



CYAC SWIM TEAM NEWS



CYAC/PIEDMONT FAMILY YMCA

WWW.SWIMCYAC.ORG

MARCH 5, 2009

DOC'S MESSAGE:

We are coming to the "home stretch" of our winter season and March will be jam-packed with a lot of meets and team activities. CYAC swimmers were quite successful at meets in February, including the B/C champs (with 70% personal best times) and A/BB Champs last weekend (with 56% personal best times). In addition, CYAC was very well-represented at a variety of high school post-season meets last month. I am pleased with how the swimmers are training as we head into the last few weeks of the season and am excited to see some fast swimming in our remaining meets: Senior Champs, Y-Regionals, Age Group Champs, NOVA Invitational, and YMCA Nationals.

We have 45 swimmers going to Cary, NC next week for Y-Regionals and will also swim 28 relays over this 3-day championship meet in a great facility! Please check carefully for swimmers' eligibility and our entry deadlines for the two subsequent USAS meets: Age group Champs March 19 - 22 at George Mason U. and the NOVA meet March 27 & 28. I strongly encourage the latter meet for all 8 & Unders, as well as for CYAC swimmers 9 & over who are not going to Y-Regionals. Since the NOVA meet is at the very end of the winter season, it gives swimmers one last chance to reap the rewards of their hard work over the winter season.

I will be taking our Y-National team members to Fort Lauderdale for the YMCA National Swimming Championships April 4 to 10. We currently have the following swimmers who have thus far qualified for Nationals: **Seana Acker, Madeline Bowe, Natalie Cronk, Brodde Lamb, and Emma McKinley.** Please be sure to follow Y-Nationals results at www.ymcaswimminganddiving.org and we will be sure to stay in touch by email from Florida! I would like to take this opportunity to thank CYAC Parent Sam Sheng who is generously donating 100 CYAC tote bags as a national team fundraiser. Please look for this item soon and thanks for your support. Another way to support our team's effort at Y-nationals will be our Baked Potato "bar" at practice this Monday, March 9th. This should be fun for everyone and a very convenient way for the kids to have healthy food and enjoy it with each other (or take-home, as parents see fit). Please look for details on page 4.

CYAC will be on "spring break" from March 30 - April 14, inclusive. Please enjoy your time away from the pool and I will look forward to seeing swimmers who are signed up for the spring season (or year round), beginning Wednesday, April 15th. Our spring season schedule will be posted on the website shortly (and will be similar to our current March schedule). The spring season is an opportunity to move up to the swimmer's next practice group, if he or she has aged up since the start of the winter season or will do so shortly. Please let me know if you have any questions about the right group for your child.

We have two very special team events coming up later this month: Monday, March 23rd "Swim to Defeat ALS" and Sunday, March 29th Annual Team Banquet. I encourage as many swimmers as can participate to sign up for the ALS fundraiser (by next Wednesday, March 18th). This event is being held in honor of CYAC parent, Michael Kines, who is Kathleen's Dad. Please see more details inside the newsletter and look for a packet in your family's mail folder. As has become a tradition, UVA swimmers will be there to count laps for our swimmers and cheer them on! There will be "goodies" for all participants and prizes by age group for those who swim the most laps and for those who earn the highest totals for ALS. Our annual team banquet on March 29th is a chance to get together with teammates and fellow families, honor our graduating seniors, and recognize all members of the team. I hope we will have a great turnout for the banquet!

Lastly, CONGRATULATIONS go to MAYA GOLDSTEIN and EMMA LEEDS-ARMSTRONG for being our February swimmers of the month! Maya is 7 years old and a second-year member of CYAC. She loves swimming and attends practice regularly. Maya had a terrific meet at B/C Champs, earning 6 of 6 personal best times, after having swum well at the BASS meet two weeks prior. Emma is 12 years old and a 3-year member of CYAC. She has shown great dedication and perseverance in practice over the season, culminating in 6 out of 6 personal best times at B/C champs, including her first 3 BB times for Y-Regionals. Way to go, Maya and Emma! GO CYAC! DOC



The will to persevere is often the difference between failure and success.

—David Sarnoff

SHORT COURSE HOTELS 2008-2009

<u>Dates</u>	<u>Destination</u>	<u>Hotel</u>	<u>Rate</u>	<u>Book by</u>	<u>Phone</u>
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>
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
March 27-28	NOVA Invitational	Nova Aquatic Center, Richmond	See meet info
April 6-9	YMCA Nationals	Ft. Lauderdale	CYAC swimmers w/ qualifying times (& 3 Y meets & Y Regionals)

**Y-REGIONAL SPIRIT!**

All CYAC swimmers (even those NOT going to Regionals) will have the opportunity to decorate their swim equipment (caps, fins, etc) and pillowcases on **WEDNESDAY, MARCH 11!**

Bring a pillowcase to decorate. There will be practice caps for sale or you can bring an old cap to decorate (not your team cyac cap!)

Seniors & 11 & unders decorate at 6:15. 10 & unders can decorate after their practices.

Pillowcases are a great way to take your CYAC SPIRIT with you to Regionals, as well as on all your summer travels!

**CYAC TOTE BAGS COMING SOON!**

Look for custom-made CYAC tote bags in the next couple weeks. They will be available for purchase at \$10 each and all proceeds will be used to defray the travel and equipment costs for our **YMCA National Team** members. Thanks for your support! A very special THANK YOU goes to **CYAC Parent Sam Sheng** for his generosity in designing and donating the tote bags!

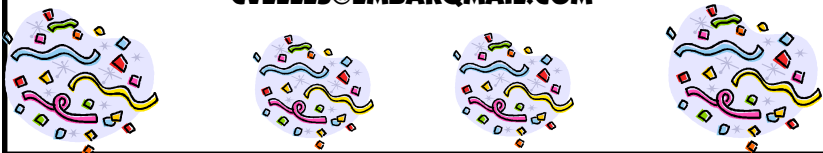
**MARK YOUR CALENDARS FOR THE
CYAC END-OF-SEASON BANQUET
IN HONOR OF OUR GRADUATING SENIORS:
MADELINE BOWE & RYAN GIMPLE
SUNDAY, MARCH 29TH**

5:30-7:30 P.M.

IN THE CAFETERIA AT ALBEMARLE HIGH SCHOOL

LOOK FOR THE INVITATION IN YOUR MAILBOX!

**IF YOU ARE WILLING TO HELP WITH SET-UP OR PREPARATIONS
FOR THE BANQUET, PLEASE CONTACT CYNTHIA
CVELLES@EMBARQMAIL.COM**



GOT PICTURES?

There will be a slideshow at the team banquet—if you have pictures of your swimmer and/or their CYAC teammates from this swim season please e-mail them to Cynthia S i m p s o n a t cvelles@embarqmail.com by MARCH 9TH! Be especially sure to do this if you OR your child will be upset if their picture is not included in the slideshow!

FUNDRAISING

All fundraising balances must be paid in full by May 1st! Fundraising statements have been placed in all families' mailboxes, except for those who have completed their commitment. If you have any question about your statement, please contact Jessica Simons at jrsimons@comcast.net

It is not too late to make a big dent in your balance with grocery cards! You get a 5% credit on all grocery cards you purchase through CYAC and the credit is noted as of the date of gift card purchase (or date of reloading a Kroger card), not when you actually spend the amount on the card. Swimmers can eat a lot in a couple months! And, busy CYAC parents likely use a lot of gas and your Kroger gift card can be used at the Kroger pumps on Route 29. You can purchase gift cards at the YMCA office, but please call in advance to verify the availability of your gift card request (974-9622).

We also have the Splash-for-Cash on Monday, March 23rd (along with the "Swim to Defeat ALS"); please see info in this newsletter and look for the packet in your family folder.

Lastly, CYAC will assist with the 7th Annual Charlottesville Marathon - Saturday, April 18th, as well as staff the "packet pickups" on Thursday and Friday, April 16 & 17. Some details are included in your fundraising statements and more info will be provided shortly.

CYAC'S ALS FUNDRAISER & SPLASH FOR CASH

On **Monday, March 23, 2009** CYAC swimmers will "Swim to Defeat ALS" and also be able to raise money to meet their fund raising requirements. Please look for pledge sheets in your pool mailboxes soon. The lap-a-thon will take place during regular practice hours.

ALS is a neurodegenerative disease. The ALS Association raises money for research, family support and community awareness. This a special opportunity to turn swimming laps into a community effort to raise money for a great cause. Every lap can be a contribution.

There will be awards for the highest number of laps swum by girls and boys in each age group, UVA swimmers to cheer you on and treats when you finish. Help CYAC make a difference!

PICTURES and POTATOES

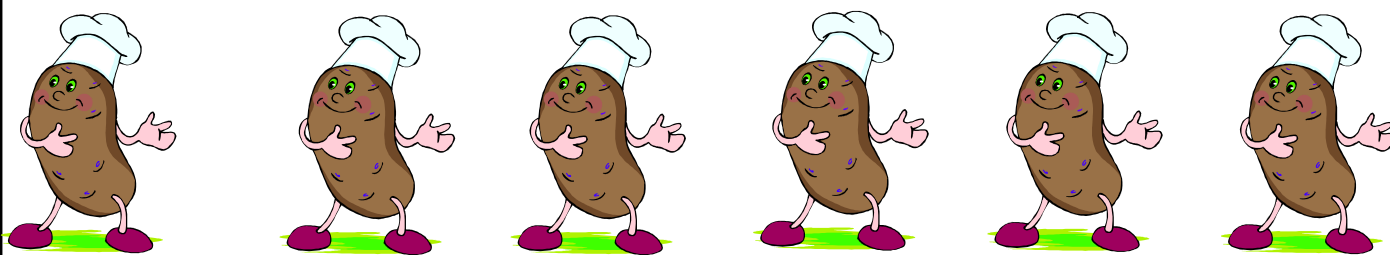
Tired of cooking? Need to feed your hungry swimmer(s)? Want to keep your kitchen clean? Want to support your team?

Then we've got a day for you: **MONDAY, MARCH 9 at 6:00 p.m., the day of the CYAC Team Picture.** We will have a Baked Potato Bar—a fundraiser to support CYAC's National Team at Crow Pool.

All CYAC Swimmers are encouraged to buy a tasty baked potato after the picture. Senior & Junior 2 swimmers can eat together after the picture & before practice. Junior 1 and 8 & under swimmers can fix their potatoes after practice ends at 7:00—then eat together or take them home. (Swimmers not staying for practice can fix their potatoes immediately after the team picture).

Potatoes will be sold for \$2 each. Toppings include cheese, sour cream, bacon bits, and for \$1 more chili! Water and baked goods will also be for sale.

Please sign up on the poster at Crow by 9:00 am Saturday, March 7th at Crow pool or by e-Mailing your family's name and the number of potatoes you would like to Dianne Lescault, dhlescault@embarqmail.com or Marianne Wild, wildcho@comcast.net.



TEAM PICTURE



ALL CYAC swimmers are asked to be at CROW Pool at 5:45 p.m. promptly on Monday, March 9th for our team picture! Please wear your 2008-09 team shirt.



IMPORTANT DEADLINES / UPCOMING EVENTS

MAR 5-8: SR. CHAMPS AT UVA'S AFC.

MON, MAR. 9: Team Picture Day (5:45 AT CROW) & buy a baked potato for the National Team!

FRI-SUN, MAR 13-15: Y-REGIONALS, Cary, NC.

FRI- SUN, MAR 20-22: AGE GROUP CHAMPS, Manassas

MON, MAR 23: SWIM TO DEFEAT ALS & SPLASH FOR CASH, Crow Pool.

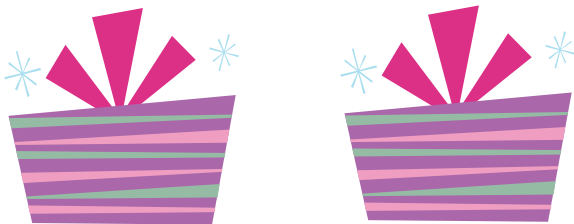
SAT-SUN, MAR 27-28: NOVA Invitational, Richmond

SUN, MAR 29: CYAC TEAM BANQUET, 5:30-7:30 PM, AHS CAFETERIA

CYAC BIRTHDAYS

Be sure to wish a Happy Birthday to the following swimmers who are celebrating a birthday this month!

Nick Rider
 Sarah Lescault
 Fifi Thrift
 Riley Crowell
 Brynn Acker
 Stephen Tan
 Ishpreet Singh
 Alex Thrift
 Kathryn Deane
 Josh Fard
 Maya Goldstein
 Emma McKinley
 Amanda Mincer
 Kaitlyn Jefferson
 Muhannah Hossain



CYAC SWIMMING

Piedmont Family YMCA

Don Remaly, Head Coach
 Shelley Remaly, Swim Team Manager
 442 Westfield Road
 Charlottesville, VA 22901
 (434) 974-YMCA, ext. 3501
 Message line: (434) 974-9622, ext. 211
docswim3@earthlink.net

Y SWIM TEAM™

We build strong kids, strong families, strong communities.