



Leticia teaches Tommy and Mariana about electricity

Academic Camp Fire Safety Day



Stop Drop and Roll



JUDO

Edward Kartamyshev is the Judo Athlete of the Month. He is a five-year-old judo enthusiast who displays tremendous energy, dedication and a positive attitude in learning various throwing and pinning techniques at a very fast pace. He always wants to work out more even after other students are heading for home. We are very pleased to have such a young energetic judo enthusiast like Edward in the CYC Judo program!

We enjoyed a surprise visit from Nikki & Matt Lee's uncle (a former junior national silver medalist) and grandfather (first degree black belt)! Please check out our new judo bulletin board in the MAC room, an excellent work by our volunteer judo instructor and dentist, Dr. Mike Lee!

On a final positive note, Hayag Astourian placed fifth in the Boys Juvenile B 55kg division at the 2007 USA Judo National Junior Olympic Championships in San Antonio, Texas in late July. Congratulations Hayag!

Coming Events in August:

August 12: Nikkei Games Long Beach, CA (* This is an optional out of town tourney)
August 13-17 CYC Judo Summer Camp

SPORT SPECIFIC CONDITIONING

This past month, select SSC students participated in a field trip on the "Flying A" to the San Francisco Aquarium. It was the first opportunity for the SSC students to go and it truly was a great experience. We would like to thank Lauren Healy, Outdoor Activities Program Director for inviting us and we look forward to our next trip.



Reid Perry is the SSC Athlete of the Month. Reid has been the most consistent lifter in the SSC program since I have been here. Congratulations to Reid Perry. Keep up the great work.

RHYTHMIC GYMNASTICS

The rhythmic gymnastics program is busy getting ready for another summer camp, after successfully completing the first one in late July. The next camp will be held the week of August 20. Camps include a combination of rhythmic training and ballet education. We also watch educational DVDs from previous international tournaments.

Sofia Bouzos is the Rhythmic Gymnastics Athlete of the Month. Sofia is the only CYC Level Nine competitor (Level 9 is the highest level - as being a Level 10 competitor means you are a member of the USA National Team). Sofia competed at the Western National Championships in Newark, California on July 21-22 and finished in 20th place. This is an outstanding accomplishment for Sofia as a 12 year old she is one of the youngest competitors at that accomplished level. Congratulations Sofia on an incredible effort!



A NOTE FROM THE CAMPUS MANAGER

Do me a favor. Walk the entire CYC when programs are at full steam. First off, you get a chance to appreciate the nature in which youth learn, process, and do. There is a similar glow and yet such diversity in programming at every turn. You might notice the ongoing physical health as students develop endurance, strength, flexibility, coordination, agility, and speed. Their mental focus grows sharper. All this while developing and revealing character expected of them by their coaches. You will hear laughing from the joy children find in learning and the routine silly moments learning brings. You will hear grunting and hard breathing as students are pushed and push themselves to improve. You will sometimes hear silence, as children commit to learning the next skill. You will hear the strong voices of coaches teaching and those youth emerging as leaders. Look for the little things happening, as a coach corrects a student's posture by what seems a miniscule, yet vital change. Also step back to see the big picture, as a student learns not to settle for almost. There is a very holistic development of a child's mind, body, and character. After you're done walking the Center, think if you had decided to stay home and watch TV.

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Administrative:
9:00 am - 6:00 pm, M-F

Customer Service:
9:00 am - 8:00 pm, M-F
9:00 am - 2:00 pm, Sat.

Programs:
9:00 am - 9:00 pm, M-F

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Community Youth Center is a Non-Profit 501(c)(3) Corporation: Federal Tax ID 68-0358005, specializing in sports and academics for children 3 - 18 years of age. Our mission is to maintain an environment, comprised of facilities, staff and volunteers that guarantee young individuals a chance to develop and grow in athletics, academics, and life. Deliver this service with a high level of encouragement, support, structure and discipline, in a safe, rewarding and positive manner.



Flying Side Kick Practice at Taekwondo Camp

OUTDOOR ACTIVITIES

ATHLETES OF THE MONTH

ACADEMIC EXCELLENCE
MILAN SHAHI

BOXING
CHRISTAL BARAJAS

CHEER
JORDAN MASAYKO

DANCE
JEANNE HUERTA

GYMNASTICS
JENNA LINDANAU

JUDO
EDWARD KARTAMYSHEV

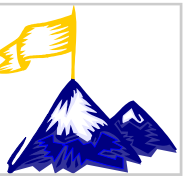
RHYTHMIC GYMNASTICS
SOFIA BOUZOS

**SPORT SPECIFIC
CONDITIONING**
REID PERRY

TAEKWONDO
LEVI MEAHAN

WRESTLING
GABRIEL MERRYFIELD

July brought the CYC and T.K. Foundation together for the first time. A group of 18 children and adults affiliated with the T.K. Foundation journeyed to Rancho Esquon and had an experience unlike any other in their hometown of Richmond. All feedback was extremely positive and more Outdoor Activities are being planned for the future with the Foundation.



CYC members also ventured to Rancho Esquon on July 17 and 18 where a volunteer from the California Waterfowl Association came to do educational activities. The hands-on activities were designed to give CYC youth an idea of what they can do to help protect the future of California's wetlands.

At the end of July, 11 deserving CYC members will travel to the Northern Sierras Camp Nejedly for a week of camping, fishing, swimming and hiking. The trip will give participants a chance to get away from the city and give them an appreciation for the great outdoors.

In August, boxing athletes will spend a day fishing on the 'Flying A.' Art Roby, the boat Captain, is a U.S.C.G licensed Master for Bays and Oceans and knows where all the best catch is hiding in the bay.

Yet another trip to Rancho Esquon is planned for late August for CYC youth to learn about farming and wetland environment.

WRESTLING

The wrestling program has been busy. Summer "Match Night" meets were a great success with wrestlers from all over the Bay Area. Beginning wrestling camp brought many kids together that had never wrestled before and showed them what CYC wrestling is all about. And as a result, there are many new faces in our evening classes. Throughout July, the team was busy training for the Cadet and Junior Nationals in Fargo, ND. Tyler Sheridan, Nikko Triggas, Elmar Malek, Nick Jansen, Trevor Harvey, Tito Pica, Vincent Moita, Jeffery Forester, and Aaron Westphal all competed. Nikko added another trophy to his case by winning his second Junior National Greco-Roman title in the 119-pound division. Triggas defeated Zach Sanders of Minnesota 1-2, 5-2, 3-0. This is quite an accomplishment as Sanders finished the 2006-07 high school season ranked No. 1 in the country while Nikko was ranked No. 3. Tyler placed fourth in the 145-pound division of the Cadet Greco-Roman tournament. At press time, others were still competing.



Gabriel Merryfield in the K-5 wrestling class was named the Athlete of the Month for his consistent work effort in class. Congratulations Gabriel!

GYMNASTICS

We had a blast at our gymnastics summer camp! Each camp consisted of gymnastics and arts and crafts. We even brought out the Air Trak and the kids had a bouncing good time on it. We ended each day with a movie. We will have one more gymnastics camp on August 13-17, so be ready for more fun!

Our gymnastics Athlete of the Month is Jenna Lindanau. She is very strong and has great enthusiasm. Jenna is always kind to others and very helpful. She can also do a handstand to forward roll, round-offs and one-handed cartwheels. She is working on back walkovers and splits. Congratulations Jenna!



Starting in September, the CYC will require that girls wear a leotard and boys wear shirt and shorts when participating in classes. The dress code is there to insure the safety of the gymnast. Leotards will be available for purchase at the CYC amateur shop. If you have any questions or would like more information please call Program Director, Lauren Seeno at (925) 671-7070 ext. 209.

ACADEMIC EXCELLENCE

Summer camps are going great. Thus far in academic camps we have had encounters with honeybees and tasted their yummy honey. We have seen a beautiful red-tailed hawk and have learned about fire safety. We even had firefighters give our students a tour of their fire truck. Students were also asked to pick an ecosystem and learn all about it. Then, they designed and presented posters on each ecosystem. Students also improved their creative writing skills on comic book day. Students developed a comic character, and wrote a comic strip. You can see all the students' work on our Wall of Fame in the AE Room.



Please welcome one of the newest members to the AE room, Kristina Boyer (Tina). Tina recently graduated from the University of California, Santa Barbara with a degree in environmental science. Welcome Tina.



Master Nam Teaches the Art of Arm Wrestling at Rancho Esquon

Nikko Triggas & Tyler Sheridan at Nationals

The Judo Car Wash Was a Big Hit

CYC Campus Calendar August 2007						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Camp Nejedly Trip Academic Camp 3 Cheer Camp Beginner Activity Camp 5	31	1	2	3	4
5	6 Taekwondo Camp Wrestling Adv. Camp	7	8	9	10	11
12	13 Activity Camp 6 Gymnastic Camp 2 Judo Camp	14	15	16	17	18 CYC Concord Cup
19 CYC Concord Cup	20 Rhythmic Camp Beginner Activity Camp 7	21	22	23	24	25 Taekwondo Fundraiser Kick-a-thon
26	27	28	29 Rhythmic Team Tryouts	30	31	1

CHEER

The cheerleading program has three new coaches! Keep an eye out for Alex DeDominico, Kelly Ives, and Taryn Colao. The cheerleading schedule has also changed! Check out the new schedule for class days and times.



The Cheer Athlete of the Month is Jordan Masayko. Jordan has been working very hard to get her standing back handspring in order to make the Carondelet High School cheerleading squad. Not only did Jordan master her standing back handspring, but she also completed her round-off back handspring. And, on a final high note, she made the Carondelet Varsity cheer team. Congratulations Jordan. Keep up the good work!

TAEKWONDO

We recently returned from our annual cultural exchange trip to Korea with Grandmaster Shin. The nine-day trip included a two-day International Competition on Jeju Island, a visit to the World Taekwondo Headquarters in Seoul, and many other interesting and rewarding experiences. Yamila Hermes and Eugene Muskevich participated in the Poomse division of the tournament and brought home bronze medals. We also visited many historic and cultural sites on the island, as well as the Seoul metropolitan area.



Next year we hope to attend the Olympic competition in Beijing, China, along with a tour of Korea. The trip is open to CYC members so anyone who is interested should start planning ahead and saving up now to be ready.

Levi Meahan is the Taekwondo Athlete of the Month. Classes during the trip were handled mostly by Levi. Not only is Levi a CYC instructor, but he is also a CYC student. This month he worked extra hard and did a great job. Levi deserves a lot of credit for taking on a big responsibility and keeping the classes going during our absence.

UPCOMING EVENTS

3-Sept	CYC Closed
17-Sept	CYC Golf Challenge
29-Sept	CYC A's Family Excursion
13-Oct	Taekwondo Tournament
26-Oct	Movie Night
30-Oct	CYC Closes Early (6:30 p.m.)
10-Nov	CYC Casino Night Fundraiser
22-Nov	CYC Closed
23-Nov	CYC Closed
7-Dec	CYC Dance Show (Nutcracker)
14-Dec	Movie Night
25-Dec	CYC Closed

BOXING

July was an exciting month for the boxing program. It began with the Desert Spring Showdown in Palm Desert, California on July 11-14. This is the second largest amateur tournament in the country and the CYC team brought home four championship belts.

Christal Barajas, 13, was named the Boxing Athlete of the Month for her phenomenal showing at this tournament. She started the event in the 101-pound division then moved up to the 106-pound division and won a belt in both divisions. Daniel Thomas, 16, in the 145-pound division and Charles Lawson, 14, in the 101-pound division, both also brought home championship belts. The boxing team followed up that success by competing in the Annual Right of Passage Tournament in Yerington, Nevada on July 21. All the boxers were undefeated, winning five titles. Eric Altamirano won the best boxer award. It was an outstanding effort by all involved!



Desert Spring Showcase Champions



DANCE

The Dance Student of the Month is Jeanne Huerta. Jeanne is in Youth Jazz on Mondays. She has consistent attendance, and has a great attitude towards her teachers and her fellow students; she is always eager to learn. Great job Jeanne!

Both summer dance camps went great. Each camp culminated with a demonstration from the students for their family and friends. Dancers took daily classes in ballet, jazz, hip hop, musical theatre, and Spanish dance techniques, as well as taking lessons in dance history, costume and set design, and ballet stories. Everyone who participated did a great job! Teachers Laila Shad, Madison Burgess, and Tori Randolph joined Coach Katrena to teach these classes. Coach Burgess will be teaching our new classes on Fridays from 3:15-5:30. We're excited to welcome her to the dance staff. With fall approaching and school starting, our jazz and hip hop instructor Laila Shad will be leaving for Chapman University in mid-August. Laila has done an amazing job in building the jazz and hip hop classes; we will miss her, but look forward to her visits in the winter and summer.

Coach Katrena will be gone from July 16-August 16 at a dance intensive offered by the San Francisco Conservatory of Dance. Coaches Shad and Burgess will be substituting while she is away. If you have any concerns please direct them to dance Program Director Lauren Seeno. Thank you all for a wonderful and busy summer!

