanes written on their arms before the meet starts. If possible, please try to take care of that prior to warm ups. Being prepared will alleviate any unnecessary stress a swimmer might have prior to competition.
- **Each swimmer should have the proper equipment for practice.** Swimmers who are without equipment do not get the same benefits out of every workout. Coaches use equipment during practice for a variety of reasons. Please make sure your swimmers are properly equipped.
- **Make being on time to practice and meets a priority.** Promptness is a life skill that all young athletes and parents need to embrace.

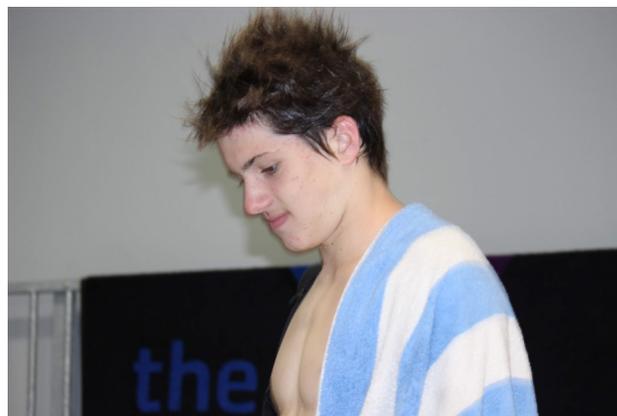
In conclusion, a strong support system at home goes a long way towards developing a healthy and long lasting love of the sport of swimming. One of our goals as a coaching staff is to keep swimmers in the sport of swimming for as long as possible. Swimming is a great sport and can teach many important life lessons. Being a positive role model and leader at home will only enhance your swimmers long term development and make you a great swim team parent.

MISCELLANEOUS

- **Team attire**– All swimmers should have team suits for competition. In addition, CYAC t-shirts color scheme by day at meets:
 - ◇ Fridays>**TEAL**
 - ◇ Saturdays>**BLUE**
 - ◇ Sundays>**GRAY**
- **Please make sure your swimmers are dressing accordingly after practice now that the weather is changing.** Hats and coats will go a long way towards keeping your swimmers healthy as the weather gets colder.
- **Please try to make getting to practice consistently a priority.** Getting your swimmer on a consistent weekly schedule will help. The greatest predictor of success is consistent practice attendance.
- **A big portion of our remaining meet schedule will be in the Prelims/Finals format.** Team policy states that all swimmers who qualify for finals need to compete at finals. If for some reason you cannot make finals, please do not sign up to swim that day. We do not want swimmers scratching events from finals.
- **HAPPY NEW YEAR!** The entire coaching staff want to wish you all a wonderful, happy, safe new year. Cheers to 2020 being another great year at CYAC. The coaches also want to thank you for all of your generosity this holiday season.



Izzy Bradley, Athena Vanyo and Noah Hargrove
Junior Nationals-Atlanta, GA.



Congratulations Thomas Heilman on six NAG Records!

