

# Community Youth draws kids and parents alike



Photo courtesy Community Youth Center

The achievements of young athletes has a profound effect upon their lives. Receiving the CYC awards cements exercise as an outstanding health benefit

**T**he 5th Annual Awards Night took place at Community Youth Center on Tuesday, January 26, 2010 when more than 100 local youth were rewarded for their achievements. The Big 3 awards: Member of the Year, Athlete of the Year, and Parent Volunteer of the Year capped an evening that also featured awards for Academic Achievement, Volunteerism, Athletic Accomplishments, and Coaches' Value Awards. The Member of the Year award went to Diana Vasileva

(Dance); Athlete of the Year to Kevin Montano (Boxing); and Parent Volunteer of the Year to CJ Lamborn (many programs). Guest speaker Tim Rudd, co-owner of Fit 2 The Core, in Concord, highlighted the importance of exercise, sports, and fun for youth to help prevent major problems like obesity.

*For more information about the CYC and its Awards Night, visit [www.communityyouthcenter.org](http://www.communityyouthcenter.org) or [www.Facebook.com/CYCFans](http://www.Facebook.com/CYCFans).*