

MARCH 1, 2010

DOC'S MESSAGE

In spite of more snow in February, we had a busy month with lots of fast swimming! The rescheduled meet at the Farmville YMCA was quite successful as we had 63% best times from our 45 swimmers, who also earned several new qualifying times for Y-Regionals. We then had 25 CYAC'ers at B/C Champs in Ronaoke; they won several events and had 61% personal best times. Lastly, we had 28 swimmers compete at A/BB champs in Lynchburg and we finished the month at A/BB champs with 27 swimmers, who earned a terrific number of personal best times and quite a few medals. Congratulations go to JASON HEILMAN on setting a new team record in the 8 & U 25 yard butterfly (15.53, Farmville Y meet) and to RYAN MCGHEE on making his first YMCA Nationals qualifying time earlier this month in the men's 100 yard backstroke (55.87, HS Regionals).

With March upon us, we will have several important meets coming up in quick succession: Senior champs, YMCA League Meet, and YMCA Regionals! Keep in mind that the YMCA League meet on Saturday, March 13th is a terrific opportunity for 8 & under swimmers (and all swimmers not going to Y-Regionals) to compete locally before the end of the winter season. In addition, it will serve as a "last chance" meet for those who would like the chance to earn additional qualifying times for Y-Regionals.

For YMCA Regionals, I am anticipating a fast and fun meet at the Rock Hill Area YMCA Aquatic Center March 19 - 21st! I would like to extend my personal thanks to Morin & Barkley and Lenhart Obenshain for their generous contributions that will allow us to provide a free custom T-shirt for all CYAC swimmers competing at YMCA Regionals! This will be a team-travel trip for our 13 & older swimmers and travel details will be announced as soon as firmed up.

In addition to March meets, we will have our annual CYAC Splash-for-Cash on Tuesday, March 23rd. This year, we will partner with the local chapter of the American Cancer Society to raise funds for their important work. As is the case with any large group of people, many CYAC families have been touched by cancer. Thanks to everyone who is working on making this event another success. As is our tradition, we will have UVA swimmers (and Madison House volunteers) counting laps for our kids. Each swimmer who participates will receive a certificate, noting their total laps swum. Look in your mail folders for all the details.

We end our winter season on Tuesday, March 30, then take a 2-week break, Starting the spring season on Wednesday, April 14th (8 & Under swimmers will start Monday, April 19th). Please see the April-May schedule on our website and note that the spring season concludes on May 30th. We are working out plans for our long course summer season and will announce those as soon as possible.

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CYAC SWIM TEAM NEWS MARCH 2010

Please mark your calendars for Sunday, April 18th for our annual Team Banquet to be held at 5:30 PM at Albemarle High School. We will recognize all team members at the banquet and honor our graduating seniors.

CONGRATULATIONS to our February swimmers of the month, Elizabeth House and Mack Lawson! Elizabeth is 9 years old and a 3rd year member of CYAC. She has made tremendous strides this year, moving up to the Junior 1 group and becoming proficient in all 4 strokes. She attends practice often and demonstrates consistent effort and enthusiasm. Elizabeth was 8 for 8 personal best times at A/BB champs and won the 10 & U 50 and 100 frees. Mack is 10 years old and a 2nd year member of CYAC. She had 100% personal best times this month: 3 for 3 at the Farmville YMCA meet and 6 for 6 at A/BB Champs. Mack has made terrific improvements this year and loves racing. Although breaststroke is her favorite stroke, she has made good improvements in her other strokes, which has made her IMs much better. Way to go, Elizabeth and Mack!

GO, CYAC!! DOC

"It is our choices that show who we truly are, far more than our abilities."

J.K. Rowling

MARCH MONTHLY FUNDRAISER DINNER

Attention all CYAC swimmers and parents, Please come out to the rescheduled **Hot Dog Night Fundraiser**. Our monthly dinner fundraiser will be on Wednesday evening the 3rd of March at Crow Pool from 6 to 8pm

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

Meal Deal \$5: 2 hot dogs, drink, chips

Or buy individually: hot dogs \$2, chips \$1, drink \$1

*RSVP to Dianne at dhlescault@gmail.com if you would like a meal deal or plan on purchasing a hot dog. Thanks!

SLASH FOR CASH Tuesday March 23rd

This year we are partnering with the American Cancer Society and pledges earned may be applied to the ACS' annual Relay for Life. Doc encourages as many swimmers as possible to sign up for this fundraiser (by Wednesday, March 17th). Look for a packet in your family's mail folder with more information and pledge sheet. As has become a tradition, UVA swimmers will be there to count laps for our swimmers and cheer them on! This year we also welcome Madison House volunteers. There will be "goodies" for all participants, prizes by age group for those who swim the most laps, and additional prizes from Relay for Life.

Please email Robin Stafford--robinstafford@earthlink.net (Harry Saunders' mother)--if you can help out on the 23rd or if you'd like to donate a baked good for our hungry swimmers!



INTRODUCTION TO OUR MADISON HOUSE VOLUNTEER SWIM COACHES

Madison House serves as the student volunteer center at the University of Virginia. The mission of Madison House is to develop leaders, build community partnerships, and promote lifelong volunteer service. Last semester a total of 25 Madison House volunteers put in a total of 229 hours with the CYAC swim team.

Alycia Nygard (nursing/psychology) Lane Cobb (chemical engineering) Michael Wu (economics/foreign affairs)

Ben Powell (computer science) Meghan Zukowsky (undecided) Gabi Wechsler (pre-commerce)

Sean Fagan (commerce) Tom Miano (philosophy) Kaitlin Brennan (Spanish) Megan Glaub (undecided)

Joanna Fowler (undecided) Kasey Bushmire (economics) Rob Chuchula (economics/math)

Brett Merker (pre-commerce/economics-statistics) Alexis Pennington (foreign affairs/art history)

Alex Hounshell (chemistry) Peter Shmorhun (history) Kelsey Walker (foreign affairs/english)

Carol Cong Li (math) Caitlin McCusker (exercise physiology) Grace Lefebure (mechanical engineering)

“Serving” Virginia’s Officials and Coaches:

CYAC has volunteered to provide the Sunday evening (March 7th) hospitality to officials and coaches at the Virginia Swimming Senior Championships held at UVA. This is an opportunity for CYAC families to show their support for the officials (and coaches) who serve the swimmers throughout the state. *If you would like to make a small monetary contribution to offset the cost of the food and beverages, please give it to Doc or Shelley at practice by Thursday, March 4th or place your donation in the marked jar at Hot Dog Night Wednesday, March 3rd. Thank You!*

The CYAC swim team parents, coaches, and swimmers extend their appreciation to Morin & Barkley, LLP and Lenhart Obenshain PC for their generous donations in support of the Y-Regionals T-shirts!

MORIN & BARKLEY LLP ATTORNEYS AT LAW



**LENHART
OBENSHAIN**
ATTORNEYS AT LAW

SPIRIT WEEK ACTIVITIES

Monday March 15 - Team Picture 6:45 pm

****8 and under swimmers please stay after for a special treat!**

Tuesday March 16 - Tie-Dye for all Y Regional Swimmers

****begins around 5pm. Please come at least 30 minutes BEFORE your practice. Bring your own clean pillow case or t-shirt to dye. (Rain date Wed. March 17)**

Wednesday March 17 - Car decorating

****please bring car paint and lets get excited about Y Regionals! Arrive 30 minutes before your practice, weather permitting.**



IMPORTANT DATES:

March 3: Hot Dog Night!

March 6 – 7: Senior Champs at UVA

March 13: YMCA meet at Waynesboro Y

March 15: Team Picture (6:45 PM)

March: 19 – 21: YMCA Regionals

March 23: Splash-for-Cash

****Parents- If you can help to plan the Team Banquet- contact Brad Heilman at bjheilman@yahoo.com Thank you!**

HOTEL INFORMATION

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

March Birthdays

Brynn Acker 11th

Meg Bowen 6th

Ri Crowell 8th

David Ewing 9th

Joel Ewing 10th

Maya Goldstein 24th

Noah Holstege 14th

Sam Holstege 16th

Andrew Holzwarth 14th

Mahdin Hossain 14th

Muhannah Hossain 29th

Murya Jazouli 5th

Kaitlyn Jefferson 27th

Sarah Lescault 4th

Emma McKinley 24th

Amanda Mincer 24th

Ishu Singh 16th

Stephen Tan 11th

Fifi Thrift 5th

Rosemary Wild 23rd



PRACTICE CHANGE

We have added 15 minutes to the Junior 2 practices on Mondays and Wednesdays! They now practice from 6:30 – 8:15 p.m. on these two evenings (through May).



FUNDRAISING UPDATE

Families who have a balance remaining for the 2009-10 fundraising commitment, will receive a statement in their family mail folders by Friday, March 5. All balances must be paid in full by May 1st. This gives everyone 2 full months to continue earning fundraising credits by purchasing grocery cards. In addition, our March 23rd Splash-for-Cash event is a great opportunity to earn fundraising credits (or support the American Cancer Society, or split earnings between the two).



CYAC SWIMMING

Piedmont Family YMCA

Don Remaly, Head Coach

Shelley Remaly, Manager

442 Westfield Road

Charlottesville, VA 22901

(434) 974-YMCA ext 206

docswim3@earthlink.net

sremaly@earthlink.net