

NEWSLETTER

MARCH 2011



Each day we are getting a little closer to spring, and as the weather warms up, the wind calms down and everyone begins to shake off their winter colds, CYC is looking forward to numerous exciting events. In the last month the Rhythmic Gymnastics Program held the annual Friendship Invitational, all three cheer teams took first place at their latest competition, and CYC gymnasts performed excellently again in

their most recent competitions. Moving through March, everyone should keep their eyes open for the Dance Program's Spring Showcase, the Cartwheel-A-Thon, and the SSC Lap-A-Palooza. There are many events to become involved in at CYC, so look out for opportunities to participate in these events.

Also, now is the time to start looking forward to summer camps! Each program at CYC

offers summer camps, and each camp has specific benefits. Tons of information about academic, activity and all the sports camps will be available soon in the newsletter, in the main office and from specific programs.

-Ben Newton
Editor

Academic Excellence

February was a bustling month for the Academic Excellence Program as students progressed into their terms. This month Academic Excellence will start an SAT Review Course. AE is working with Kaplan to run this



preparatory course. The Review Course will run from March 18 until May 1 to prepare students for the May 7 SAT exam. Last year the students who attended estimated that their test scores had increased by 200 points on average.

Also be sure to look out for more information regarding Academic Excellence summer camps. This year AE will be offering four summer camps, including Leadership Camp, Animal Camp, Food & Art Camp and an Arts & Crafts Camp for

Student of the Month: Celine Hyunh

preschoolers. We will also be providing a College Essay Writing Workshop for incoming seniors to help students prepare for the college application process. It is guaranteed to be a great summer, so be sure to watch out for summer camp registrations beginning early this spring!

The Academic Excellence Student of the Month is Celine Hyunh. Celine is a very patient and dedicated student. She is a fantastic role model and always wants to do her best. Good job!

Boxing

In San Francisco on February 11 CYC's Jose Delgado Jr. extended his unbeaten record to 10-0. The bout was filmed by Cal High Sports as part of a story they're doing on Jose. We were under pressure to find a bout that could be filmed before "Fluffy" goes into a 3-4 month downtime for his 36th surgery at UCLA. Because of that we accepted

Antonio Vasquez of Richmond P.A.L. as an opponent. Antonio has more than twice the experience, but Jose rose to the challenge and won a well-fought decision.

Jose is Student of the Month in boxing. The team will be traveling to San Francisco to participate in the Golden Glove local tournament during the week

Student of the Month: Jose Delgado Jr.

of February 22.



Cheerleading

Cheerleading at CYC has had an amazing February. The competition teams competed at UC Davis this month, and the cheerleaders made the coaches, parents and members of CYC very proud. All three teams took first place. Senior Black, Youth Blue, and Senior



Gold looked absolutely amazing, and their routines were fantastic! Further intensifying the victory, CYC cheer teams brought home a small gym award, and the teams received a bid to nationals in Los Angeles. Also, Senior Gold was announced as having the highest score out of all teams. It was truly a great day for CYC cheerleaders. We could not be more proud, and we are all so happy their hard work and dedication has paid off!

The recreational teams have also been working hard in preparation for their possible perform-

ances at the March showcase. Beginning recreational cheer has improved most on stunting. Intermediate recreational cheer has also improved in stunting but even more so in jumps and tumbling.

The Cheerleading Student of the Month is Ebonie Smart from Senior Gold. She is constantly improving on her skills, motivating the team and keeping a good attitude. The cheerleaders at CYC are very talented, and we are so proud to have them!

Dance

Spring has almost sprung, and you should know what that means—the Annual Spring Showcase! This year we will be returning to the lovely Del Valle Theatre in Walnut Creek on Saturday, May 14th. This year the theme is *seasons*, and as always, all Dance Program students are invited to participate. Contracts began to be handed out on Monday, February 28th, so please keep your eyes peeled for them and make sure to return them to Katrena or Janice by March 7. No late contracts will be accepted! Casting will be posted on the dance room door no later than March 14, and rehearsals will begin on March 25. Rehearsal schedules will be similar to Nutcracker rehearsals. Be sure to

check your calendar and future commitments before handing in your contract. Each participant is required to attend all scheduled rehearsals and maintain good class attendance.

If you happen to walk by the dance room, notice how great everyone looks when they are all dressed appropriately. All dancers in Friday morning classes through Pre-Ballet II are expected to wear pink tights and leotards with pink shoes with their hair pulled back. Dancers in Ballet I and up are expected to have black leotards, pink tights and shoes with their hair back. Boys should have a white t-shirt and black shorts (not too baggy!) with white socks and black shoes. This not only keeps stu-

dents looking and feeling their best, but it also shows respect for the instructor and for dance tradition.



Dance Student of the Month is Cole Usedom. Cole has been a member of the Dance Program for a few months and is really improving! He is always a great listener in class, and he brings his sense of imagination with him, making him a fun and exciting student to work with. Great job Cole!

Upcoming Events

3/11	St. Patrick's Day Dinner Dance	4/15	National Dance Night
3/17	Judo Promotion	4/29	Movie Night
3/18	Kids Night Out	5/20	Kids Night Out
3/21	TKD Promotion Test	5/21	Dance Spring Showcase
3/26	Cheer End of Season Showcase	5/23	TKD Promotion Test

Gymnastics

First and foremost the Cart-wheel-A-Thon is coming up. Gymnasts will get prizes for the money they raise. The packet and information will be handed out the second week of March.

Are you looking for something for the kids to do during spring break? We have the ticket –CYC gymnastics Spring Camp, April 25 – 29. We will have a camp for ages 6 and over as well as a camp for students aged 3 to 5. Information will be going out at the beginning of March. Space is limited, so sign up early!

CYC Gymnasts did very well at the last two competitions. On February 5 they were at the Winter In-

Judo

Many judo students have been practicing very hard for the quarterly promotional testing on March 17. The CYC Judo team members trained hard and performed well at the two February tournaments in San Jose and Vacaville. Competition results will be available in next month's news letter.

Judo Student of the Month is Richard Vidal. Richard displays

Rhythmic Gymnastics

The Rhythmic Program had an incredible month again. The team was extremely busy competing in Las Vegas, performing at a half time Warriors game and hosting the 9th Annual Friendship Invitational. It was such an honor for the girls to



perform at half time for the warriors. The girls had an incredible performance, and everybody at the game was amazed. It was an incredible exposure for

vitational held at the Red Morton Community Center in Redwood City. Allie Kessler was beam champion and placed third on vault and in the all around in level 7. In level 8 Stephanie Tang was vault champion and placed third on bars and second in the all around. Asia Stephens placed third on vault and second on bars and in the all around.

The Magical Classic was held in Orlando, Florida on February 11 and 12. Allie Kessler, Asia Stephens and Stephanie Tang were uneven bar champions in their respective age groups and levels. Asia was also all around champion. Jericca Claussen placed

himself with confidence at a young age.



He attends classes regularly and practices extra sessions with good focus. He is always eager to put forward his best effort when learn-

Student of the Month: Elizabeth Lukashima

fourth on floor and got her first 36.00 all around score! Asia



also placed third on beam. Stephanie placed third on vault and second in the all around. It was a great meet for the girls, and they had fun at Disney World also.

Gymnastics Student of the Month is Elizabeth Lukashima. Elizabeth is always enthusiastic about class. She comes with a huge smile on her face and always tries her hardest. She is an inspiration to classmates and coaches. Congratulations Elizabeth!

Student of the Month: Richard Vidal

ing new throwing and pinning techniques. Richard has been training hard over the past three months, and that hard work paid off when he passed his first promotional test. He carries a bright and happy face both on and off the mat! Thank you for being a great student and displaying an outstanding spirit. Congratulations, and keep up the good work!

Student of the Month: Olga Novichkova

Community Youth Center, and a lot of people came up to the girls and asked them questions about the center. The Las Vegas competition was a big event with athletes from all over the country and internationally. Olga Sigmundson did an amazing job, placing second on hoop, floor, clubs and all around.

The Friendship Invitational was held on February 5. The event was hosted at Carondelet High School. The event was a great success, and CYC athletes did an amazing job! Aubrey Cantrell got first place on floor, third on hoop, second on ball and second all around. Level four Juminaga Barbara got first on hoop,

third on floor and second all around. Level 6 Olga Novichkova placed first on hoop and third on rope, floor and clubs, and Harmony Nichols placed second on rope.

The recreational classes are doing great too. All classes are full, and member attendance is excellent. We are very proud and happy with the way the entire Rhythmic Program is performing.

We want to congratulate the team girls for doing an amazing job in their performances! Rhythmic Gymnastics Student of the Month is Olga Novichkova.

Sport Specific Conditioning

This year's attendance is high, and most of our regulars have begun to recommend friends to join the Weight Lifting Program at CYC. We have started planning for the 2011 Lap-A-Palooza/5k for Kids campaign, so if there are any parents that would like to help, please contact Coach J.

Also, look for a special SSC summer camp this year—there are already tons of activities planned

for this camp. If you haven't picked up your Jamba Juice or S.H.A.R.E.S. card, stop by the weight room to pick one up. When these cards are used, a portion of the proceeds is donated to CYC.

Cory Delanoy is SSC Student of the Month. A relatively new kid to the program, Cory is very dedicated and eager to learn. Congratulations Cory!



Student of the Month: Cory Delanoy

Taekwondo

The Taekwondo Program has just completed the first Cookie Sale fundraiser, and it was quite a success, especially as how new this style of fundraiser was to us. At this time we are still adding up the amount we raised, so we can't make an official announcement, but everybody did a good job. Thanks to everyone who pitched in to make the sales, and an extra

thank you goes to those who bought some cookies, magazines, candy or other items that were available.



Student of the Month: Fernando Zarate

We also have a tournament coming up on April 2 in San Francisco. We encourage all students to participate in this event, even if you are not on the sparring team. If you don't want to spar, you can also compete in the poomse division.

Taekwondo Student of the Month is Fernando Zarate.

Wrestling

February was an exciting month here at CYC for the Wrestling Program. On Saturday, February 5th we sent eight kids to the North Coast Middle School Championships in Windsor. Out of the eight wrestlers competing at the tournament, seven of them placed in the top three in their weight class. The



following weekend CYC sent 20 wrestlers to the Saint Valentines Day Massacre at Vacaville High School. This was the Wrestling Program's best showing of the season. Out of the 20 wrestlers that went to the tournament, 15 of them went home with first place trophies and 3 with second place medals.

Coming up on March 13 CYC will be sending kids to the Tournament of Champions in Loomis. This is the premier tournament in California for middle school wrestlers. The following weekend we will be at the Kids Folkstyle State Championships in Fresno. Also, as we move into March, we will be transitioning into the new spring

schedule and freestyle and greco term for the middle school and high school level 2 wrestling teams. We are currently taking applications for these classes from now until March 4. These classes are commitment-based, and they are designed for advanced level wrestlers who will be competing at regional and national level competitions later this year.

Wrestling Student of the Month is Maximus Knecht who has been a member of the CYC K5 wrestling program since July 2010. Since that time he has improved, and he has missed few if any practices in that time. Nice work!

Student of the Month: Maximus Knecht