

It's Time!!!

## 2011 Summer Camps

**REGISTRATION BEGINS APRIL 15, 2011**



CYC offers a full range of active camps for youth of all ages. This year CYC will be hosting over 30 affordable camps in a span of nine weeks, giving students the opportunity to participate in a wide range of exciting programs! Our week long camps begin the week of June 13 and continue until August 12. Summer camp programs and activities include:

Activity Camp – Arts & Crafts Camp – Animal Camp – Cheer Camp – Dance Camp – Food & Art Camp – Camp FUN (Fitness and Understanding Nutrition) – Gymnastics Camp – Judo Camp – Leadership Camp – Rhythmic Gymnastics Camp - Taekwondo Camp – Tennis Camp – Wrestling Camp

### Academic Excellence

The AE rooms were busy this month as students continued to work hard in their studies. In addition to usual tutoring, AE is running a college preparatory service, an SAT Review Course. Once again Academic Excellence is teaming up with Kaplan to run this course. It will run until May 1 to prepare students for the May 7 SAT exam. Students who attended last year estimated that their test scores increased by 200 points on average.

Remember to keep an eye out for more information regarding the Academic Excellence Program's

### Student of the Month: Maurillo Munguia-Ochoa

summer camps. AE will be offering four summer camps, including Leadership Camp, Animal Camp, Food and Art Camp and Arts and Crafts Camp for preschoolers. In addition to these camps, AE will also be providing a college essay writing workshop over the summer to help incoming seniors with their college applications. Summer camp registration will begin early this spring. It is guaranteed to be a great summer, so don't miss out!

Academic Excellence Student of the Month is Maurillo Munguia-Ochoa! Maurillo is a

freshman at De La Salle High School and participates in the CYC Boxing Program. Maurillo always comes to AE with a positive attitude and ready to work. He is a friendly and dedicated student and is a great addition to AE. Congratulations Maurillo!



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## Cheerleading

Approaching the end of the season, the Cheerleading Program at CYC has been busy and working hard. Senior Gold has been avidly preparing for their final competition in Anaheim where they will be competing on April 9 and 10 for a national title. We wish them good luck, knowing that they will do CYC proud! Competitive and recreational teams were preparing for their showcase. The recreational teams learned and perfected new routines in just a few weeks and were excited to show what they had been working on. The showcase went wonderfully, and all of the teams looked amazing! We cannot

## Dance

April may bring showers, but it also brings Spring Showcase preparations to the Dance Program! Rehearsals began the last week of March and will continue through April and May until our performance on Saturday May 14 at 2:00 p.m. Mark your calendars and save the date, as our performance is likely to sell out! This year students of all levels will be dancing to season themed music, and we will have the pleasure of dancing at the Del Valle Theatre in Walnut Creek. Participants and

## Gymnastics

Stephanie Tang and Isabella Vargas became the Novato Classic all around champions in their respective divisions. Stephanie was also vault champion and placed second on uneven bars in the level 8 older divisions. Asia Stephens was vault champion in the level 8 middle division and placed third in the all around. Allie Kessler placed fourth on vault and second on floor and on the uneven bars.

In the level 6 Jr. B division Isabella Vargas was vault, beam and uneven bar champion. She placed

## Student of the Month: Audriannah Hesselroth

thank our coaches enough for their dedication to these young athletes.

We are looking forward to open gyms in April and summer camps in June. We hope to see all returning cheerleaders and many new faces. Encourage your friends and siblings to join us!

The coaching staff of the CYC Cheer Program would like to extend our utmost appreciation to the supporters of this sport. Thank you



to the parents, families, friends and athletes who have dedicated and sacrificed so much for cheerleading. We hope you have a fantastic April!

The Cheerleading Student of the Month is Audriannah Hesselroth. She has shown outstanding commitment to her team and to the program.

## Student of the Month: Emilie Cevallos



parents should make sure to check the pink file box located outside the dance room for updates, information and rehearsal schedules.

Our dress code competition is going great! Students have been doing a wonderful job coming to

class properly dressed and looking their best. Points for the past four weeks will be added up and prizes will be handed out to those with the highest scores. Keep up the good work!

Dance Student of the Month for April is Emilie Cevallos. Emilie is a recent addition to the JSDC group, and she has stepped up to the new challenges wonderfully. She is a model JSDC member and is doing a great job. Way to go Emilie!

## Student of the Month: Max Yashl

third on floor. Alexa Frost placed second on vault, third on the uneven bars and fourth in the all around in the level 5 child A division. In the level 5 Jr. division Jessica Krause placed second on vault, third on the uneven bars and second in the all around.

In the level 4 Jr. B division Jordan Ballard was vault champion and placed second on floor and in the all around. Caitlin Biles became vault champion and placed third on floor in the level 4 Jr. A division. In the first meet of her

life Tori Tobal placed second on vault in the level 4 child age division. Great job girls!!

The Gymnastics Student of the Month is Max Yashl. In the Dyno class Max is extremely talented and strong. Congratulations Max!



## Upcoming Events

4/4/2011	<b>CYC Session 3 Registration</b>	5/6	<b>Poker Night</b>
04/13/11	<b>Cheer Team Awards Banquet</b>	5/14	<b>Dance Spring Showcase</b>
04/15/11	<b>CYC Summer Camp Registration Begins</b>	5/20	<b>Kids Night Out</b>
04/15/11	<b>National Dance Night</b>		<b>Chris Mashburn Memorial Foundation Car Show</b>
04/23/11	<b>CYC MDWA Tournament</b>	5/22	
04/29/11	<b>Movie Night</b>	5/23	<b>TKD Promotion Test</b>
		5-27 - 5/29	<b>Junior Greco World Duals</b>

## Judo

Congratulations to all the judo students who had been practicing very hard for the quarterly promotional test and passed on March 17. Araceli Aguilar and Ricky Montecinos trained hard and performed well at the tournament in San Jose on February 13. At the Vacaville Tourney on February 20 Richard Vidal won the second place silver medal and Serena Gutridge won the third place bronze medal.

April's Judo Student of the Month is Nikki Tafao-Braganza. Nikki

embodies the CYC tenants of Discipline, Dedication and Desire. She has the discipline to practice hard, she has the dedication to never miss a class and she has the desire to better her judo skills. On March 17 she tested for yellow belt and did a fantastic job during the examination. Nikki had no problem demonstrating break falling, executing the first set of throws or doing the prescribed mat techniques. She always has a smile on her face and sets a great example for the younger students. Speaking on be-



half of all the coaches, she is a pleasure to have as a judo student, and we wish her success in the future. Congratulations, and keep up the good work!

## Student of the Month: Nikki Tafao-Braganza

## Rhythmic Gymnastics



The Rhythmic Gymnastics Program is doing great. The team went to the state championships in Sonoma. It was a very big event with a lot of athletes, and the CYC team did an incredible job. Starting with level four athletes, Aubrey Cantrell won second on hoop and first on floor, ball and all around. Barbara Juminaga placed

second on floor and third on ball and all around. Sasha Mogilevets placed second on floor and third on ball all around. Level five athletes did a great job too. Gabriela Rodriguez placed third on floor, and Ria Chen placed third on floor and hoop. Level six athletes won few medals as well. Bailee Siv placed second on floor and hoop, and Olga Novichkova placed third on clubs. The CYC Rhythmic Gymnastics team placed second all around.

We are very proud of our team and want to congratulate them for the incredible results at the state

## Student of the Month: Melanie Dratva

meet. Keep up the hard work for the upcoming competitions. The next competition will be in Marin on April 3, followed by level 4 and 5 regional championships in San Francisco on April 16 and 17, and finally the regional championships for level 6 and 10 in Thousand Oaks on April 30 and May 1. We want to wish luck to the girls for their next competitions. The recreational program is doing great too. All classes are full and highly attended.

Rhythmic Gymnastics Student of the Month is Melanie Dratva. Congratulations!

## Sport Specific Conditioning

SSC summer camps are now available to join. This year the SSC Program will be running Camp F.U.N. (Fitness and Understanding Nutrition). We have teamed up with the Healthy Hearts Program at the Children's Hospital of Oakland to provide a unique opportunity for kids aged 10-14. Camp F.U.N. is an intensive six week camp that will run from

June 20 through July 29 and cost \$150 with a doctor's referral. This camp will include our usual fitness activities with additional programming in nutrition, motivation and family support. See coach J for more information.

Ricky Monticito is SSC Student of the Month. He's extremely consistent and motivated, congratulations Ricky!



## Student of the Month: Ricky Monticito

## Taekwondo

With record attendance at the February Movie Night, a successful cookie sale fundraiser, an excellent sparring and poomse seminar, the San Francisco Mayor's Cup tournament and preparing for



the AAU Taekwondo California State Championship in May, the TKD Program has had a very busy start to 2011. Also, a special seminar with Grandmaster Shin, Master Austin's teacher and one of the top leaders of taekwondo, is in the planning stage. We'll have more information available as we go along, but let's all keep it in mind and try to attend when it happens.

It is not too late to sign up for the trip to Korea! This will be a personally guided tour of much of the country by GM Shin in which

we will visit many cultural and historic locations. Korea has a long and rich cultural heritage, and it is always exciting to visit places that are so closely tied to our taekwondo practice. We will also visit the Kukkiwon, the world taekwondo headquarters, and attend a four day training and competition festival in the town of Muju. Speak to Master Austin directly if you are interested.

Congratulations to Taekwondo Student of the Month Juliana Nagasaki.

## Student of the Month: Juliana Nagasaki

## Wrestling

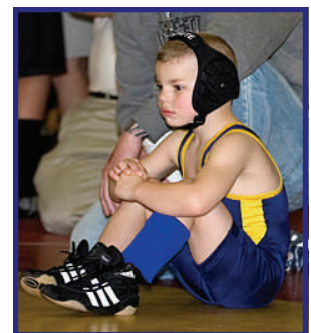
March was the last month of the folkstyle season for the CYC wrestlers before transitioning into the international styles, freestyle and greco. The wrestlers in the middle school level 2 class continued to excel at tournaments as the season came to an end. On March 12 the team participated in the Northern California Tournament of Champions. This is the premier tournament for middle school wrestlers in California. Four of the wrestlers came home with medals. Sixth grader Patrick Ramirez was the only underclassman to place, and he brought home an eighth place medal. Eighth grader Jacob Gardiner placed second, losing a very

close match in the finals. Nathan Cervantez and Jesse Gregerson were both crowned champions.

On March 19 and 20 the CYC Wrestling Program sent twenty kids to the Folkstyle State Championships in Fresno, and 10 of them came home with medals. Of those ten medalists, four of them placed first. Placing first in their weight classes were Stephen Ramirez (bantam), Katerina Lobsinger (schoolgirls), Jacob Gardiner (schoolboy) and Nathan Cervantez (schoolboy). Nathan is only the second CYC wrestler to win both the TOC tournament and State Championships in back to back weekends. CYC also placed sec-

ond as a team in the schoolboy division (ages 13-14).

Wrestling Student of the Month is Katerina Lobsinger who has continued to improve in the middle school program, and this weekend it all showed when she won her first State Championship. Congratulations!



## Student of the Month: Katerina Lobsinger