

NOVEMBER 9, 2009



CYAC SWIM TEAM NEWS
PIEDMONT FAMILY YMCA

DOC'S MESSAGE

Welcome to all swimmers and families that are starting the winter season with CYAC this week!

We plunged into meets in October with a bang – LY's October Opener, QDD's Fall Festival, the National YMCA Virtual Meet & the dual meet vs. RAYS! We had a lot of excellent swims at LY with 80% personal best times and continued strong swimming throughout the month. I am pleased and proud of our team's participation in the YMCA's first-ever National Virtual Meet, where we one of 216 teams from around the U.S. and our swimmers were competing with over 11,000 fellow YMCA swimmers! CYAC finished in 11th place in the overall team standings and we had several swimmers and relays which placed in scoring positions. You can see the full meet results at www.ymcacompetitiveswim.org

In November, we have two USAS meets coming up shortly. Good luck to the 38 CYAC swimmers who will compete this weekend at Poseidon's Odd-Age Autumn Splash. Entries are now due for SMAC's 14 & Younger Meet (November 21 & 22) and will be posted shortly. Looking ahead to December meets, all USAS members are encouraged to compete in either NOVA's B/C Meet December 5 & 6 or the Annapolis Swim Club's Holiday Meet December 11 – 13. For the Annapolis meet, swimmers must have at least two BB+ times to enter, but I will then place them in a full complement of events. We had a terrific experience as a team at Annapolis last year and I am looking forward to excellent participation this year, for those who qualify. Lastly in December, we have a YMCA dual meet on Saturday, December 19th at 10 a.m. at UVA's Aquatic & Fitness Center (AFC) vs. Lynchburg YMCA (LY)! This should be a well-contested and exciting team meet just before the holidays! REMINDER: All YMCA dual meets are "sign-out meets" – that is, all swimmers are entered in these team meets unless I receive an absence note by the stated deadline. It was terrific to have the great participation and delicious food at our combined UVA/CYAC team dinner last Friday. It was fun to watch our kids become acquainted and re-acquainted with their UVA Buddies. I encourage our swimmers to keep in touch frequently with their UVA buddies by email (or by notes that I can deliver at UVA practices). All families are encouraged to come out and watch UVA home meets whenever possible.

As has been our tradition, I will pair up our older and younger swimmers in the CYAC Big & Little Brothers & Sisters program. New this year – all swimmers will have a brief "get to know you" sheet to complete and exchange. To launch this effort, we will combine the age groups for some special activities at practice on Monday, November 23rd. We will post the parings on our website and bulletin board prior to this date.

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Each year, we feature one of the YMCA's 4 core values on a monthly basis, November through February. We will start with the value of RESPECT for November and the coaches will lead brief discussions on this topic with each age group.

Finally, I would like to congratulate William Peritz and Muhannah Hossain as our October swimmers of the month. William is 8 years old and is a faithful and enthusiastic practice attendee. He listens very well and practices diligently. William had 6 of 7 personal best times at the LY Opener and 2 of 3 personal bests vs. RAYS. Muhannah is 12 years old and is a third-year CYAC member. He is a steady practice attendee and is learning how to put more and more into each practice. Muhannah works hard on stroke technique and was 5 for 5 on personal best times at the LY meet and 2 for 3 best times vs. RAYS. Congratulations, William and Muhannah!

GO, CYAC!! Doc

“Respect your efforts, respect yourself. Self-respect leads to self-discipline.”

- Clint Eastwood, Actor

GOT YOUR 2009-2010 Green CYAC T-shirt?

Amy Robbins will be at the pool on Tuesday Nov. 10 and Tuesday Nov. 17 to pass out shirts. Please contact her (docrobbins@embarqmail.com) if those dates don't work for you.

SHHHHH!!!. Coach Kevin and his wife are expecting a girl any day now. We plan to make a Team Card for them on Tuesday November 10th. We will have a large basket to collect baby girl items (new and gently used). Feel free to bring Kevin a small gift to put in the basket. Card making will begin at 5:15, so swimmers please arrive early for practice to allow time to sign the card! (8 and unders can sign the card after practice).



Equipment Needs by Practice Group:



8 & U – no purchases necessary: the team has fins and kickboards for this age group to use

Junior 1 – fins are optional – we have a good number in their size range and can generally provide enough for them at practice

Junior 2 – Should purchase their own fins; the team has some, but not a good number, in their size range. Pull-buoys are recommended, although the team has a fair number available to use

Senior – Snorkel, pull-buoys, fins and paddles are needed on a regular basis

CYAC swim suits are currently available for purchase at Downtown Athletic Store at discounted team prices. Please ask a retail manager or staff member to assist you. Suits are not located on the retail floor and CYAC's team prices will be honored in the store.

Female Diamondback

Youth 22-28 \$44.00

Adult 30-38 \$46.00

Male Jammer

Youth 22-28 \$29.00

Adult 30-38 \$30.00

Please be on the lookout for a flyer in your mailbox at the pool for any “extras” that you would like to purchase for your swimmer, such as team warm-ups and backpacks. The final deadline for ordering will be December 10th.

Downtown Athletic Store will once again be selling suits at Crow pool on Tuesday, November 17th from 545 – 730 p.m.

CYAC Supports Toy Lift December 4!

Come and join your team mates on Friday, December 4 as we have our annual Shop and Dine night in support of the Toy Lift. The Toy Lift is a Charlottesville holiday tradition in which the town comes together and donates new toys and books for our locally needy children. For the past 4 years, CYAC has supported this organization each year by shopping together for items from the Toy Lift's "wish list" and then meeting together for a team dinner at a local restaurant. After a great evening of fellowship, we drop off our donations at the Toy Lift site (Fashion Square Mall parking lot) and help ensure a happier holiday for the disadvantaged children in our area. Won't you join us for this great event? Everyone in the family is welcome to attend, whether they swim or not!

We will meet at Target at 5:45 on Friday, December 4 and do our shopping using the "wish list" provided by the Toy Lift organization. At approximately 6:30, we will meet at a local restaurant (TBD, look for details to come soon!) for our team dinner, and when we finish we will drop off our toys and books at the Toy Lift site. This is a great way to get into the holiday spirit so please consider being a part of the fun! Please RSVP to Hope Peritz at peritz17@hotmail.com if you would like to participate. For planning purposes, we need to know how many people will be attending the dinner. Thanks!

BINGO PRIZES NEEDED!!

Parents, we are hoping to plan a CYAC Bingo event in the next several weeks, and need prizes for the event. If you have gently used small toys, craft materials, board games, movies, books, appropriate for the younger swimmers, please save them to bring to the bingo time or give them to Tanya Ewing sometime at the pool. No stuffed animals, please. If you'd like to help with this event - date and place still TBD - please contact Tanya Ewing at 293-4684 or btewing@juno.com. Thank you!

Parents, if you missed Don's parents meetings in October, please attend the meeting on Tuesday, November 17th at 6:45 p.m. The meeting will last about 20 minutes and will include a Q & A time and a handout will be provided.



PIZZA AND PRACTICE

Find it difficult to get your swimmers fed? Tired of cooking and eating on the run? Need to feed your hungry swimmer(s) but seem to be running out of options? Would you find it convenient if supper was available at Crow Pool from 6 to 8pm? Even better, if the proceeds from such an event supported CYAC's National Team!

Then we've got the answer for you! On THURSDAY November 19th at 6:00 p.m., we will have a Pizza supper fundraiser to support CYAC's National Team.

All CYAC Swimmers are encouraged to buy a slice(s) of pizza, a tasty treat and a drink. Senior & Junior 2 swimmers can eat together before practice. Junior 1 and 8 & under swimmers can buy their pizza and treat after practice ends at 7pm.

Anyone can stop in and buy pizza to go to help raise money for the National Team's trip in April. Drinks and baked goods will also be available for sale.

For more information check the Team Bulletin Board and watch your email. If you would like to participate please sign up on the poster located on the bulletin board at Crow Pool No Later Than 9:00 am Saturday, November 14th or by e-Mailing your family's name and the number of slices of pizza you would like to Dianne Lescault at, dhlescault@embarqmail.com

Save the Date: We are also planning to have a Sub night on the 15th of December and a Baked Potato Night on the 13th of January. Put these dates in your calendar and eat your dinner with your teammates while supporting our National Team.

Fundraising Update:

THANK YOU to Kelly Strickland for coordinating the Apple Sales and to Rebecca Lamb for overseeing the Poinsettia Sales!

With the holidays around the corner, be sure to make good use of grocery gift cards from Giant, Food Lion and Giant while stocking up on holiday food and gift purchases. 5% of your purchases are applied to your fundraising commitment. Did you know?...when you buy gift cards for your favorite stores at Kroger, you earn 2 points for every dollar spent toward a 10-cents per gallon discount on Kroger gas! For example, buy a \$50 gift card for Bed, Bath, and Beyond at Kroger and pay for it with your Kroger gift card.....you get \$2.50 of that purchase as a fundraising credit AND you earned 100 points – the requirement needed to fill your tank for 10-cents less per gallon at Kroger! Gift cards for all 3 grocery chains can be purchased at the YMCA Office weekdays between 8 and 5; please call 974-9622 first to check that we have the amount and type of card ready for you.

If you spend \$500 a month at the grocery store, you earn \$25 toward your CYAC fundraising. Please contact CYAC parent Irene Jefferson at irenejeffe@embarqmail.com with any questions.

PIEDMONT FAMILY YMCA

From the YMCA Executive Director:

McIntire Park Project ---UDPATE! The YMCA has received official word from Charlottesville City Hall, that review/consideration of our Site Plans has been placed on the formal agenda for Tuesday's meeting [Nov 10] of Charlottesville City Planning Commission. Our time on the agenda is slated for +/- 8:00PM. This review hearing is the last major hurdle to cross, before City Council can give their ultimate "green light" to the project. It's a crucial step in the process.

All interested persons are invited to be present for the meeting at the City Council Chambers. For those who do attend, please be sure to come find me there... so that we can give you a YMCA sticker to wear. Also note that during the 5:30-6:30 segment... members of the public are invited to speak (up to 3 minutes each). We welcome and encourage your participation. As always, the entire meeting will be broadcast live over Local Comcast cable channel 10.

A word of Congratulations to our swimmers for their outstanding showing in the National YMCA Virtual meet. To finish in 11th place nationally is quite an achievement. You make us all proud. Kudos to our coaching staff and to our dedicated swimmers, for a job well done! Parents, Thank you too.

Also, just let me share my personal appreciation and delight with the CYAC – UVA "Buddy program". This is a great way to show our mutual support to our local University, and to receive some mentoring in return from outstanding collegiate athletes. This is a perfect example of a Win-Win opportunity, and models the true YMCA values of Caring, Honesty, Respect, and Responsibility.

Denny Blank, CEO

Piedmont Family YMCA

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We Build Strong Kids, Strong Families, and Strong Communities

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Important Dates

November 9th: Deadline for SMAC meet entries

November 10th: Card-making for Coach Kevin's new baby!

November 14–15: Poseidon's Autumn Splash Meet

November 17: Parents' Meeting with Doc at 6:45 p.m.

November 17: Swim suit & equipment night with DAS

November 19: Pizza Night at Practic

November 19: Deadline for NOVA meet entries

November 21–22: SMAC's 14 & Y Meet

November 24: Deadline for Annapolis meet entries

December 2: Poinsettia Pick-up Day at the YMCA

December 4: Toy Lift



November Birthdays

Meade Cogan

November 27

Catherine Doherty

November 7

Ayana Gray

November 18

Tom House

November 10

Althea Laughon-Worrell

November 23

Hannah Lewis

November 13

Emma Ratcliffe

November 7

Gaby Sifri

November 28

Grace Starr

November 22

CYAC SWIMMING

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