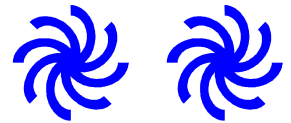


CYAC SWIM TEAM NEWS



CYAC/PIEDMONT FAMILY YMCA

WWW.SWIMCYAC.ORG

APRIL 28, 2009

DOC'S MESSAGE:

Welcome to the Spring Swim Season! I am pleased that we were able to enroll over a dozen new swimmers for the spring season. Be sure to introduce yourself to our newest team members and their parents. You will find a list of the new swimmers inside the newsletter. While we are not competing in any meets in April and May, we are focusing on technique and a special emphasis on kicking during the spring season.

I am looking forward to the summer long course season and hope that our swimmers who are enrolled in the year-round program, will take advantage of the opportunity to train and compete in long course (50 meter-long pools). Swimmers must be 9 by our first long-course meet (June 19) to train with the Junior 1 group; please note that we do not offer an 8 & U group for long course. (If your swimmer was 8 & U for the indoor season and is now 9 years old for long course, please check in with Shelley to add-on the long course season). Please see page 4 for my list of top 10 reasons to train long course. We will begin long course morning practices on Saturday, June 6th at ACAC Four Seasons pool. Please note the long course practice schedule below:

Monday through Friday, beginning June 8:

Junior 1 = 6:30 – 7:40 AM

Junior 2 = 6:00 – 7:40 AM

Senior = 5:30 – 8:00 AM

Saturdays – June 6, 13; July 4, 18:

Junior 2 = 7:15 – 9:00 AM

Senior = 7:00 – 9:00 AM

It was great to see so many people at the banquet to celebrate the winter season and congratulate our graduating seniors, Madeline Bowe and Ryan Gimple. Thanks again to the banquet committee members who organized such a wonderful event. The “Swim to Defeat ALS” was another terrific team event held in March. Thanks to everyone who participated and supported this event – we raised over \$4,000 for this important cause in honor of CYAC Parent Michael Kines.

Looking back over our season-ending meets, we had several of our older swimmers compete well at Senior Champs, then 45 swimmers represented CYAC at YMCA Regionals in Cary, NC. We finished 4th overall in the team standings out of 32 teams from VA, NC, and SC and crowned several regional champions: Madeline Bowe, Natalie Cronk, Margaret Giles, Brodde Lamb, Emma McKinley, and Ashley Taylor, plus the 13 – 14 girls 400 medley and 400 free relays. Everyone at Regionals seemed to have a lot of fun while swimming fast! We also had several of our team members swim at the NOVA March Send-Off meet and they did quite well, with many personal best times by CYAC'ers and highlighted by Zach Ashby's five 1st places.

Our winter season concluded with YMCA Nationals at the International Swimming Hall of Fame complex in Fort Lauderdale. Senana Acker, Madeline Bowe, Natalie Cronk, Brodde Lamb, and Emma McKinley represented CYAC in stellar fashion, earning 75% personal best times, 9 new National qualifying times, and 3 new AAAA times. They also improved time in 3 of the 4 relays they swam. A special highlight was senior Madeline Bowe's 200 free, where she improved 4 seconds and qualified for bonus consolation finals, finishing 21st.

We recently wished Coach Luke Wagner a fond farewell as he relocated to Washington, DC. It is now time to bid farewell to Coach Steph Glover, as she finishes grad school in a couple weeks and moves to Florida for a job opportunity in her chosen field. We hope to stay in touch with both Luke and Steph! I am pleased to announce that 4th year UVA student (soon to be grad student) Kristen Wallace will begin coaching with CYAC this week. Kristen will coach for the next several weeks until she assumes head coach duties for Hollymead's summer team, then will be back with CYAC in the fall. Please look for Kristen's bio on our website soon.

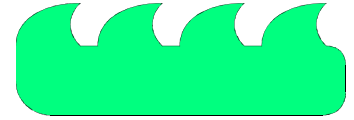
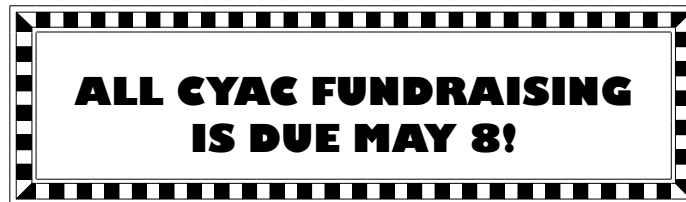
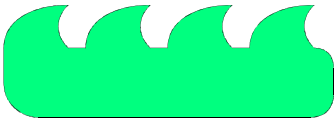
Lastly, I would like to congratulate our March and April swimmers of the month – for March, COLLEEN HIGGINS, KATIE CANNELL and BRODDE LAMB, and for April, EMMA MCKINLEY. Colleen and Katie are both 10 and both had superb meet at Y-Regionals, including 100% personal best times for each of them. They both had very good relay swims and are good examples of reaping the reward of improved practice attendance over the last few months. Brodde is 15 and has swum for CYAC for five years. She put in a tremendous effort at practices throughout the fall and winter seasons and had an extraordinary meet at Y-Regionals, including two new National qualifying times, 11 time improvements overall, and wins in the 100 and 200 flies. Emma just turned 15 and had a tremendous first short course Y-Nationals, swimming 100% personal best times, and best relay splits in two of her three relay swims. She earned a AAAA time in the 500 free, as well as four new Nationals qualifying times. Emma's improved practicing and increased commitment to swimming this year have the been the “secrets” to her super results. GO,

If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude.”

- Colin Powell

LONG COURSE TENTATIVE MEET SCHEDULE 2008

<u>Dates</u>	<u>Meet</u>	<u>Location</u>	<u>Meet Info</u>	<u>Deadline</u>
June 19-21	Commonwealth Games SMAC A/BB/B/C Meet	War Memorial Pool Waynesboro, VA	All CYAC swimmers eligible	May 23
June 26-28	LY Firecracker Meet A/BB/B/C	Miller Park Lynchburg, VA	All USA swimmers eligible	May 30
July 10-12	YMCA Long Course Regionals	Hickory YMCA Hickory, NC	CYAC swimmers w/ qualifying times	TBA
July 17-19	Summer Awards	GMU Freedom Center Manassas, VA		TBA
July 28-31	YMCA LONG COURSE NATIONALS	University of Maryland College Park, MD	YMCA swimmers w/ qualifying times	TBA
July 30-Aug 1	VA Age Group Champs	Midtown Aquatic Center Newport News, VA	USAS swimmers w/ qualifying times	TBA

**LONG COURSE HOTELS 2008**

Long course hotel plans are still being finalized. They will be on the web site soon (www.swimcyac.org), so check there for the most updated information!

IMPORTANT FUNDRAISING INFORMATION

As stated throughout the season, May 1st is our deadline to complete your fundraising commitment for the 2008 – 09 season. Please Note: We have a good supply of Giant and Food Lion gift cards available at the Y office and you can purchase them through this Thursday, April 30th and still receive credit for this season's balance. Since we have many families who are eager to start on their 2009 – 10 commitment, all grocery card purchases made from May 1st forward, will be credited to the new season ahead. As a courtesy to those who may wish to make grocery card purchases this week, we will extend our payment deadline for all fundraising balances by one week to Friday, May 8th. Please make checks payable to YMCA/CYAC and hand the payments in at practice or at the YMCA office by this date.

Kroger tracks transactions on a 30-day basis, but at mid-month. Therefore, any families who have/will make Kroger gift card purchases between April 17 – 30, please let Shelley know promptly and we will hold your 2008-09 account open until we receive the Kroger report in mid-May; at that time, any remaining balances will be due. As with Giant and Food Lion purchases, all Kroger transactions from May 1 forward will be applied to the upcoming season.

If you have any questions about your balance, please contact Jessica Simons at jrsimons@comcast.net or Shelley at sremaly@earthlink.net. If your family has a fundraising balance, you will receive an email shortly with that total. As always, if you have extenuating circumstances, please contact Shelley promptly for other arrangements.

CYAC TOTE BAGS

Don't miss the chance to get your own CYAC tote bag—perfect for parents and others to take to swim meets and errands — while showing your CYAC pride! They are **\$10 each** and proceeds support the YMCA National Team travel costs. Doc and Shelley have them at practice and they will also be available at the **May 4th AUCTION**. You can also purchase them at the YMCA office. Thanks for your support!

SWIM TO DEFEAT ALS

CYAC's first Swim to Defeat ALS was a resounding success, raising **\$4,003 for the ALS Association in honor of CYAC parent Michael Kines**. Thanks to all swimmers and their families who supported this great cause and special kudos to our top fundraisers, **Jason Heilman and Amanda Mincer**. A special thanks to event coordinators **Martha Fox and Anne Knox**. Altogether, CYAC swimmers swam 7,637 laps (106 miles)...below are the laps swum by each swimmer!

Nick Ashby 90
Zack Ashby 82
Josh Fard 92
Maya Goldstein 68
Jason Heilman 90
Elizabeth House 92
Amanda Mincer 68
William Peritz 68
Parker Sullivan 60
Alex Tan 82
Ava Terrill 72
Jake Wild 80
Katie Cannell 100
Sam Crowell 138
Holland Edmonds 90
Cameron Fard 112
Caroline Hallowell 106
Colleen Higgins 122
Nick Keen 114
Sarah Lescault 116
Matt Mandell 102
Ben Patterson 78
Emma Patterson 72
Ashley Taylor 136

Fifi Thrift 108
Rory Traub 92
Brynn Acker 184
Ri Crowell 160
Gabi Freckman 148
Margaret Giles 202
Zach Mandell 180
Andrew Peritz 200
Anna Perry 222
Jack Robbins 188
Kadin Sullivan 144
Ben Veale 164
Cy Webb 150
Keller Whitlock 201
Virginia Williams 176
Seana Acker 308
Ryan Gimple 344
Tyler Gimple 344
AnnaBeth Higgins 286
Jacob Lescault 296
Josh Mandell 272
Lauren Simpson 160
Elsa Strickland 276
Mattie Webb 312
Abby Wild 290

25-CENT AUCTION & ICE CREAM SOCIAL

We will have our annual 25-cent auction and ice cream social on **MONDAY, MAY 4**. Enjoy a yummy dish of ice cream and toppings and bid on some "gently used" swim gear—goggles, silicone caps, swim suits, towels, etc! Bring your **ROLL OF QUARTERS** and get some good deals! We will use the following schedule:

6:30 p.m.—ICE CREAM FOR JR. 2 SWIMMERS

6:50 p.m.—AUCTION BEGINS

(JR. 1 & 8 & under swimmers out of practice 10 minutes early)

7:15 p.m.—ICE CREAM FOR JR. 1 and 8 & under swimmers



DOC'S TOP 10 REASONS TO SWIM LONG COURSE!

- **You get to practice and compete in a TRUE Olympic-size pool!**
- **Always breathing fresh air!**
- **A showcase for the best stroke technique!**
- **Less turns = more swimming!**
- **A chance to see nature up close and personal - first the moon, stars and planets, then the sun and cloud formations!**
- **Longer lanes mean more room!**
- **The better kickers get to shine!**
- **A great opportunity to build endurance!**
- **More yards per laps swum (5+ more yards per length)!**
- **25 yard pools will seem small come Fall!**



Doc was a presenter at the University of Virginia's "Running Medicine" annual medical conference April 3 and 4 on Care of The Triathlete. Doc's topic was "Biomechanics of Swimming – Causes, Prevention, and Correction of Shoulder Injury". There were over 100 physicians and other health care professionals in attendance.

NEW CYAC SWIMMERS!

Please welcome the following new swimmers to CYAC! They have joined the team for the Spring Season...

Meg Bowen (8)
 Isabel Davis (10)
 David Ewing (8)
 Joel Ewing (10)
 Steven Ewing (6)
 Colleen Farabaugh (8)
 Emily Farabaugh (10)
 Megan Farabaugh (12)

Caylie Fleming (8)
 George Fleming (6)
 Maya Hesselroth (7)
 Matthew McCullough (6)
 Rachel McEldowney (9)
 Sydney Mincer (10)
 Laura Ungar (12)
 Rosemary Wild (7)

YMCA PROGRAMS

YMCA SPRING BASKETBALL PROGRAM

The YMCA is offering a Spring Basketball Program for 4th and 5th Grade Boys WEDNESDAYS, APRIL 1ST THROUGH MAY 20TH AT BURLEY MIDDLE SCHOOL (off Rose Hill Drive). The cost is \$45 per child. Financial assistance is available. It's not too late to sign up!

YMCA SUMMER DAY CAMP

It's time to register for Summer Day Camp which is for children ages 6-14 and will be held at Sutherland Middle School Monday through Friday 9:00 a.m. –4:00 p.m.. Extended hours are available (7-9 a.m. and 4-6 p.m) at no additional charge.

There is a \$35 registration fee. The cost is \$150 per week for full time care, June 15th through July 24th, or \$39 per day, \$110 for 3 days, or \$100 per week for half days (Summer School).

Trip Camp is August 3rd through August 29th and the cost is \$225 per week (financial assistance is available).

Our camp offers the opportunity for growth in spirit, mind and body! With a wide variety of fun activities, we aim to emphasize fun, physical learning, and social development. Kids participate in swimming, team sports, arts and crafts, drama, nature exploration, and much more! Most importantly, your child will be in a safe, friendly environment in which the YMCA incorporates our four core values of Caring, Honesty, Respect, and Responsibility.

YMCA KIDZ NIGHT OUT

Once a month from 6 to 10 p.m. the Piedmont Family YMCA is filled with the laughter of children enjoying a "night out." Kids get to hang out with friends and enjoy a variety of fun activities and parents get safe, affordable childcare for the evening. Kidz Night Out is open to children ages 3-12 years old.

SPRING THINGS: SESSION 1, Arbor Day, Flowers, Cinco De Mayo and more,
SATURDAY, MAY 16, 6-10 P.M.

BEACH BALL BASH: Session 2, Summer, Sand, Water & more.
SATURDAY, JULY 11, 6-10 P.M.

GAME NIGHT: Session 3, Dance Revolution, Wii, Team Building and more.
SATURDAY, AUGUST 8, 6-10 P.M.

Registration fees are \$20 for the first child, \$15 for each additional sibling.

CYAC BIRTHDAYS

Be sure to wish a Happy Birthday to the following swimmers who are celebrating a birthday in April or May!

Elizabeth House (9)
 Lucy Emery (12)
 Nell Fountain (10)
 Nick Ashby (9)
 Ben Patterson (11)
 Caroline Hallowell (10)
 Storrs Lamb (13)
 Jack Cronk (17)
 Haley Arata (14)
 Colleen Higgins (11)
 Ashley Fox (13)
 Chase Robbins (16)
 Bella Moriconi (10)
 Kristen Richey (13)
 Micaiah Kennedy (8)
 Matt Arnold (16)
 Andrew Peritz (12)
 Elissa Simpson (11)
 Anna Perry (13)
 Mattie Webb (16)
 Nic Densmore (14)
 Becca Moriconi (14)
 Leila Bushweller (13)
 Lauren Simpson (17)
 Jacob Lescault (14)
 Madeleine Keach (14)
 Hawken Hass (10)
 Ashley Taylor (11)



IMPORTANT DEADLINES / UPCOMING EVENTS

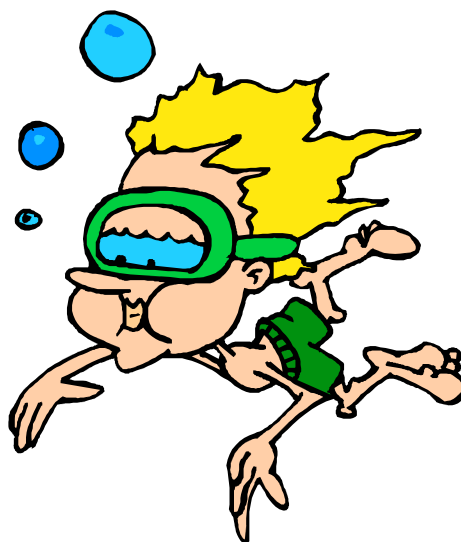
MAY 4 (MON): CYAC 25 CENT Auction & Ice cream!

MAY 8 (FRI): ALL CYAC Fundraising due

JUNE 6 (SAT): Long course practice begins.

JUNE 19-21 (FRI-SUN): Commonwealth Games, Waynesboro.

JUNE 26-28 (FRI-SUN): Firecracker Meet, Lynchburg.



CYAC SWIMMING

Piedmont Family YMCA

Don Remaly, Head Coach

Shelley Remaly, Swim Team Manager

442 Westfield Road

Charlottesville, VA 22901

(434) 974-YMCA, ext. 3501

Message line: (434) 974-9622, ext. 211

docswim3@earthlink.net

www.swimcyac.org

YSWIM TEAM™

We build strong kids, strong families, strong communities.