

FEBRUARY 1, 2010

DOC'S MESSAGE

Thank you to everyone who helped in our hosting two meets in January – the January 2 meet vs. LY and January 16th tri meet at Crow. After an extra busy month of meets in January, we begin the championship meet season later this month, starting with B/C Champs in Roanoke (February 20-21) and A/BB Champs in Lynchburg (February 26-27). These meets will be final opportunities for our swimmers to qualify for the YMCA Regional Championships to be held March 19 – 21 in Rock Hill, SC. Besides YMCA Regionals, there are other meets opportunities including a YMCA league meet in Waynesboro March 13th. This will be the last YMCA meet of the season for those not going to Y-Regionals and is open to all swimmers who attended at least one dual/tri meet. We will also have some of our older swimmers compete at the Virginia Senior Champs the first weekend of March at UVA. All of these meets give our swimmers opportunities to reap the rewards of their hard work over the course of the season.

To help parents sort out the various meet options and qualifications, I will have a parents meeting on Wednesday, February 3rd at 6:45 p.m. at CROW Pool. Please make every effort to attend and bring your questions about your children's meet choices. I expect to have written meet eligibility reports available, as well. Thank you to our age group reps, who will be providing refreshments after the meeting and who are also glad to share their experiences with the various meets, especially Y-Regionals. I would also like to extend my appreciation to Morin & Barkley, LLP and Lenhart Obenshain, PC for their generous contributions toward a special T-shirt for all CYAC swimmers going to YMCA Regionals!

I appreciate everyone's understanding as we have dealt with a variety of practice schedule changes due to weather and high school meets. It was a treat to use AFC recently on four different days! As of now, we expect to resume our fall practice schedule on Monday, February 22. The winter season ends Wednesday, March 30th and we will begin the spring season on Wednesday, April 14th (Monday, April 19th for 8 & Unders) and conclude the spring season on Saturday, May 29th. Please look for the February 22 – May 29 schedule on the website and bulletin board shortly.

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CYAC SWIM TEAM NEWS FEBRUARY 2010

Our fourth and final character value will be HONESTY and we will be discussing this in February within each practice group.

If your child is not registered for the spring season and you would like to add-on, please contact Shelley no later than Monday, February 8th. Since we had an extensive wait list for the fall/winter seasons, we want to offer any spring season open spots to those families. Another option for CYAC swimmers who are not participating in the spring season (and their siblings not on the team) is our Summer Prep clinic. Registration is now open and the brochure and registration form is on our website. Please feel free to pass the word to your friends and neighbors. This clinic has a limited enrollment and will likely fill pretty quickly.

Congratulations to Emily Farabaugh and Sam Crowell as our January Swimmers of the Month!

Emily is 11 years old and started swimming with CYAC last spring. She earned 18 of 22 personal best times at January meets and is one of the hardest workers in the Junior 2 group, coming very regularly to practice.

Sam will be 12 this month and has been a member of CYAC since the age of 7. He comes to practice regularly and is diligent with technique work, helping him to become a well-rounded swimmer. Sam earned 17 of 19 personal best times at meets this month.

Way to go, Emily and Sam!!

Go, CYAC!! DOC

“ The first and worst of all frauds is to cheat one’s self.”

Phillip James Bailey



PARENTS....Please plan to attend Doc’s Parent meeting on Wednesday February 3rd at 6:45. The meeting will be followed by light refreshments for parents while the swimmers can do a Valentine’s activity.



FEBRUARY MONTHLY FUNDRAISER DINNER

Attention all CYAC swimmers and parents, Come one come all and join the team for Hot Dog Night Fundraiser. Our monthly dinner fundraiser will be on Wednesday evening the 10th of February at Crow Pool from 6 to 8pm

We will be serving hot dogs, chips, tasty treats, and drinks. Senior or Junior 2 swimmers should purchase their meal and eat before practice. Junior 1 and 8 & under swimmers can buy their hot dog, treat, and drink after practice ends at 7pm

Keep an eye on the Team Bulletin Board and watch your email for specific details. Please don't forget to sign up as it helps by lowering the swimmers team travel costs!!

Meal Deal \$5: 2 Hot Dogs/Drink/Choice of a treat or a chips

or buy individually: Hot Dogs \$2 Chips \$1 Treat \$1 Drink \$1

BINGO!!

Calling any and all CYAC swimmers and siblings for an afternoon bingo activity at the Y! This event will be held on February 14th from 2:30-4 p.m. at the Y. If you wish, please bring valentines cards for your coaches - Doc, Shelley, Kristen, Kevin, Pat, Ryan, Luke, Ann, and Ian. We will have a special bag for each of them so you can place your cards in the bags.

BINGO PRIZES NEEDED!!

Please be collecting around your house or shopping for simple items to use as bingo prizes - new or used small toys, books, games, movies, music, arts and crafts supplies, chocolate, etc. No stuffed animals please. You may bring the prizes on the day of the bingo event OR give them to Tanya Ewing (mom of Joel, David, & Stephen) before the 14th. Call if needed: 293-4684. We would like to collect a LOT of prizes! Thank you in advance.

MARK THE DATE!!

CYAC's annual fundraiser Splash-for-Cash will be held on Tuesday evening, March 23. This year's beneficiary is the American Cancer Society and participants may donate their pledges to the charity, use the money to offset their family's fundraising commitment, or divide the proceeds between the two. There will be prizes for the high lap swimmer in each age group and the top three money raisers also will receive a prize. The kids love this event and it's incredible to see how many laps even the youngest swimmers can complete! Robin Stafford will be coordinating this event with Hope Peritz and Marianne Wild. More info to follow!



UPCOMING MEETS

February 6 YMCA Invitational, Farmville

February 6-7 NOVA BB+ Meet, Richmond

February 19-21 B/C District Champs, Roanoke

February 26-28 A/BB Blue Ridge Champs, Lynchburg

March 4-7 VA Senior Champs, Charlottesville

March 13 VA YMCA Champs, Waynesboro

March 19-21 Y Regionals, Rock Hill, SC

March 26-27 NOVA 14 & Y, Richmond

HOTEL INFORMATION

B/C Champs February 19 & 20

Holiday Inn Express Roanoke

540-562-3229

(rate \$94 by January 29)

A/BB Champs February 25, 26, & 27

Spring Hill Suites Lynchburg

434-237-5848

(rate \$89 by January 25)

Y Regionals March 18, 19, & 20

Holiday Inn Rock Hill

803-323-1900

(rate \$94 by February 15)

*for more meet information check www.piedmontymca.org



***SAVE THE DATE! CYAC Annual Team Banquet
Sunday, April 18, 2010 - 5:30 pm at AHS Cafeteria***

Important Dates

Feb. 3

Parents' Meeting 6:45 pm

Feb. 5, 6, 7

NOVA BB+ Meet

Feb. 6

Farmville YMCA Meet

Feb. 6

Deadline for B/C Champs

Feb. 10

Hot Dog Night

Feb. 14

Bingo at the Y 2:30–4 pm

February Birthdays

Adaire Burnsed

February 24

Sam Crowell

February 9

Sophia Greenhoe

February 10

Zachary Greenhoe

February 23

Dania Jazouli

February 13

Josh Mandell

February 5

Danny O'Dea

February 9



The YMCA is registering for the following Spring programs: Lacrosse, Soccer, Basketball, Wrestling, Tennis, Track, Cheer, Dance, Gymnastics, Karate, and Judo. For more information, visit our website: www.piedmontymca.org or call the YMCA: 974-YMCA.



CYAC SWIMMING

Piedmont Family YMCA

Don Remaly, Head Coach

Shelley Remaly, Manager

442 Westfield Road

Charlottesville, VA 22901

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