

NEWSLETTER

AUGUST 2011



SUMMER CAMPS

Summer has been a blast here at CYC! Don't miss out on your last chance to participate in CYC Summer Camp fun! This August CYC will be offering camps in the following programs Taekwondo, Judo, and Wrestling. CYC will also be offering Activity Camps during August, where students can play tennis, recreational games, and participate in various arts & crafts projects! All these camps are reasonably priced and offer quality, experience and opportunity to which other facilities cannot compare! There are so many opportunities this summer, so sign up now, as space is limited throughout the rest of the summer. This has been a wonderful and exciting summer for all campers, and we are excited to finish out the summer strong.

UPCOMING EVENTS

- 08/13/11 **Concord Cup Boxing**
- 08/26/11 **Movie Night**
- 08/29/11 **CYC Golf Tournament, Orinda Country Club**
- 09/10/11 **CYC Fall Classic**
- 09/15/11 **Judo Promotion**
- 09/16/10 **Kids Night Out**
- 09/26/11 **TKD Promotion Test**

Academic Excellence

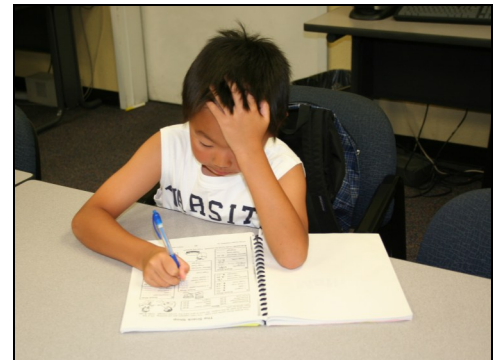
Academic Excellence has one more month of summer fun before the start of the new academic year! For the first two weeks of August, AE is open from 3:00 – 6:00 PM Monday through Friday in the Big AE Room. However, starting the week of August 15th, the rooms will separate and AE will return to its regular hours. There are games, crafts and additional reading and homework materials available during the summer months. While summer is a time for youth to relax and have fun, we can develop study materials for them. If you would like your student to focus on math because of low-grade scores or if you would like them to hone their handwriting or vocabulary to be prepared for next year, please talk to an AE instructor or email asalem@cycmail.org. AE finished up its last camp with the Arts & Crafts preschool camp. Campers had a lot of fun tie-dyeing shirts and making

various crafts and projects. AE's last event this August is a College Essay Writing Workshop, where incoming seniors will receive one-on-one help with their college essays and applications. For more information contact Anna Salem at asalem@cycmail.org.

AE will have another exciting change this fall; Big AE will have new computers installed! AE has been fundraising for the past year and thanks to all of the support and donations, AE will be installing 12 new computers into the Big AE room. The new computers will be faster and better equipped to help support students in their academic pursuits. AE students will be installing the computers themselves this August. Students will learn how to Academic Excellence Student of the Month is Haley Callaghan! Haley is a regular in the AE Room this summer and an excellent summer camp participant.

Student of the Month: Haley Callaghan

She is kind and friendly to everyone in the room and always has a positive attitude. Congratulations Haley!



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Boxing



Student of the Month:

In July the team traveled to Palm Springs for the Desert Showdown. This is one of the largest events held in California. We sent 17 boxers to compete in the 5 day event. Our boxers ended up bringing back 5 championship belts. The following week CYC hosted the Sutter Club Rooftop Rumble in Sacramento. CYC had five boxers on the card that evening and each came back with a win. All those wins gave CYC the team trophy for the event and CYC's very own Luis Escudero won the Best Boxer award. Our upcoming events are Con-

cord Cup Boxing on August 13-14 and Colombo Club Boxing in Oakland on August 27. The Concord Cup event is hosted at the CYC. There will be boxers from around the western region competing for a tournament championship. We are expecting anywhere from 15-25 bouts each day. Come and support CYC boxing.

Cheerleading

The summer months have been warm and welcoming to cheerleading at the CYC. Cheerleaders have been avidly preparing for the upcoming season. All of the athletes have been learning, obtaining, and mastering new skills for the challenging and fun season ahead. Tryouts on the 23rd were a great success! We are looking forward to a wonderful season, equipped with new faces and returning athletes. The CYC has three competitive cheerleading teams this year. The coaches have named these teams Crystals, Gems, and Diamonds. Along with the new sparkling names, the coaches have countless ideas on ways to make the 2011-2012 season a positive and

pleasurable one. The athletes should be looking forward to a fun season, filled with new friendships, positive memories, and great routines. Our recreational classes are also growing! We are constantly moving new cheerleaders into beginning and intermediate recreational cheer. Their dedication to learning this challenging sport has paid off, as many are moving onto competitive teams. We are excited to see new cheerleaders in our recreational classes, continuing to spread the amazing sport that has given us all so much joy. Jordynne Hesselroth is our cheerleader of the month for August. Her dedication to cheerleading and the CYC is inspiring. She works hard

at all practices and outside of practice as well. She has also shown remarkable skill in stunting, particularly with her flying. Thank you to everyone for your support of the cheerleading program and of the CYC; we truly could not do what we do without you! We wish you all a happy summer and an amazing season!



Dance

Summer was a success for the Dance Program! July was filled with Pre-School Dance Camps and fun activities for all who participated. Great job on all your hard work! Afternoon and morning classes will continue as normally scheduled for the rest of the summer. Soon fall will be starting and that back to school feeling will be in the air. I've decided to jump on board the back to school bus as well! My last day at CYC will be Monday July 25th, Ashley Cabrera will be taking over as Head Dance Instructor and Kim Garcia will be Dance's new Program Director. It has been an honor and a pleasure to work with each and every one of

my students during my time here and I'll miss all of you. Thank you for all your hard work and for bringing your smiles and passion for dance to CYC. Student of the month for August is Karinne Lee. Karinne has made excellent progress in her Ballet I class over the past few months and is turning into a talented and hard working dancer. Keep up the good work Karinne!

Student of the Month: Karinne Lee



Gymnastics

It is getting hot and we are all doing our summer clothes. The one thing you must remember is that you and your children must wear closed toe shoes when walking from building to building at the CYC. Once inside the gym the kids may take their shoes off to do gym but they must have closed toe shoes to walk around outside. This means no open toe sandals or flip flops. We want to keep the kids safe here at the CYC and that includes their feet!

Well our compulsory girls are getting ready to start their season. We have 6 gymnasts that this will be their first full season. We have 20 girls competing and will last years total of 8 state champion

Student of the Month: Juliet Bernal



event and all around titles they have some big shoes to fill. But watching how hard and intense they are training we think they will do fine. There will be an intra squad on August 12th followed by their first invitational on August 20th and 21st. GO CYC!

Our gymnast of the month is Juliet Bernal. She is in the Tuesday 5:30 Skill Class. Juliet is relatively new to the CYC she has had some gymnastics experience, but picks things up very quickly. She is very quiet, but pays attention in class and follows directions well. It is always great to see her try new things, because she welcomes the challenge and when she passes a new skill, her face lights up with a smile.

Judo

All Judo students are encouraged to register for the Judo summer camp to be held on August 8-12. Judo team has been working diligently for the August 21 tournament in Petaluma. The CYC Judo program will be hosting the annual car wash fundraising event on August 20. Save this day and help the Judo program's cool fundraising event! August's Judo student of the month is Alyssa Carrero. Alyssa has had good attendance. She comes prepared and ready to learn Judo skills. Alyssa has been steadily improving in her break-falls, rolls, and throws. She has been very attentive and asking questions when she needs help in understanding new skills and drills. Alyssa has been demonstrating the three main values of CYC: Discipline,

Student of the Month: Alyssa Carrero

Dedication, and Desire. Alyssa is a pleasure to have as a Judo student and wish her all the success in the future. Congratulations, and keep up the good work!



Rhythmic Gymnastics



Last month the CYC Rhythmic Program ran its first of two Summer Camps. With 25 students in attendance the camp turned out to be a great fundraiser for the program. Summer Camp number two will run August 1st thru the 5th. The Rhythmic Team is not in season right now but they are preparing for the upcoming season by learning new skills, picking their music for their routines and designing their uniforms. The recrea-

Student of the Month: Coming in September!

tional program students will be testing the month of August in hopes of advancing levels. The rhythmic program has been lucky enough to have former assistant coach Emily Hirsh home for the summer. Emily has been subbing classes and I know the students have been excited to see her!

Sport Specific Conditioning



Taekwondo

The taekwondo program sponsored a special class with Grand Master D.K Shin on July 9th. It was a very good opportunity for our students to meet one of the top masters in the world of Taekwondo, one of the pioneers of the art for the last fifty years. On the same day, we had five students testing for their Black Belt. They were, Andres Reynoso, Natalya Reynoso, Omar Alcozai, Zack Kendall, and Bryanna Pizzagoni. They should be receiving their belts and their Kukkiwon certificates in the next few weeks. We are also getting

Wrestling

July marked the end of the Freestyle and Greco season for the CYC wrestling teams. For the kids division wrestlers (14 years and younger) that meant travelling to Idaho for the West Regional Championships, and then to Utah for the National Championships. The CYC sent 12 wrestlers to the West Regional. In the 7-8 year old division Stephen Ramirez placed 2nd in Folkstyle and 5th in Freestyle. In the 9-10 year old division Dwayne Guerrero placed 6th in Freestyle. In the 11-12 year old division Patrick Ramirez had the best tournament out of all of the CYC wrestlers placing 2nd in all three styles. The CYC had the most placers in the 13-14 year old division with three kids placing. Bryar Edwards

Student of the Month:

SSC Finished camp F.U.N July 29th. Over the course of the 6 weeks summer camp, 95% of the campers decreased their mile times significantly. 2 of the campers decreased by 5 minutes. Planning has already started for a camp fun 2012. During this summer camp, we experienced, bike riding, basketball, tennis, rock climbing, boxing, slack line, olympic weight lifting, nutritional classes, and a lot of games. The majority of the feedback was positive, and no one dropped out. Look for camp fun

next year and make sure to sign up early, it will fill fast!

Student of the Month: Eugene Muskevich



ready to say goodbye (for now) to one of our senior Black Belt instructors, Eugene Muskevich, who is heading out to college this fall. Eugene has been one of the mainstays of the program as an instructor. He has been a teacher, a competitor, a student, and has even traveled to Korea for training and cultural exchange three times since he has been with us. He will be missed around here, but we wish him well and expect great things from him in the future. For his last month here he is named Taekwondo Student of the Month.

Student of the Month: Patrick Ramirez

placed 5th and 6th, Donovan Guerrero placed 3rd and 4th, and Andrew Cervantez also placed 3rd and 4th. The wrestlers then travelled from Idaho to Utah to compete in the National Championships. All of the wrestlers placing in the top 8 at the National Championships are considered All-Americans. Dwayne Guerrero placed 7th in Greco, Adrian Gomez placed 6th in Freestyle, and Donovan Guerrero placed 4th in Greco. Patrick Ramirez had the best tournament once again placing 2nd in Greco and 3rd in Freestyle. Coming up in August the CYC will have its Advanced Wrestling Camp August 8-12. The clinician for the camp will be the newly announced head coach for Cal Poly, Brendan

Buckley. AOM: Patrick Ramirez finished the Freestyle/Greco season by becoming a double All-American placing in both styles at the National Championships.

