

Outdoor Activities

January marks the end of the 2008-2009 hunt season. The California Waterfowl Association Hunt Program is an educational opportunity designed to help inexperienced, youth hunters have a high quality, safe and rewarding first-time hunting experience under the guidance of qualified Hunter Education Instructors and hunting mentors. Participants receive both classroom and field instruction prior to all actual hunts. All participants are paired up one-on-one with a qualified mentor to provide the highest level of instruction and safety.

Youth once again had the opportunity to show off their skills hunting waterfowl. It has not been a bad year for the kids at Grizzly Ranch. On average, we stand at 3.5 birds per blind for the year. When youth were able to take part, they swapped stories and teased the adults about not being able to shoot that day.

This February we start to pick up with the outdoor education part of the outdoor program. So look for it coming up next month.

UPCOMING EVENTS

3/14	TEAM TRAVEL - Wrestling, Oakley
3/14 - 3/15	TEAM TRAVEL - Gymnastics, Novato
3/20 - 3/22	TEAM TRAVEL -Wrestling, Fresno
3/27 - 3/29	TEAM TRAVEL -Wrestling, Battle Ground, WA
3/28 - 3/29	TEAM TRAVEL -Wrestling, Lemoore
4/3 - 4/5	TEAM TRAVEL -Wrestling, Cedar Falls, IA
4/4	TEAM TRAVEL -Wrestling, Antioch
4/7 - 4/11	TEAM TRAVEL -Wrestling, Las Vegas, NV
4/11	TEAM TRAVEL -Wrestling, Brentwood
4/18 - 4/19	TEAM TRAVEL -Wrestling, Temecula
4/23 - 4/26	TEAM TRAVEL -Wrestling, Akron, OH
4/25	TEAM TRAVEL -Wrestling, Pleasant Hill



Taekwondo Class



Nico and Naoki in Judo Class



Zoe and Jordan Have Fun With Their Rhythmic Routine

Judo

Congratulations to our dedicated CYC Judo students who passed at the quarterly promotional testing in December. CYC's Judo team has been working hard for another successful season in 2009! The team will be participating in the 2009 San Jose Buddhist Judo Club Tournament at San Jose State University on February 15.

Please do your part to keep our Judo learning experience both enjoyable and safe for you and your peers by keeping your body and uniform clean, as well as clipping finger and toe nails at all times. Be sure to wash your feet with soap before and after each Judo practice. Senior students must set good examples for junior students by minimizing small talk on the mat at all times. Continue to show mutual respect with proper etiquette.

Remember: "Judo starts with bow and ends with bow!" Judo Athlete of the Month is Zachary Spaulding. Zachary has been working hard with great enthusiasm on the mat. Keep up the good work. Thank you for setting a good example for your peers. Congratulations!

CYC FEBRUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Gymnastics Fundraiser at Fuddrucker's in Concord	5	6	7 FRIENDSHIP INVITATIONAL at Carondelet Team Travel Gymnastics Belmont
8 Team Travel Gymnastics Belmont	9	10	11	12 Team Travel Gymnastics Arizona	13	14 Wood Duck Box Prep and Survey at Grizzly Island
15 Team Travel Gymnastics Arizona Judo San Jose	16 CYC CLOSED	17	18	19	20 MOVIE NIGHT Taekwondo Fundraiser	21
22	23	24	25	26	27	28 Outdoor Activities Flying A' Trip
1 Team Travel Gymnastics Emeryville	2	3	4	5	6	7 CASINO NIGHT CYC Fundraiser at The Big C Athletic Club



Boxers Show off Their Awards from the Awards Night



Awards Night was filled with Smiles

Taekwondo

The Taekwondo teams are starting their second season as of February 1. The season runs through the end of May, and then students will have the option of renewing their team membership, switching to a new team or taking a break from the team. Applications have to be turned in by the end of January; otherwise, the next opportunity to join will be in May for the summer season, from June through September.

Taekwondo will be starting Movie Nights up again in February, so look for flyers and posters around CYC for details. There has not been one in a while, so don't miss this one! Movie Nights are a fundraiser for the TKD program, the cost of your ticket goes to help improve and develop the program. It's also a lot of fun with a good movie on a big screen, music, food, games and prizes.

Also, there are some training videos available for sale, mostly for white belts with some basics and other information to help new students. We are working on more videos for color belts also, and they will be available in the near future.

Taekwondo Athlete of the Month for February is Jonathan Rivera.

Gymnastics

We have a few things coming up in March. We will be having a picture day for all gymnasts where a photographer will come and take portraits of the gymnasts. There will be sign-up list posted. Various priced picture pages will be available.

We will also have our Cartwheel-A-Thon. The gymnasts can go out and get sponsors for each cartwheel they do in a five minute period. Also, we will have prizes for different amounts of money earned. There will be more information posted on these events soon.

CYC gymnasts did great at the Byers Invitational held in Roseville, CA on January 11. Samantha Tan placed first on bars, third on vault and third in the all around in the level 7 middle divisions. Raquel Minor placed fourth on floor in the dame division. Journey Jost placed second on bars, fourth on beam and third in the all around in the Level 7 older division. In the same division McKenzie Sherlock placed 4th on floor. Congratulations girls!

The Gymnastics Athlete of the Month is Trevor Philips. Trevor has been working very hard to pass his level. Each time he comes to class, he has determination to learn his skills, and he is always asking questions to understand the sport more. The coaches enjoy talking gymnastics with him. Congratulations Trevor!



SSC Balance Drills



Tyler Sheridan Solves a Few Physics Problems in the AE Room



Gymnastics Class at Work

Academic Excellence

Winter break has ended and our classrooms are busy again. Students have gotten right back to work, and our quiet rooms are once again boisterous and productive. Our dedicated high school students have jumped back in and are successfully juggling their studies and athletics. Our younger students are excited to be back with their friends and back to school.

On January 27, we recognized the accomplishments of our students at the 4th Annual Awards Ceremony for their academic success, their overall improvement and their support of other student athletes. Award winners include Curtis Siegfried, Frederick Layacan, Vida Barco, Lucas Sheridan and Lysette Moreno-Rivas, amongst many other outstanding students.

The CYC Storybook is still moving along as participating students are now working with each other on assignments that will help them revise and improve their writing. Participants are struggling and persevering through the arduous process of writing while maintaining their academics as well as attending their regular CYC classes.

Congratulations to Alexandra Humann as Academic Excellence Student of the Month for February. A new student in the High School AE room, Alexandra has shown great dedication to her studies, spending at least two hours almost everyday in the AE room, keeping to herself and concentrating on her math. Her success and good attitude toward academics has earned her this month's award.

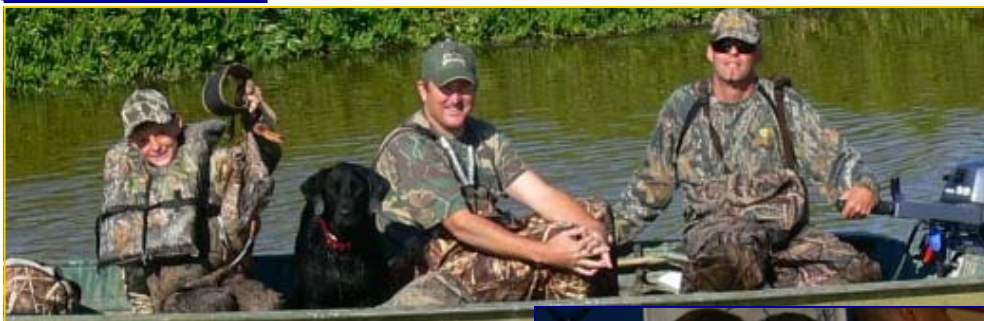
Dance

After the rush of Nutcracker season, students in the Dance program have been enjoying a more leisurely pace in their weekly dance classes. Nutcracker DVDs, pictures and apparel are in and waiting in the main office for pick up. If you ordered any of these items, please make sure to pick them up!

Congratulations to all the students who won awards at the 4th Annual Awards Ceremony. They are: LeeAnn Wang, Tasha Thomas, Diana Vasileva, Deneka Siu, Fernanda Herrera, Alex Padilla and Danielle Zhou. All of these Ballet IV dancers have been excellent students, volunteers and role models, and I am extremely proud of all of you. Congratulations!

Keep your eyes peeled for a few changes coming in March. In response to many requests for a Tap class, we will be adding one in March for ages 7-10, putting our new multi-use dance floor to work and giving students an opportunity to learn a new form of dance. Priority will be given to students already on the wait list for Tap, so if you're interested sign up now!

The Dance Student of the Month for February is Autumn Morley. Autumn returned to dance after an injury in the fall, and she has jumped right back into dance without missing a beat. She is a great example of CYC's key values: discipline, dedication and desire. Great job Autumn, we're glad your back!



Heading Back From a Hunt at Grizzly Island



Cheerleading

Cheer Class



LeAnn Wang Receives Her Award

For the month of January we had a little break, which was much needed after practicing so hard for the last 6 months. After the break the girls came back eager to learn, prepared to work hard and ready to perform well at the next competition. I'm so glad that the girls we have in our program are such hard workers, and I want to thank them for their efforts.

There was just a competition in Sacramento that the Level 2 Team was able to attend. They went into the competition with hopes of doing their best and getting a great score. They definitely fulfilled our goals as well as their own. They were 1st at the competition, and we are so proud of them. We are undefeated so far this season. Our next competition is in about two weeks, and we hope to do our best.

The Cheerleading Athlete of the Month is on the competition team, and she has been working very hard. Her coaches say she is a talented girl with a lot of drive to succeed and that they appreciate how she listens to her coaches. Her name is Carolina Trimble. Nice job! We are still adding to our beginning classes, and we have a couple of open spots if anyone is interested. Our High School class has a lot of potential, and we hope to have more girls interested in it soon.

Boxing

The CYC Boxing program is off to a great start this year. All team members are preparing for the upcoming year. The senior members of the team, Eric Altamirano, Daniel Thomas and Erick Montano, traveled to the Pacific Northwest Tacoma Golden Gloves in Tacoma, WA from Jan 23-25. There was a lot of good competition at this tournament, and the team worked hard to prepare and did their best.

The Athlete of the Month is Jose Gomez, awarded for his hard work and dedication to the sport. The effort has paid off as he is becoming a part of the team. This is a big step because he will now be able to compete. Good Job!

Sport Specific Conditioning

We have added a new lifting platform to the weight room and spaced the equipment out more. It looks and feels better than the space before. This year we plan to do even more. Look for more summer camps and more SSC events this year. We plan to bring back the Healthy Life and Fitness summer camp this year and possibly do more than one installment as this was very popular last summer. The Speed and Agility classes grew immensely in the latter part of last year, so come and join us for these classes. And try and get to class early to attend our Slack Line (tight rope) walking seminar. Also, come early for our new dodge ball class offered Monday, Wednesday and Friday from 3:00 to 3:55 pm.

Dakota McGowan is our Athlete of the Month. He has made nearly all of his scheduled days in the weight room for some time! He is very dedicated to his work out and has begun to help new students in the weight room. His consistency and dedication should be a model for us all.

Rhythmic Gymnastics

The rhythmic team had their first competition of this season on January 9 and 10. The event was hosted in La Jolla, CA, near San Diego, at the Jewish Community Center. Our girls prepared very hard for this event and did a great job, especially considering how early it was in the season.

Jordan Ault moved this year from level 5 directly to level 7 and finished sixth all around. This is a great achievement for her first competition as a level 7 and at this level of competition. Our level 8 Zoe Gwizdak ended second all around and second in each of her events.

The next competition will be hosted by CYC on February 7 at Carondelet High School in Concord, CA. We want to encourage everyone to come, watch the event and support our program and our athletes. This event will be our first competition for level 4, and we want to wish them luck.

Rhythmic Athlete of the Month is Olga Sigmundson from Level 4. Good luck!

Campus Announcement

For a fun-night out, we hope you'll consider attending the 2nd Annual CYC Casino Night on March 7, 2009 at The Big C Athletic Club. "Play money" will be given to each guest as they find the lucky blackjack table, roulette wheel or hot hand in a poker game. The festive atmosphere will feature delicious food, a full bar and dancing. Also, there will be a silent auction and awesome casino prizes.

If you are worried about your children, CYC is providing on-site kid care for children age four and up during the evening. The event hopes to draw from CYC families and members in surrounding East Bay communities. All proceeds from the event go back to providing outstanding programs, scholarships and services to the kids of the community.

So, do you feel lucky? Do you want to have fun while giving back to CYC? If so, mark your calendar today! You're one roll of the dice away from helping our community's youth.

The cost is \$40 per person. There are also several different sponsorship opportunities available. For more information, please contact Lauren Seeno, CYC Director of Corporate Events, at (925) 566-7566.

COMMUNITY
YOUTH CENTER

CYC
CHRONICLE
FEBRUARY 2009



Wrestling

The CYC Wrestling Program had an action packed month of January with our Middle School Level and K-5 Advanced wrestling teams competing at two tournaments in the Sacramento area. On January 17 we sent 10 kids to the Folsom Middle School Wrestling Tournament. In the Junior Varsity division, Jonathan Fitzpatrick and Payton Omania both won first place, going a perfect 3 and 0 in their respective weight classes. On January 31 we sent these same kids to the Natomas Middle School Tournament where they faced some of the top competitors from Northern California.

But perhaps the most interesting development going on in the wrestling program was the introduction of our new promotional testing program. The promotional testing program is designed much like the martial arts belt system. The students will be given colored t-shirts, as opposed to belts, when they pass a level, and every level will have a different colored t-shirt. A testing program like this has never been done before in the wrestling community, so we hope to be the pioneers of this new system. We had 47 students eligible to test in our K-5 Beginning classes. Eligibility to test was based on having 80% attendance during the last 9 weeks.

CYC alums continue to excel at the college level. John Clark of UC Davis is currently ranked 7th in the PAC 10 at 184 lbs. Brandon Zoeteway also continues to shine for the Cal State Bakersfield Roadrunners as he is ranked 15th nationally and 3rd in the PAC 10.

Jonathan Fitzpatrick's success at our last tournament and his dedication to practice has made him this month's Wrestling Athlete of the Month.

MEMBERS OF THE MONTH

Academic Excellence

Alexandra Humann

Boxing

Jose Gomez

Cheerleading

Carolina Trimble

Dance

Autumn Morley

Gymnastics

Trevor Philips

Judo

Zachary Spaulding

Rhythmic Gymnastics

Olga Sigmundson

Sport Specific Conditioning

Dakota McGowan

Taekwondo

Jonathan Rivera

Wrestling

Jonathan Fitzpatrick