



# CYAC SWIM TEAM NEWS



**CYAC/Piedmont Family YMCA**

**[www.swimcyac.org](http://www.swimcyac.org)**

**June/July 2009**

## DOC'S MESSAGE:

Now that school is out, summer has arrived, and that means both long course training and meets for some team members, and JSL swimming as well. I look forward to seeing a lot of CYAC'ers swimming well throughout the JSL season. For CYAC families not participating in the long course season, I hope you will stay in touch and be on the lookout for CYAC team news throughout the summer. Please note: our annual CYAC Open House and Registration is tentatively scheduled for Sunday, August 23<sup>rd</sup> at the YMCA. Details will be posted on our website and all current families will receive information in the mail later in the summer.

We were glad to get pool time at AFC over the last two weeks of the spring season! Our spring season training went well, and in addition to the new swimmers that we welcomed in our April/May newsletter, we now welcome several new swimmers to CYAC who joined us in May. Many of them will continue with the Long Course season and some of the younger siblings will start with the 2009-10 short course season.

We start our long course practices at ACAC Four Seasons on Saturday, June 6<sup>th</sup>. Please do your best to be prompt; that is, on the pool deck with all equipment ready 5 minutes prior to the start of your practice group! Swimmers, be sure to have your equipment bags with you and clean up promptly after each practice. As a reminder, here is the long course schedule below.

WEEKDAYS: SENIOR— 5:30-8 a.m.; JUNIOR II—6-7:40 a.m.; JUNIOR I—6:30-7:40 a.m.  
SATURDAYS (June 6 & 13, July 4 & 18): Seniors = 7 – 9 a.m. and Junior 2 = 7:15 – 9 a.m.

We have two Long Course meets coming up in June with 41 swimmers participating at the Commonwealth Games June 19 – 21 and approximately 20 swimmers at LY's Firecracker Meet June 26 – 28. The Long Course season goes by very quickly, so please be alert for July meet invitations and sign-ups online. We will again attend YMCA Long Course Regionals in Hickory, NC July 10 - 12 and 13 & older swimmers will team travel. As we did last year, we will likely have our older swimmers stay over Sunday evening after finals and have a joint practice and breakfast with the Hickory Y team Monday morning before returning home. 12 & younger swimmers have afternoon sessions each day. Please note that, unlike short course Regionals, there are no qualifying times for LC Regionals, except BB times for distance events. However, all swimmers must have represented CYAC in at least 3 prior YMCA meets (since September 1, 2008) to attend Regionals.

Thanks in advance to CYAC parents for providing delicious Thursday mornings breakfasts – they are always a big highlight of the summer practice season!!

Lastly, CONGRATULATIONS to RORY TRAUB for being CYAC's May Swimmer of the Month! Rory is 9 years old (almost 10) and a 2-year member of the team. She is a faithful practice attendee and works very hard every day that she is there. It is always good to see her smiling face, as she seems to love coming to practice! Way to go, Rory! GO CYAC! DOC



***It is a fact that in the right formation, the lifting power of many wings can achieve twice the distance of any bird flying alone.***

LONG COURSE TENTATIVE MEET SCHEDULE 2009

<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 USA swimmers eligible	May 23
June 26-28	LY A/BB/B/C Firecracker Meet	Miller Park Lynchburg, VA	All USA swimmers eligible	May 30
July 10-12	Upper Southeast YMCA Regionals	Hickory YMCA Hickory, NC	CYAC swimmers	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 Ctr. Newport News, VA	USA swimmers w/ qualifying times	TBA

**SAVE THE DATE: CYAC REGISTRATION FOR 2009-2010 WILL BE HELD  
SUNDAY, AUGUST 23RD**

LONG COURSE HOTELS 2009

<u>Date</u>	<u>Destination</u>	<u>Hotel</u>	<u>Rate</u>	<u>Book by</u>	<u>Phone</u>
June 26-28 SEE NOTE BELOW	LY Firecracker Meet, Lynchburg*	Quality Inn	69.99	June 12	434-847-9041
July 9-12	Y-Regionals – Hickory, NC	Comfort Suites	\$72.99	June 30	828-323-1211
July 16-19	Summer Awards, Manassas	Fairfield Inn & Suites	\$89	June 16	703-393-9966
July 29-Aug. 2	LC Age Group Champs, Newport News	Spring Hill Suites Hampton, VA	\$119	June 29	757-310-6333

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/price and ask what the taxes will be
- Confirm the check-in date and check-out date
- Confirm the free continental breakfast beginning at 6:00 a.m.
- Confirm that it is a non-smoking room with two double beds
- Ask for your confirmation number and the name of the person taking your reservation
- Pay with a credit card and know your expiration number
- Find out what the cancellation penalties are and make a note of when you must cancel by
- If you do cancel, get a cancellation number and keep it
- If you want a late check out ask the front desk when you are checking in



**PLEASE NOTE THAT THE QUALITY INN IN LYNCHBURG HAS A 7-DAY  
CANCELLATION POLICY FOR OUR BLOCK OF ROOMS!**

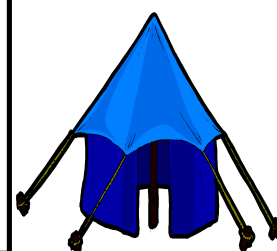
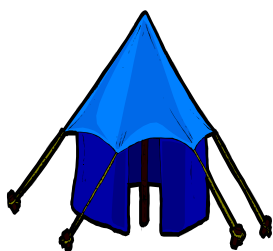


### THURSDAY MORNING BREAKFAST CLUB!

As is the CYAC tradition, parents will be providing BREAKFAST for all CYAC'ers on THURSDAY MORNINGS as a way to reward and inspire all swimmers who show up early after their JSL meets! We need some parent volunteers to make this happen—if you can provide breakfast items for any of the following seven Thursdays: June 11, June 18, June 25, July 2, July 9, July 16 or July 23, please be in touch with Amy Robbins at [docrobbins@embarqmail.com](mailto:docrobbins@embarqmail.com) or 973-5896. Breakfasts will begin at approximately 7:40 a.m. and it will likely work best if we have 2 or 3 families share each date. Amy will be glad to match you up with other CYAC parents and will be glad to take request for specific dates!

### UNDER THE BIG TOP (WE NEED A TENT)

We are looking for a team tent for our upcoming meets in Waynesboro and Lynchburg. If you have a tent you can loan us, please contact Shelley at [sremaly@earthlink.net](mailto:sremaly@earthlink.net).



### USE YOUR GROCERY CARDS THIS SUMMER!

DON'T FORGET that you can still put your summer grocery AND gas dollars to work for you this summer. All money earned during the summer will be applied toward next swim season's fundraising obligation, so be sure to get more cards today!

### WORDS FROM CYAC ALUMNI:

Brenna Broadus graduated from WAHS in 2009 and swam for Denison University this past year.

"CYAC prepared me for college swimming in a lot of ways. Going to practice consistently with CYAC was key, because in college, you have to go to practices every day. Also, being part of the CYAC National Team taught me how to better handle high pressure college meets. The experiences I took away from going to these National meets helped me feel more comfortable and mentally focused when I needed to perform well.

One of the things I really enjoyed while swimming at Denison was the closeness of our Women's team. We live together, eat together, and spend at least four hours a day in the pool together, so everyone becomes pretty close and supports you both in and out of the pool. I swam at NCAA's which was a wonderful experience. At both NCAA's and our Conference meet, it was more about swimming for the team than for yourself. Every race mattered and your individual swim affected the team as a whole. Because of this, I really felt like I was swimming for something bigger than myself, and that was pretty cool."

Luke Robbins graduated from AHS in 2009 and swam for William and Mary this past year.

"I really enjoyed my years on CYAC. It was great to be on a team where everyone supports each other. It was a lot of fun to travel to different places to compete (most notably Ft. Lauderdale). The training definitely prepared me to take the next step and compete at the collegiate level. One of the really fun things about college swimming is going down to West Palm Beach, Florida in January for the annual training trip."

## CYAC BIRTHDAYS

Be sure to wish a Happy Birthday to the following swimmers who are celebrating a birthday in June or July

Thomas Leckrone (11)  
 Anna O'Shea (9)  
 David Szatkowski (10)  
 Alex Tan (9)  
 Joe Jennings (14)  
 Gabi Freckman (13)  
 Natalie Cronk (15)  
 Stephen Ewing (6)  
 Margaret Giles (13)  
 Rachel Poulter-Martinez (13)  
 Shimiao Wang (15)  
 Thomas Densmore (12)  
 Meg Richey (9)  
 Rory Traub (10)  
 Benjamin Hostege (13)  
 Holland Edmonds (10)  
 Kate Hynes (7)  
 Brodde Lamb (16)  
 Kadin Sullivan (12)  
 Erin Young (8)  
 Elsa Strickland (14)  
 Seana Acker (15)  
 Katherine Nicholson (17)  
 Laura Ungar (13)  
 Brian Young (12)  
 Ben Veale (12)  
 Maggie Rossberg (14)  
 Katie Roddy (17)  
 Emma Leeds-Armstrong (13)  
 Sophia Mastakas (11)  
 Colleen Farabaugh (9)  
 Cameron Greene (8)  
 Teddy Leeds-Armstrong (11)  
 Annabeth Higgins (14)



## IMPORTANT DEADLINES / UPCOMING EVENTS

**June 19-21:** Commonwealth Games in Waynesboro.

**June 26-28:** Lynchburg A/BB/B/C meet.

**July 10-12:** YMCA LC Regionals, Hickory, NC

**July 17-29:** Summer Awards, Manassas, VA

**July 28-31** LC YMCA Nationals, University of Maryland.

**July 29-Aug 2:** Long course Age Group Champs.

**Sun, Aug. 23:** CYAC Registration for 2009-2010 at the YMCA.



## CYAC SWIMMING Piedmont Family YMCA

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