

## JUDO



Doyle Mahamad has shown improvement these past several weeks. He's worked hard on his break falls and continues to improve his first set of judo throws. He consistently comes to practice during the week and has been a regular at the Saturday classes. During the class sparing session, Doyle is working both left and right side throws (he's a left handed person) so it should be an advantage when he starts to compete. He's a good example for the other kids in his class and an inspiration to his little brother Joshua. Congratulations and keep up the good effort!

Ron Shin and Don Mochida will be instructing Saturday judo classes alternating every two weeks.

Assistant Judo Coah Ed Ganch was promoted to a First Dan Black Belt in judo. Coach Ganch has been on the CYC staff since October 2005, but had started bringing his son, Holden, to judo in August of 2004. He began as a volunteer instructor for the judo program shortly after. Even as a volunteer Ed was reliable and dedicated to the program. He has been an integral part of the judo program for well over two years. Please take a moment to congratulate Ed when you see him.

## TAEKWONDO

We have several events coming up soon that everyone should be aware of. First we will be having our first CYC Taekwondo tournament on March 10. This will be a tournament for CYC members and should be a fun and exciting event. We'd like to get some involvement

from the parents for this, in the form of referees, scorekeepers and other officials. Of course most parents don't know much about Taekwondo competitions, so we will have a free Seminar on March 8, 7:00 -8:00 p.m. to teach everybody the basics. We hope to see a good turnout, because it does take a lot of people to run the competition smoothly.

We will also be participating in the Hwarang Kwan tournament in Redwood City on March 31. That's just a couple of weeks after our own event so everybody should be right in the swing of things.

We have our Movie Night coming up February 10. The movie will be "RV" with Robin Williams. We haven't had a movie night in some time; if you haven't been to one, don't miss it!

## WRESTLING



On January 27, the middle school team traveled to Orland, CA on to compete in the 7th Annual Jeff Spider" Patch Invitational. This was a very competitive tournament. Lucas Sheridan had 14 wrestlers in his weight. In the finals match he wrestler his rival from Greco State last year and ended up taking home the championship. Jesse Baldazo had 14 competitors and Joey Moita had 22 competitors in their respective weight classes and each came home with a 3<sup>rd</sup> place medal. Alex Abono had 31 competitors in his weight and ended up taking a strong 4<sup>th</sup> place. Wrestling program was persistent in attendance with students this month. Middle school and k-5 classes are showing an improvement since December due to the holidays being over and kids are coming back and getting ready for the freestyle and Greco season which begins in March. Saturday classes are doing well. The K-5 Saturday class has grown to about 10 kids.

### A NOTE FROM THE CAMPUS MANAGER

The CYC hosted its Second Annual Awards Banquet on Tuesday, January 16. The event highlighted some of the outstanding young members attending classes regularly at CYC. The 2006 Member of the Year was Elmar Malek, a graduating senior who has exemplified solid values at CYC for the past three years. The Athlete of the Year was Christal Barajas, whose impressive Silver Gloves State and Regional Championships capped off her stellar year in boxing. The Parent of the Year, Deb Jansen, has given countless hours of volunteer tutoring to CYC members in the Academic Room. Thank you to all who participated at the banquet.

I am also pleased to announce the addition/promotion of three full-time staffers at CYC. Leticia Zelaya (Academic Excellence Instructor) and Katrena Cohea (Dance Instructor) are now full-time head coaches at CYC. Also, Danny Pease, a past CYC member and assistant wrestling coach is now a full-time Program Director.

### EXECUTIVE STAFF

|   |   |
|---|---|
| <b>Dennis Costanza</b><br>Executive Director  | <b>Phone:</b> 925.260.6328<br><b>Email:</b> dcostanza@cycmail.org             |
| <b>Julie Marvel</b><br>Director of Communications & Development                           | <b>Phone:</b> 925.671.7070 ext. 215<br><b>Email:</b> jmarvel@cycmail.org      |
| <b>Nicholas Schweickert</b><br>Campus Manager &<br>Head Sport Specific Conditioning Coach | <b>Phone:</b> 925.671.7070 ext. 205<br><b>Email:</b> nschweickert@cycmail.org |
| <b>Kim Garcia</b><br>Program Director & Head Gymnastics Coach                             | <b>Phone:</b> 925.671.7070 ext. 217<br><b>Email:</b> kgarcia@cycmail.org      |
| <b>Danny Pease</b><br>Program Director  | <b>Phone:</b> 925.671.7070 ext. 214<br><b>Email:</b> dpease@cycmail.org       |
| <b>Kathleen Gallagher</b><br>Office Manager   | <b>Phone:</b> 925.671.7070 ext. 209<br><b>Email:</b> kgallagher@cycmail.org   |

# COMMUNITY YOUTH CENTER CHRONICLES

## FEBRUARY 2007

### ACADEMIC EXCELLENCE



The Academic Excellence program would like to do its part in helping the earth. We have started a recycling program here in the center and encourage you to help.

Please look for the new gray recycling bins around the center. Remember we recycle: cans, plastic and glass. All proceeds go to the Academic Excellence Program.

### BOXING

Congratulations to Charles Lawson for becoming the newest member of the CYC Boxing Competitive Team. Charles has been training for approximately one year and earned his spot by increasing his training and sparring and improving his skills. Charles will now be able to travel with the team for all sparring and competitions.



### CHEER

### ATHLETES OF THE MONTH

**ACADEMIC EXCELLENCE**  
ALANA SANYA-OLU

**BOXING**  
CHARLES LAWSON

**CHEER**  
CAYLIE PLEECE

**DANCE**  
HANNAH LAVEAU

**GYMNASTICS**  
JULIA PALEY

**JUDO**  
DOYLE MAHAMAD

**RHYTHMIC GYMNASTICS**  
ZOE GWIZDAK

**SPORT SPECIFIC  
CONDITIONING**  
MICHAEL CORNEJO

**TAEKWONDO**  
CHRISTIAN MONTOYA

**WRESTLING**  
PEYTON OMANIA

The competitive cheerleading team has a competition on February 10 at the Sacramento Convention Center. Come and support the team! The Student of the Month is Caylie Pleece. Caylie is in the 6-7 year-old class and is very dedicated to practicing her skills. She comes to every practice with a smile on her face and ready to learn. Caylie has greatly improved her cartwheel and round-off since she started the program. Great job Caylie. Keep up the good work!

Cheer team will be competing at nationals March 16 -18.



## DANCE

Student of the month is Hannah Laveau. Hannah is in Laila's Beginning Jazz on Mondays and is a great listener, has consistent attendance and a great attitude. Good job Hannah! With February already getting under way it's time to start thinking about our Spring Show. We will be performing a series of demonstrations in April to promote CYC's Dance Program as well as National Dance Month. In addition to these demonstrations, each level will perform a dance from the ballet The Carnival of the Animals. Parents in our year-round committees (costume, fundraising, marketing, coordination/communication, education, and outreach committees): we will be having a meeting on **Tuesday February 13 at 7:15 p.m.** in the Dance Room to discuss our spring show and spring fundraising. Forgot if you're signed up on a committee? Check outside the Dance Room to refresh your memory, and feel free to sign up if you're interested in helping! **Please note that as of February 20, our class schedule will change!** Please pick up a new schedule for details. My goal in moving classes and students is to group dancers with the same age/ability level in the same classes. This way I can make sure that each student is getting the most out of his/her class. As a result, you may be asked if your child can attend a different class or time. If you have questions please don't hesitate to contact Head Coach Katrena. Thank You!



## GYMNASTICS



The gymnastics instructors have been incorporating all the different themes into the weekly lessons plans. The last few themes we had were mermaids, cars, monkeys and pirates week. We have been picking two different pieces of equipment to use during class and we alternate it each week. This allows the students to learn and get the feel for all the equipment. The Student of the Month for February is Julia Paley. She started out in the preschool class but quickly advanced to the beginner level because of her hard work and awesome improvement!

## RHYTHMIC GYMNASTICS

The Rhythmic Gymnastics team traveled to Seattle last month and competed in their second competition of the year. It was a great competition with athletes coming from across the United States and Canada. Our girls did a great job as Zoe Gwizdak placed first all-around in Level 7. Ivone Galvone placed fourth all-around in the same level. In Level 8, Katia Demina placed third all-around with Jessica Roginski right behind in fourth place. Sofia Bouzos competed at Level 9 and finished fifth all-around. It truly was an outstanding job by all of the girls. Congratulations!



## SPORT SPECIFIC CONDITIONING



The beginning of the month was very slow, but after the holiday season ended things picked up quickly in the weight room. Wrestling season is in full bloom and the wrestlers can feel the heat. Most of the High School wrestlers are in the weight room almost five days a week working hard to develop and maintain strength. We have also been getting a steady rate of newcomers in the weight room each month. We have around 45 lifters that all come consistently, which is "gi-normously" bigger than it was just a few months ago. Keep up the good work in the weight room. Both coaches Hart and Schweickert's speed and agility classes are nearing capacity. Only a few spots are left in these classes; better sign up soon before the classes are full!

# COMMUNITY YOUTH CENTER CALENDAR



February 2007

| Sunday   | Monday                              | Tuesday | Wednesday | Thursday                       | Friday   | Saturday |
|--|-------------------------------------|---------|-----------|--------------------------------|--|----------|
|  |                                     |         |           | 1                              | 2  | 3        |
| 4<br>MDWA<br>Wrestling<br>Tournament @<br>Freedom High<br>School | 5                                   | 6       | 7         | 8                              | 9  | 10       |
| 11   | 12                                  | 13      | 14        | 15                             | 16<br>TKD movie<br>night .<br>TKD classes<br>canceled. | 17       |
| 18   | 19<br>CYC Closed<br>President's day | 20      | 21        | 22<br>Guardsmen<br>Boxing show | 23   | 24       |
| 25   | 26                                  | 27      | 28        |                                |  |          |

## COMMUNITY YOUTH CENTER, CONCORD CAMPUS

2241 GALAXY COURT  
CONCORD, CA 94520  
TEL: 925.671.7070  
FAX: 925.685.0582  
www.communityyouthcenter.org

### HOURS OF OPERATION:

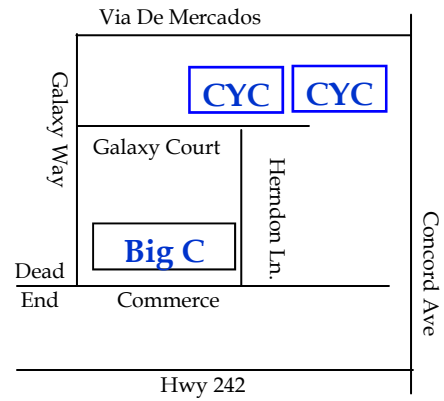
- Administrative:**  
9:00 am - 6:00 pm, M-F
- Customer Service:**  
3:00 pm - 8:00 pm, M-F  
9:00 am - 2:00 pm, Sat.
- Programs:**  
3:00 pm - 9:00 pm, M-F  
9:00 am - 2:00 pm, Sat.

Please see the individual program schedules or Customer Service for additional details on competition dates and events.

Remember to check CYC lost and found for any missing items. Contact Angela Panetto at ext 203.

Remember that CYC monthly dues are due on the 1st and are past due on the 15th of every month. For further information, contact Angela Panetto at ext. 203.

Community Youth Center is a Non-Profit 501(c)(3) Corporation: Federal Tax ID 68-0358005, specializing in sports and academics for children 4 - 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.



## CUSTOMER SERVICE STAFF

925 | 671 | 7070

- Margarita Nisthal** Ext. 202 Email: mnisthal@cycmail.org  
*Customer service lead, bilingual, Boxing, Dance, Cheer*
- Ingrid Almaraz** Ext. 213 Email: ialmaraz@cycmail.org  
*Gymnastics, Rhythmic Gymnastics, & Wrestling Registration*
- Brandon Breining** Ext. 212 Email: bbreining@cycmail.org  
*Sport Specific Conditioning Registration*