



CYAC SWIM TEAM NEWS



CYAC/PIEDMONT FAMILY YMCA

WWW.SWIMCYAC.ORG

JANUARY 7, 2009

DOC'S MESSAGE:

Happy New Year! January 1st also means that the indoor/short course season is more than half over. We had a busy and successful December, starting with 32 CYAC'ers swimming at the Farmville YMCA's Reed Memorial meet. We had several age group high point winners at this meet: **Zach Ashby, Davis Greene, Fifi Thrift, Nick Keen, Gabi Freckmann, and Haley Arata.**

We had many super swims at the Annapolis Holiday meet! Congratulations to all swimmers who competed very well at Annapolis with special recognition to swimmers who earned YMCA National qualifying times in new events: **Seana Acker** (200 breast), **Natalie Cronk** (100 fly, 200 IM, 100 & 200 breast), and **Brodde Lamb** (200 & 400 IM). Our final December meet was our dual meet win vs. Lynchburg YMCA December 20th at AFC! We had a lot of personal best times at this meet and had many new swimmers compete in their first CYAC meet. Thanks to our parents and swimmers for being very good hosts at AFC.

As is my coaching custom, I challenged our swimmers with difficult practices and motivation to attend as many holiday practices as possible. Congratulations to the following 32 CYAC swimmers who earned my holiday practice attendance "special treat":

8 & U: **Nick Ashby, Zach Ashby, Emma Lawson, Emma Patterson, William Peritz, Alex Tan, and Jake Wild.**

Junior 1: **Sam Crowell, Colleen Higgins, Mackenzie Lawson, Sarah Lescault, Ben Patterson, Jack Robbins, Ishpreet Singh; Stephen Tan, Ashley Taylor, and Fifi Thrift.**

Junior 2: **Haley Arata, Riley Crowell, Nicole Densmore, Thomas Densmore, Andrew Peritz, Cy Webb.**

Senior: **Michael Bernardino, Jack Cronk, Natalie Cronk, Ryan Gimple, Tyler Gimple, Jacob Lescault, Katie Roddy, Mattie Webb, and Abby Wild.**

This coming weekend we have the Lynchburg Y's Invitational with over 2/3's of our team competing! We are the defending team champion from 2008 and I am looking forward to a lot of fast swimming and spirited cheering! We will host a **YMCA dual meet vs. the Southside VA Family YMCA (Farmville) on Sunday, January 25th**. ALL swimmers will be entered in this meet unless I receive an absence note by Friday, January 16th. Our warm-ups will be at 11:00 a.m. at CROW Pool; the meet will conclude by 3:15 p.m. This is likely the last YMCA meet opportunity of the winter season, except for YMCA Regionals. We also have a USA-Swimming invitational this month at nearby **Woodberry Forest on January 31 & February 1**. This is an A/BB/B/C mini meet so all USA-S members are eligible. This is also the last USA-S meet before the February and March championship meets begin.

We have a few more weeks ahead that include some practice changes due to high school meets being swum at CROW Pool. Please check on page 2 of this newsletter, as well as the website and emails, for these dates and any further changes. Parents, please try to plan ahead for weeks where we have a missed practice date so that your swimmers can still get in their regular number of practices. Thanks for your help and understanding.

Responsibility is our YMCA value of month and I will talk to each group about this very important character trait, including ways to demonstrate responsibility in swimming and other settings.

Congratulations to our December CYAC swimmers of the month: **Nick Ashby** and **Jacob Lescault**. Nick is 8 years old and a first-year CYAC swimmer. He is a diligent practice attendee and has been making steady and excellent progress at meets, including the Farmville invitational and the LY/CYAC dual meet. Nick is always enthusiastic and smiling! Jacob is a first-year CYAC member, but has been a competitive swimmer since he was an 8 & Under. Jacob jumped right in this fall and quickly became part of the senior group with his excellent work ethic and outstanding practice attendance. He has made significant progress throughout the fall, culminating with personal best times in 9 events at Annapolis. Jacob is goal-oriented and is developing into a versatile and well-rounded swimmer. Way to go, Nick and Jacob! **GO, CYAC!! DOC**

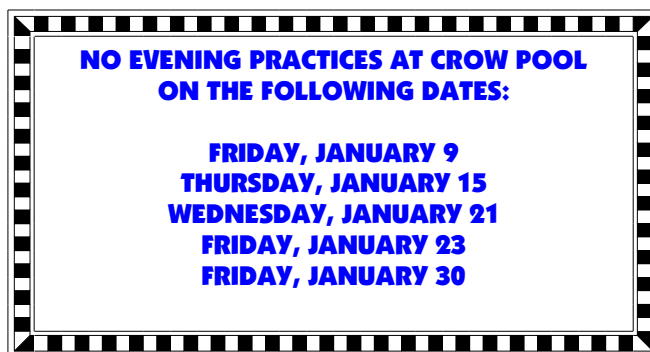
I am only one; but I am still one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do. -- Helen Keller

SHORT COURSE HOTELS 2008-2009

| <u>Dates</u> | <u>Destination</u> | <u>Hotel</u> | <u>Rate</u> | <u>Book by</u> | <u>Phone</u> |
|--|---|------------------------|-------------|----------------|---------------|
| Jan. 10-11 | YMCA Invitational, Jamerson Y/Lynchburg | Quality Inn | \$64 | Dec. 29 | 434-847-9041 |
| Feb. 20-21 | B/C Champs, Carter Center/Roanoke | Holiday Inn Express | \$82.88 | Jan. 15 | 1-800-HOLIDAY |
| *specify date of arrival and the block CYA. We do have free access to the YMCA across the street and free cookies in the evening | | | | | |
| Feb. 27-Mar. 1 | A/B Champs, Jamerson Y/Lynchburg | Quality Inn | \$64 | Jan. 26 | 434-847-9041 |
| Mar. 13-15 | YMCA Regionals, Cary, NC | Comfort Inn | \$79 | Feb. 19 | 919-852-4318 |
| Mar. 20-22 | Age Group Champs, GMU, Manassas | Fairfield Inn & Suites | \$89 | Feb. 20 | 703-393-9966 |

ALL CYAC FAMILIES STAYING OVERNIGHT FOR AWAY MEETS SHOULD STAY IN THE DESIGNATED CYAC TEAM HOTEL (UNLESS STAYING WITH FRIENDS/FAMILY IN THE AREA)

- Confirm the rate and ask what the taxes will be (the rate does not include taxes)
- Confirm the check-in and check-out date
- Confirm that it is a non-smoking room with 2 double beds
- Ask for your confirmation number and the name of the person taking your reservation
- Find out what the cancellation penalties are and make a note of when you must cancel by

**SHORT COURSE MEET SCHEDULE 2008-2009**

| <u>Dates</u> | <u>Meet</u> | <u>Location</u> | <u>Meet Info</u> |
|----------------|--------------------------------|-------------------------------------|--|
| Jan. 10-11 | YMCA Invitational | Jamerson Y, Lynchburg | ALL CYAC swimmers eligible |
| JAN 25 | YMCA Dual Meet CYAC v. SVFY | Crow Pool | All CYAC swimmers eligible |
| Jan. 31-Feb. 1 | BASS' A/BB/B/C mini | Woodberry Forest | ALL USA swimmers eligible |
| Feb. 20-21 | District B/C Champs | Carter Center, Roanoke | ALL USA swimmers w/ B/C times |
| Feb. 27-Mar. 1 | Regional A/BB | Jamerson Y, Lynchburg | ALL USA swimmers w/ A/BB times |
| Mar. 5-8 | Virginia Senior Champs | UVA, Charlottesville | ALL USA swimmers w/ qualifying times |
| MAR 13-15 | YMCA Regionals | Triangle Aquatic Center Cary, NC | All CYAC swimmers w/ BB+ times (& 3 Y meets) |
| March 20-22 | Age Group Champs | GMU, Freedom Center, Manassas | Qualifying times |
| April 6-9 | YMCA Nationals | Ft. Lauderdale | CYAC swimmers w/ qualifying times (& 3 Y meets & Y Regionals) |



GROCERY CARD REMINDER
 Keep earning 5% toward your family's fundraising commitment from your grocery purchases at Food Lion, Giant and Kroger—contact **Irene Jefferson at irene-jeffe@embargmail.com** for more information!



SPLASH FOR CASH

As CYAC has done for several years, we will hold our annual "Splash-for-Cash" swim-a-thon event again this winter season. This has been a way for CYAC swimmers to earn dollars toward their family's team fundraising commitment by swimming laps and getting pledges per lap or via a flat amount contribution. This year, we have changed the event to include a true charitable component and all CYAC swimmers are encouraged to participate. Swimmers can still earn CYAC fundraising dollars if they like, but "Splash-for-Cash" will also be a fundraiser for an important cause, ALS (Amyotrophic Lateral Sclerosis), also known as "Lou Gehrig's Disease". We will hold this event in honor of CYAC parent **Michael Kines**. We will announce a specific date soon, but expect that it will be held later in March. Thanks to **Martha Fox** and **Anne Knox** for serving as this year's Splash-for-Cash coordinators.

MARK YOUR CALENDARS:
MONDAY, JANUARY, 19TH

ALL CYAC'ERS ARE INVITED
 TO COME ICE SKATING
AT THE CHARLOTTESVILLE ICE PARK
FROM 12:30 TO 3:00 P.M.

THE COST IS \$7.50 PER PERSON
 THIS INCLUDES SKATE RENTAL

PARENTS: PLEASE PLAN TO ACCOMPANY
 YOUR YOUNGER CHILDREN!



IN CASE OF INCLEMENT WEATHER...

In the event of inclement weather and uncertainty about practice, please check our website: www.swimcyac.org and check for our a recent team email message; if no message at either place, call 974-9622 (YMCA) ext. 211.

**IMPORTANT DEADLINES & UPCOMING EVENTS**

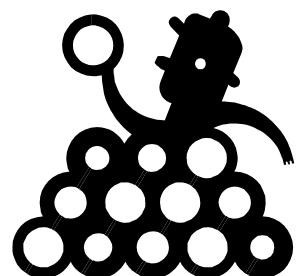
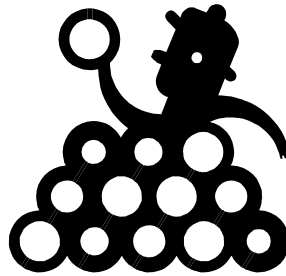
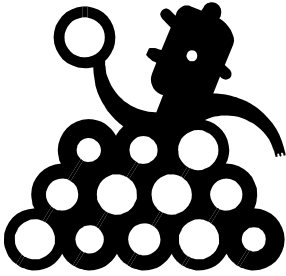
SAT-SUN, JAN 10-11: LY YMCA Invitational at Jamerson Y, Lynchburg.

MON, JAN 19: CYAC'ers ice skate at the Charlottesville Ice Park from 12:30 to 3:00!

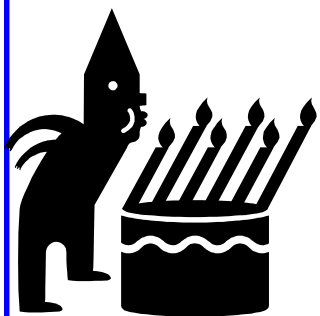
THURS, JAN 21: Team spirit social activity (during practice hours).

SUN, JAN 25: CYAC v. SVFY, Crow Pool. Warm ups at 11 am.

SAT-SUN, JAN 31-FEB 1: A/BB/B/C meet at Woodberry Forest.

**CYAC BIRTHDAYS...**

Harry Saunders
James Buetow
Catharine Denning
Bobby Sheng
Archer Lyster
Zach Mandell
Jake Wild
Emma Patterson
Jason Heilman
Cy Webb

**CYAC SWIMMING**
Piedmont Family YMCA

Don Remaly, Head Coach
Shelley Remaly, Swim Team Manager
442 Westfield Road
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