

OCTOBER 12, 2009

## DOC'S MESSAGE

All swimmers have now been in the water for a full month and more, and all groups are making solid progress. It is good to see lots of new faces, too! I appreciated the opportunity to meet with parents of 8 & U and Junior 1 parents last week. REMINDER: I will have a parents meeting this Thursday, October 15th at 7:00 p.m. for those with children in the Junior 2 and Senior groups. Thanks to everyone who came out for our Fall Team Picnic; we certainly enjoyed a large variety of delicious foods and the kids seemed to have a great time playing with each other. I would like to welcome IAN VOGT as our newest assistant coach. Be sure to introduce yourself to him and see his bio on our website.

Please see the attached sheet entitled: "The Role of the Swim Team Parent" which comes from John Leonard's book, *Parent, Coach, and Athlete*. I encourage parents to read this valuable information from one of the leaders of swimming in our country.

CYAC swimmers have the opportunity to join in the world's largest swim meet as part of the YMCA National Virtual Meet on Thursday, October 22nd during practice hours! 8 & Under swimmers will have their normal practice on October 22nd at 4:45 p.m. They will do some informal races during practice, then will get out a few minutes early and have a special treat.

### Virtual Meet Schedule: October 22, 2009

**All Junior 1 swimmers should be on deck by 5:30 p.m. for warm-ups;**

**Junior 2 and Senior swimmers should be on deck by 5:40 p.m. for warm-ups;**

**Meet Start: 6:15 p.m.**

**Meet Finish: 8:30 p.m. (Junior 1 swimmers will finish earlier)**

Check out the meet info page on our website or the meet invitation posted on the team bulletin board at Crow for more details on the Virtual Meet. If your swimmer cannot attend, I must have an absence note no later than Friday, October 16th. I will treat the Virtual Meet and all YMCA Dual Meets as "sign-out" meets – that is, everyone is entered in these team meets, unless I receive an absence note by the specified deadline before the meet. Our first team dual meet is Saturday, October 31st vs. RAYS (Rappahannock YMCA) at U. Mary Washington. Our warm-ups are at 7:30 AM; the meet starts at 8:10 a.m. and will conclude no later than 12 Noon. Again, since this is a "sign out" meet, I will need absence notes no later than Wednesday, October 21st.

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CYAC SWIM TEAM NEWS  
PIEDMONT FAMILY YMCA



## CYAC SWIM TEAM NEWS OCTOBER 2009

Looking ahead to November, we have two USAS invitational meets. Poseidon's Autumn Splash Odd Age meet on November 14 & 15 is an excellent opportunity for swimmers of all ages, 8 & U through Senior, with a good choice of events and the added feature of Odd Age Groups. This meet is held in Midlothian (west side of Richmond) and swimmers can enter one or both days. We are waiting for details on SMAC's meet, which will be available to swimmers 14 & younger. Neither meet has qualifying times so all USAS members are eligible.

We will kick off our UVA – CYAC Swim Buddies program for the 09-10 season on Friday, October 30th at 5:45 p.m. with a joint team dinner at AFC! Please look for the UVA Buddy sign-up sheets on our team bulletin board. All CYAC swimmers ages 9 & over are encouraged to participate (first sign-up, first-serve basis) and we have found this program to be a fun and valuable experience for swimmers on both teams. Each pair of swimmers will exchange a “get-acquainted” sheet that will help them to get know each other quicker. Please look for more details on the dinner soon. We will not have practice for the Senior group on October 30th (and they should come Friday morning, instead). The 8 & U, Junior 1, and Junior 2 groups will practice from 4:30 – 5:30 p.m. All CYAC'ers are invited to the dinner, even if they don't join the UVA buddy program. Thanks to Mary Acker for coordinating this event!

Lastly, CONGRATULATIONS to Holland Edmonds for being the September Swimmer of the Month! Holland is 10 years old and this is her second year with CYAC. She has started off the new season with a lot of enthusiasm, regular practice attendance, and good practice habits. Way to go, Holland! (Be sure to ask Holland about her friendship with Olympic gold medalist Gary Hall, Jr.!) )

GO, CYAC!! DOC



*“ Ability is what you are capable of doing; Motivation determines what you do; Attitude determines how well you do it.”*

Lou Holtz



## *Coming Soon – Team T-shirts and Swim Caps*



We will distribute our 2009 – 10 season team T-shirts and latex team caps to all CYAC swimmers as soon as they are ready – probably in one week. The team T-shirt and latex cap are included in the registration fee. Please be sure to put your name in the shirt! If you would like to purchase a silicone team cap (\$12) or additional latex caps (\$3), they will be available at the Virtual Meet on Thursday, October 22nd. Bags Tags (\$3) and CYAC Tote Bags (\$10) will also be available at the meet.

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 and supplying sample warm-ups at Crow pool on Tuesday, November 17th from 545 – 730 p.m.

If you have any questions please email Betsy Nugent at [bnugent@downtownathletic.com](mailto:bnugent@downtownathletic.com)

# FUNDRAISING

CYAC will NOT be participating in the Charlottesville Marathon/Half Marathon in April, 2010 as they have chosen a different non-profit organization. If we find another opportunity for CYAC fundraising, we will let you know promptly. In the meantime, be sure to keep buying Giant, Kroger, and Food Lion cards! And - - there is one more sale of APPLES this fall, followed by our popular POINSETTIAS sale!

## Apple Sales:

There is one more opportunity to purchase local apples. This month's varieties are Granny Smith and Fuji. \$44 for a whole bushel and \$22 for 1/2 bushel. Place your orders with Kelly Strickland (kellyandcarrie@aol.com ; 981-6029).

## POINSETTIA SALES:

Poinsettias are available! The colors this year are Prestige Red, Prestige Maroon, Marble, Jingle Bell, White, Monet, Enduring Pink, and Cortez Burgundy. The price is just \$15 for these beautiful plants and \$6 from each plant goes to your fundraising obligation. Don't miss it! Order forms will be coming soon! Deadline for orders is November 6th and delivery is December 2nd.

Contact [Rebeccamlamb@hotmail.com](mailto:Rebeccamlamb@hotmail.com) for more information.



Save the date!!

Friday, October 30, 2009

5:45 PM

UVA/CYAC Team Dinner

University of Virginia Aquatic and Fitness Center

Come enjoy some great food and meet your UVA swimming buddy!

Details coming soon.....



# PIEDMONT FAMILY YMCA

## *Kidz Night Out*

Once a month from 6-10pm, 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. The next Kidz Night Out is October 24, 2009 (Halloween Spooktacular) at the YMCA. \$20 for the first child, \$15 for each additional sibling.

## *Specialty Camps*

There is no school, and the kids are home! What to do? We have the answer. Come to the Piedmont Family YMCA for an all day program on school holidays and teacher work days. Upcoming days: November 2-3, 2009, and November 25, 2009. Please check go to [www.piedmontymca.org/camps](http://www.piedmontymca.org/camps) to find out more information on these camps.

## *JCPenney Round Up for Kids*

As you may know, the Piedmont Family YMCA provides an after school program for children who live at Park's Edge on Whitewood Road and attend Greer Elementary School. This program is licensed by the Commonwealth of VA and is a collaborative effort with AHIP (Albemarle Housing Improvement Program) and draws volunteers from UVA. This program is FREE to Park's Edge residents and the YMCA is able to offer 100% financial scholarship assistance through generous community support and donations, including an annual grant from J.C. Penney's Afterschool Fund. Our Afterschool Program provides enrichment opportunities and school support to children in Bright Stars through 5th grade.

From Friday, October 16 through Sunday, October 25, our local J.C. Penney Store at the Fashion Square Mall will be holding the “Afterschool Round-up”. Anyone who makes a purchase at JCPenney during these dates will have the opportunity to round up their purchase total to the next dollar and donate the balance, which will go directly to our YMCA's After School program! You can also make an additional donation at any JCPenney register. Participation in the Round-Up is considered a charitable donation to the extent allowed by law and your receipt will serve as proof of your donation.

Your support of the Piedmont Family YMCA and our Afterschool program is appreciated. For more information, please call Brookes Sims, Director of Child Care Services, at 974-9622 ext. 202.



# PIEDMONT FAMILY YMCA

## *From the Director:*

Your Piedmont Family YMCA continues to press forward with the development phases of our facility, to be located in McIntire Park. Conceptual designs, and a scale model of the building, have been completed. [Some of these can be viewed on our special website: [www.yitmatters.com](http://www.yitmatters.com)]. Because our new “Y” will be constructed on a hilly site, we are required to obtain a special permit, called a “critical slopes waiver”. The Charlottesville Planning Commission will be considering our application on Tuesday evening, Oct 13th. Our time on the agenda is set for approx. 9:30pm. For those of you on local cable... you can tune in and watch the proceedings live on Gov’t. Channel 10. I wish to acknowledge and thank those CYAC parents (and swimmers) who sent to us letters of support for the project. Your letters DO make a difference, and they been forwarded to City officials.

I am also very pleased to report that the YMCA has recently received a new pledge of \$500,000.00 . This brings our total raised (to-date) to nearly \$8M. It is our goal to break-ground, and commence construction by June of 2010. The new facility will be absolutely beautiful and eco-friendly; and is being designed and located especially to integrate harmoniously with the Park surroundings. I encourage you to visit our YMCA offices on Westfield Rd., to view first-hand the scale model and architectural drawings.

Denny Blank, CEO

Piedmont Family YMCA

Parents... Just a gentle reminder that program fees for the winter swim season will be emailed to you by the 20th of October. They are due by November 5th. If you believe that you should have received an invoice and do not, please let me know as I may not be sending it to the correct email address. Should you have any other questions or concerns, please contact me at [jrsimons@comcast.net](mailto:jrsimons@comcast.net) or 295-1582. If you are mailing your payment to the Y, please include your invoice. Thanks for your cooperation !



## Want the best view at a swim meet?

Become a stroke and turn official! Our team is always in need of dedicated volunteers to serve as stroke and turn officials at both YMCA and USA meets. It is a great way to meet people and gain a greater understanding of the sport. Plus, you are always guaranteed a fantastic view of the action in the pool! There will be a stroke and turn officiating class offered this fall (date TBA) to help get you started. Please contact Hope Peritz at peritz17@hotmail.com if you would like to start the training process for this invaluable job. We would love you on deck!

## Important Dates

Tue, Oct. 13: Team Meeting for Senior Swimmers (during practice)

Thu, Oct. 15: 7 p.m. Parents meeting for Jr. 2 and Senior Parents

Fri., October 16 : Deadline for Virtual Meet absence notes

Oct. 17 & 18: QDD Invitational Meet

Wed., Oct. 21: Deadline for RAYS Dual meet absence notes

Thu, Oct. 22: YMCA VIRTUAL MEET!!

Fri., Oct. 30: Joint CYAC & UVA Team Dinner

Sat., Oct. 31: RAYS v. CYAC Dual Meet!!

Nov. 5: Deadline for 5% Discount on Winter Season Fees

Nov. 7: UVA Home Meet vs. Kentucky – 11 a.m.



## OCTOBER BIRTHDAYS

Zach Ashby

Ellie Bowen

Ava Burnsed

Katie Cannell

Rob Combs

Steph Ellena

Tyler Gimple

Nick Sifri

Abby Wild

The YMCA is currently registering for the following Fall sports programs: basketball, cheerleading, dance, gymnastics, judo, karate, and indoor soccer. Please check the website: [www.piedmontymca.org](http://www.piedmontymca.org) or call 974-YMCA for more information. In addition, the YMCA offers CPR & First Aid classes – check the website for upcoming classes!

Jessica P. Maslaney

Program Director

Piedmont Family YMCA

442 Westfield Road

Charlottesville, VA 22901

(434) 974-YMCA (9622)

[www.piedmontymca.org](http://www.piedmontymca.org)

“We build strong kids, strong families, and strong communities.”

## CYAC SWIMMING

Piedmont Family YMCA

Don Remaly, Head Coach

Shelley Remaly, Manager

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Charlottesville, VA 22901

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