

## JUDO

Merik Gracini is the Judo Student of the Month. He has worked very hard and seldom misses a practice. Merik is a great kid to teach and coach! He has been setting a good example for his classmates by paying attention and following instructions very well. He has demonstrated CYC core values in each practice session and is a great example of what we would like to see out of all our kids: "Disciplined" -- he works very hard at each class; "Dedication" -- he attends classes regularly, and finally; "Desire" -- to improve his Judo skills. It is a pleasure to have Merik at CYC. Congratulations for his recent promotion to yellow belt!



CYC won five medals (3 gold, 1 silver and 1 bronze) at the City College of San Francisco Tournament on May 20 - Nicole Lee (Gold), Matt Lee (Gold), Dimitar Vasileve (Gold), Hiroki Tominaga (Silver), Naoki Tominaga (Bronze), Christian Melo (4th Place), and Diana Vasileva (Great effort for her first tournament!). The CYC Judo program welcomes Matt & Nicole Lee with their father, Mike Lee. Mike is a first-degree black belt, who will help as a volunteer coach on Fridays!

### Upcoming Events:

June 3: Santa Clara PAL Tournament  
 June 15-17: Junior Training Camp, San Jose State University, San Jose, CA  
 June 24: Watsonville Invitational Judo Tournament, Watsonville, CA

## SPORT SPECIFIC CONDITIONING

Hello all! SSC has apparently leveled out towards the end of the month; the students are working great on their own, and managing their time quite well. Special thanks to Masch-al Malek, and Nick Pica for helping Coach J bring some order to the weight room. Beginning June 1, SSC will be offering two new classes, from 7 p.m. to 8:30 p.m., Monday through Thursday. Monday and Wednesday, I will offer an extreme balanced course that will focus on proprioception, and Tuesday/Thursday an increased Range of Motion course aimed at increasing flexibility in athletes, as well as healthy individuals who would like to avoid back pain. During this time, the weight room will be available to experienced lifters only.



## RHYTHMIC GYMNASTICS

The rhythmic gymnastics team went to Los Angeles for the regional competition this past month. The meet was very challenging, but the girls did an excellent job. Congratulations to our Athlete of the Month, Zoe Gwizdak, who placed third all-around and also qualified for the Junior Olympics. In June, Zoe will compete at the National Championships in Ohio. Congratulations also to Sofia Bouzos who qualified for the Western & Eastern Championships in her Level 9 standing. At the end of May, our Level 4 & 5 girls will travel to Boston for their National Championships. Our Level 4 girls are Jordon Ault and Elizabeth Atencio and Level 5 competitor is Alzek Barco. Good Luck Girls!



## A NOTE FROM THE CAMPUS MANAGER

Spring time is always our busiest here at CYC. As always, we could not make many of the events, team travel, and special programs happen without help from parents. I don't have the room to list every parent who has ever helped CYC, but I'd like to recognize a few parents that constantly stand out, helping throughout the year. Thank you all for your dedication to helping the CYC.

Nancy Hammons, Kathleen Bascom, Armando Barajas, Dan Gilmore, John Thomas, Deb Jansen, Darin Sheridan, Steve Gee Sr., Louise Gee, Jim Moita, Frank Abono, Cliff Conte, Jason Omania, Pam Lucido, Bev Rittenhouse, Rizalyn Andrews, Yi Gao, Lucy and Ron Carmazzi, Gloria Holbrook, Aaron and Kim Smith, and the entire CYC Rhythmic Team set of parents.

I hope you will continue to support the CYC by bringing your kids to us, and dedicating time when you can.

Thank you,  
 Nick Schweickert



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### HOURS OF OPERATION:

**Administrative:**  
 9:00 am - 6:00 pm, M-F

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

**Programs:**  
 9:00 am - 9:00 pm, M-F  
 9:00 am - 2:00 pm, Sat.

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 Class registrations

COMMUNITY  
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 CHRONICLE  
 JUNE 2007



## ATHLETES OF THE MONTH

**ACADEMIC EXCELLENCE**  
 ALEXIS PAGAL-MORAN

**BOXING**  
 DANIEL THOMAS

**CHEER**  
 VICTORIA SIERRA

**DANCE**  
 FERANDA HERERRA

**GYMNASTICS**  
 MADELYN VINES

**JUDO**  
 MERIK GRACINI

**RHYTHMIC GYMNASTICS**  
 ZOE GWIZDAK

**SPORT SPECIFIC  
 CONDITIONING**  
 MASCH-AL MALEK

**TAEKWONDO**  
 JACK LAMBORN

**WRESTLING**  
 TYLER SHERIDAN

## OUTDOOR ACTIVITIES

June will be a busy month for the Outdoor Activities program at the CYC. A group of Taekwondo athletes will be heading up to Rancho Esquon the second weekend in June to participate in an egg salvage and wildlife education.

The week of June 17-23, CYC youth will be going to Camp Concord for a week of swimming, hiking, arts & crafts, horseback riding and all-around adventure in the great outdoors.

Finally, after our first great trip on the 'Flying A' boat in April, we will be taking a second group of CYC members out to tour the San Francisco Bay on June 29.



## BOXING

Congratulations to three CYC boxers who recently won 2007 Junior Olympic Championships: Daniel Thomas in the 145 pound Senior Division; David Borjon 114 pounds in the Intermediate Division; and Christal Barajas at 95 pounds in the Intermediate Division. Daniel Thomas will advance to the Junior Olympic Nationals in Marquette, Michigan from June 25 - July 1.

The Boxing Student of the Month is Daniel Thomas.



**WRESTLING**

May was another busy month for the CYC Wrestling program. On May 5 we hosted the MDWA Wrestling Championships. There were more than 350 participants from all over Northern California. The following weekend, we participated in the Kids (14 & under), Cadet (15 &16) Freestyle, and the FILA JR (17-20) Greco Roman & Freestyle State Championships in San Jose. CYC won the FILA JR Greco Roman Team State Championship. Nikko Triggas won titles in both styles at 121 pounds. Tito Pica won the Greco title and placed 2<sup>nd</sup> in Freestyle at 174 pounds. Tyler Sheridan won the Greco Roman title at 145 pounds and Kyle Hardester placed 5<sup>th</sup> at 163 pounds in the Greco Roman competition. In the Midget (9-10) freestyle division Davino Lucido won his first State Championship capturing the title at 57 pounds. Also placing in the midget division were Nathan Cervantez 6<sup>th</sup>, and Devin Aiello placed 8th. In the Schoolboy (13-14) Luke Sheridan won the title at 145 pounds and Jesse Baldazo placed 3<sup>rd</sup> at 130 pounds. In the Schoolgirl (13-14) division Nichole Heibel-Cervantez placed 3<sup>rd</sup> at 105 pounds, and Monique Bond placed 4th at 120 pounds. In the Cadet Freestyle division Tyler Sheridan won the title at 145 pounds. Tyler won five different state titles this spring in three different age groups. On Memorial Day weekend we hosted the Greco World Duals. We had teams from Germany, Oregon, and California participating in this year's event.



**GYMNASTICS**

What a great time we are having at the CYC with Artistic Gymnastics! We have started our Dyno-Saurus Achievement Program with the students in our morning classes and it is working great. This program has three main levels; we call these our Dyno Levels. Each of these Dyno levels is broken down into 4 sub levels which are Novice, Beginner, Intermediate and Advanced. Each of these sub levels has 7 skills possible. In the program when a gymnast learns a skill correctly it is checked off on his or her chart. Parents are allowed to view the charts after class to see what skills are learned. Through this we are allowed to track and show the learning progression of each of the gymnasts. We have had a few gymnasts pass the first level - now that is exciting!



Currently, we are working on programs for the afternoon classes. It will take some time to put together but it is something we are going to implement soon.

Our Gymnast of the Month is Madelyn Vines. Madelyn has already passed her first level in the morning class. She always shows up energetic and ready to go. She always tries to make all the corrections given to her and finishes class with a smile every time.

**ACADEMIC EXCELLENCE**

The school year is coming to an end which means summer time is just around the corner. We would like to remind our students about the report card program. Please turn in your end of the year school transcripts. The Academic Excellence program wants to reward not only good students, but students who have improved throughout the school year. The Academic Excellence program will be holding three academic camps this summer for ages 7 through 13. Summer camps are July 2- 6, July 16 - 20, and July 30 - August 3. All camps will run from 9:00 a.m. - 3:00 p.m. Students will learn more than what is taught in schools such as exploring nature, animals, anatomy, current events and preserving our environment. Sign up for camps soon, spots fill up fast!



The Student of the Month for June is Alexis Pagal-Moran. Alexis is a great person all around, however early in the year her grades started to slip. Alexis and I worked together to make sure she had all her homework done and understood her material. Alexis now has a 3.11 G.P.A and is continuing to improve her grades. Congratulations Alexis, we are very proud of you!



**Campus Calendar  
June 2007**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Rancho Esquon Trip	9 Rancho Esquon Trip
10 Rancho Esquon Trip	11	12	13	14	15	16
17 CYC Campers leave for Camp Concord	18	19	20	21	22 Movie Night at CYC	23 CYC campers return from Camp Concord
24	25	26	27	28	29 Flying "A" boat trip	30

**TAEKWONDO**

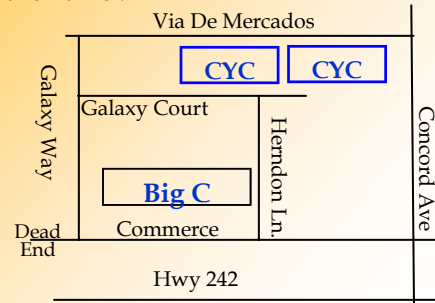
"Chicken Run" will be the feature at our next Movie Night on June 22. We hope to see everybody there. We had a great turn-out at the last one in May for "The Thief Lord." Also coming up in June is a weekend trip to Rancho Esquon. Only a few students can go at a time to Rancho, but there will be more opportunities in the future. We also have some other outdoor activities and field trips coming up - take a look at the display board in the Dojang, and talk to Master Austin if you are interested in participating.

We will be participating in the Hwa Rang Kwan anniversary tournament again this year, on June 16 in Redwood City. Everyone who went last year had a positive experience, and it is a very good tournament to go to for first-timers.

Summer Camps are filling up, so if you want to get some extra intensive training this summer, don't delay! Sign up right away! And finally, congratulations to Jack Lamborn as the Taekwondo Student of the Month.



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



**CHEER**

Cheerleaders and parents! There will be two cheer teams this year: a competitive team and a recreational team. Tryouts are scheduled for June 25-28 from 9:00-11:00 a.m. Be on the lookout for flyers and more information posted around the CYC.

The Cheerleader of the Month is Victoria Sierra. Victoria just started cheerleading and has already made great progress. She has pretty technique in her forward rolls, cartwheels, and round-offs. Victoria is always smiling and full of life. Great job Victoria! Keep up the good work!



**DANCE**

The Dance Student of the Month for June is Fernanda Herrera. Fernanda is a Ballet III student and has shown great improvement and dedication within the past few months since she's started in the Dance Program. I'm always impressed by Fernanda's work ethic and her enjoyment in class. Great job!

The Dance Program will be holding a dance camp for Pre-School age dancers on June 9-15 from 9a.m.to 1p.m. We will have lots of fun activities including ballet, jazz, creative movement classes, stories, costume and set design and much more! Space is limited so sign up now! We will also be offering a camp for dancers 7 and up from July 9-13 from 9a.m. to 3p.m. Activities will include ballet, jazz, hip-hop, creative movement and Spanish dance classes, as well as yoga, Pilates, and more! Coaches Katrena and Laila will be teaching and we will have some guest teachers helping as well. Regularly scheduled classes will continue during these weeks. Summer is a great time to have fun, as well as improve your technique, so sign up for these camps to get yourself and your dancing ready for the fall! Hope to see you there!

With summer approaching, I'm sure many of you will be going on vacation. Please remember to notify the CYC of any absences due to summer vacation. Two or more unexcused absences within a month will result in being dropped from your class. Thank you for your consideration!

