

NEWSLETTER

NOVEMBER 2011



A NOTE FROM OUR CAMPUS MANAGER

This year has flown by and the holidays are already here! Even though this is a very busy time for most of us, it is also a time where we need to reflect and be thankful for all the things we have in our lives. I am thankful for all the wonderful people that make CYC the great place that is today! From the parents that bring their kids here every day, to the kids that participate in the classes and the volunteers that donate their time to help with events or fundraisers we appreciate every one of you. But, I can't leave out our staff that works hard every day to make this such a great place for kids to learn about their sport and academics in a positive environment. Thank you!

The holiday season is also a busy time here at CYC. I encourage you all to go see "The Nutcracker" put on by the Dance Program. The performances are on Saturday, December 3, at 5 pm and on Sunday, December, at 2 pm. Tickets are available by calling Kim Garcia at (925) 566-7565 or by email at kgarcia@cycmail.org. This is a great production, and I look forward to seeing you there!

CYC will also be closed during a few approaching holidays. Please be sure to check out the notices posted on the website, Facebook and around the center. Hope you all have a safe and very happy holiday season!

-Matt Martin
Campus Manager

UPCOMING EVENTS

Saturday	11/5	Cheer Showcase	1:00 PM
Saturday	11/12	Rhythmic Judging Course	9:00 AM - 7:00 PM
Friday	11/18	Gymnastics Kids Night Out	7:00 PM
Monday	11/21	TKD Promotion Test	6:00 PM
Wednesday	11/23	DLS Wrestling Scrimmage	10:00 AM - 2:00 PM

Academic Excellence

The Academic Excellence rooms are bustling, as students continue to work hard on their academics. November is a busy month for AE as students are in the full swing of their terms. To meet the growing student population, Big AE has purchased three new student tables. This additional seating will help meet Academic Excellence's growing population and allow AE to serve more students.

Academic Excellence is also pleased to announce that Saturday Shenanigans has been a huge success. Over thirty students have enrolled in the program

Student of the Month: Haris Gardizi



and students and staff are having a wonderful time working together on Saturday mornings. Last month students played chess, made lots of arts & crafts,

learned how to prepare delicious snacks, and enjoyed a *Spooktacular* Halloween-themed party. This session of Saturday Shenanigans is full, but look out for next month's sign ups.

Academic Excellence Student of the Month is Haris Gardizi. Since the beginning of the school year, Haris has shown dedication and serious effort into every aspect of his academics. His work ethic and academic goals are always accomplished with high spirits and a positive attitude. It is a joy to work with Haris! Congratulations Haris!

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Boxing

Athlete of the Month: Brandon "Squeaky" Vasquez

Boxing's November Athlete of the Month is Brandon "Squeaky" Vasquez. Squeaky had an outstanding month of October, going 3-0 in three different tournaments. Brandon won a unanimous decision over Sammy Moreno of La Corona-Corning at the Richmond Boxing Festival. Then he went on to win the boys 70 pound division at the Manual Torres Memorial Tournament in Tulare, CA. The month was then capped off with a brilliant performance at the Scott's Blackhawk Show with a unanimous decision over Cain Sandoval of Sacramento BC. The CYC's Boxing Team hosts the Scott's Blackhawk event and a large part of its success was due to the outstanding performance by Brandon in his bout. His performance was so impressive that Squeaky was awarded the BEST BOUT trophy at the



end of the event.

Another reason the Scott's Blackhawk Show was a huge success was due to the rest of the CYC's Boxing Teams performance. Temi Orshikh, Tugs Turmunkh, Jose Gomes Jr., and Eric Altamirano all contributed to bringing home the Team Trophy, which is given to the Team that scores the most points by the end of the event.

It was CYC Boxers 4 and Opposition 0 at the Richmond Boxing Festival this October. Tugs Turmunkh, Daniel Thomas and Brandon Vasquez all won Unanimous decisions over their opponents. The Festival was highlighted by Temi Orshikh's stoppage in the 2nd round over Matthew Mendoza of JL Tepito-Fairfield.

CYC boxers returned from the Annual Manual Torres Memorial Tournament in Tulare, Ca this month with four champions. Eric Altamirano won the 141lb senior open, Nick Atencio won the 80lb boys division, Brandon (squeaky) Vasquez won the 70lb boys division and Jonas Persaud took the 65lb boys division.

Cheerleading

Athlete of the Month: Summer Boyer



The CYC had another fantastic month, full of fun activities and hard work. The teams, along with their weekly

practices, have been putting in extra effort at open gyms, team bonding events, and tumbling classes. Their hard work and dedication is more prevalent than ever! Each team has learned their routine and is working to perfect their skills, in preparation for competition season and the first performance of the year. Are you curious about what these amazing athletes have been doing since June? We have our first showcase on November 5! We would love to see you there, supporting our cheerleaders! Two of the CYC cheer teams also have a competition on November 13.

This month the cheerleading program also held a Halloween themed team bonding event. The girls had a great time dancing, decorating pumpkins, and learn-

ing more about their teammates. The bonds these athletes have made with each other are truly showing in their routines.

Recreational cheerleading at the CYC also had an enjoyable month. Many of the girls are working hard toward new tumbling skills and perfecting their jumps. They are constantly improving!

The Athlete of the Month is Summer Boyer, from our junior level two team, Gems. She recently got a new tumbling skill, her standing back handspring, and has been working so hard these past few months. We are proud to have her in our program and we cannot wait to see her grow even more as a cheerleader and a person! The cheer program thanks you for your constant support and we wish

Dance

Athlete of the Month: Izabella Teran

Looking for that special something to kick off your holiday season? Come see CYC's 6th annual performance of The Nutcracker! While keeping up with this holiday tradition, we are introducing a different spin on choreography, as well as some new characters. For ticket information, please contact Kim Garcia.

Also, congratulations to our Athlete of the Month, Izabella Teran! Her focus and

determination inside of the classroom and her enthusiasm to learn new techniques enables her to be a great role model in the dance program. Keep up the good work, Izabella!



Wrestling



October was a very busy month for the CYC wrestling program. The Middle School Level 1 wrestlers competed every week. October 6th, the CYC hosted a middle school match night for the Diablo Middle School Folkstyle League. Over 75 kids

from Benicia, Oakland, Martinez, Albany, and Antioch showed up for the match night. All of the kids attending wrestled two to three matches. October 13, the Middle School wrestlers also travelled to Benicia Middle School for another match night. On October 15, the CYC Middle School Level 1 wrestlers travelled to Oakland Tech High School for the Battle of the Bay. In their first wrestling tournament ever Vince Del Monte placed 3rd and, teammate Johnny O'Shea placed 2nd.

October 22, CYC hosted its annual Middle School Challenge and High School Folkstyle Tournament. Over 120 kids showed up to compete. This tournament was a huge success with all of the kids

attending gaining valuable wrestling experience. A group of 20 CYC wrestlers from the High School Level 2, Middle School Level 2, and K5 Advanced teams attended the NUWAY World Challenge Tournament on October 8th at Clovis West High School. Notable performances go to Aaron Pease, Able Robles, Patrick Ramirez, and Stephen Ramirez who all took first place in their divisions.

Wrestling's Athlete of the Month is Tony Margiotta. Tony has been attending all of his scheduled practice for the K5 Advanced wrestling team, on top of competing in tournaments and match nights. He is improving quickly and should do well this winter.

Judo

The CYC Judo team won three medals on October 9 at the 2011 Capital Open Judo Tournament held in Elk Grove, CA. Our Gold Medal winners were Amit and Ronny Elor, and the Silver Medal winner was Serena Gutridge. Competing against tougher opponents and displaying their best efforts were Orgil Batchuluum, Budnyam Galbadrakh, and Alexander Jessen. The results of the Albany Judo tournament and the first in-house Judo tournament results will be published in the next month's newsletter. Congratulations to all the winners of the CYC Judo raffle fundraiser! The Judo team has been pre-



paring for the Bojuka tournament in Seaside and Palo Alto tournament in November.

Athlete of the Month: Rodaba Jamshidi

Rodaba Jamshidi is the November Athlete of the Month. Rodaba is a quiet kid until she gets on the mat. She comes to class ready to learn and doesn't let anything get in her way. While doing Newaza (grappling techniques) practice for the in-house tournament she was pinned pretty quickly. She got up and started again giving her opponent, who happened to be a boy a little bigger, a run for his money. Rodaba gets a little light in her eyes when she steps onto the mat. Congratulations for your good effort and a positive attitude!

Rhythmic Gymnastics

The Rhythmic Gymnastic team girls are hard at work learning new choreography for the upcoming 2012 competition season.

The Rhythmic Gymnastics Athlete of the Month is Dasha Gusak. Dasha is a level 3 on CYC's Rhythmic Gymnastics team. She has been doing Rhythmic Gymnastics for approximately two months and has made enormous pro-

gress. Dasha's work ethic and positive attitude make her a joy to work with. Congratulations, Dasha, keep up the hard work!

Athlete of the Month: Dasha Gusak



Sport Specific Conditioning

Athlete of the Month: Nery Serrano

The weight room configuration has changed, some of the cardio equipment is now near the gym entrance. Sign-ins are still by coach J's desk so make sure you are signing in so you keep the position in any given class. A big "Welcome back!" to Matt Kraft; he's back but under limited capacity. Glad to have him back. Nery Serrano is our Athlete of the



Month. Coach Gary Sullenger has sent him to the weight room and he hasn't missed a day yet. Congratulations!

Taekwondo



Athlete of the Month: Austin Rickenbacher

Our TKD tournament season has just gotten underway. We have competed in two events in September so far after our own CYC event. The Hwa rang Kwa Childrens Tournament in San Carlos was a very good day for Jack Lamborn who competed twice, and took home one Silver and one Gold in sparring. Natalie Spencer got Silver for Poomse. This was the first tournament for both of them so it was a

good day all around. Just one week later we were in San Jose for the "Battle of the Warriors" where both Gio Rodriguez and Bryant Meredith won bronze. We have two more events coming up, on November 5 in Vallejo, and then November 19 in San Francisco. The Athlete of the Month for November is Austin Rickenbacher.

Gymnastics

CYC Gymnastics had its Gymnastics Extravaganza and Fall Fest Competition, October 14 and 15. They were two great events! The Extravaganza had our Dyno and Skill gymnasts showing their gymnastic skills, with little highlights from our developmental and competitive teams. The Fall Fest Gymnastics competition was run like a fine-tooled machine. The CYC gymnastic parents did an excellent job. Headed by CJ Lamborn, they ran a competition with over 200 competitors and made an amazing profit for the CYC.

Our team members competed well. In the level 4 child division, CYC gymnasts Victoria Tobol, Natalie Spencer and Naomi Hamilton went 1-2-3 in the all around – a CYC sweep! Victoria also became Uneven Bars and Beam Champion and placed 2nd on Vault and Floor. Natalie placed 4th on Vault, 2nd on Uneven Bars, 3rd on Beam and 3rd on floor. Naomi Hamilton placed 3rd on Vault, 4th on Uneven Bars, 2nd on Beam and 4th on Floor. In the Junior A Division, Hailey Lopez became Vault Champion and placed 3rd on Beam and the All Around. In the same division Camylle Callahan placed 3rd on

Athlete of the Month: Jack Ferguson

Uneven Bars. In the Junior B Division Anya Holbrook placed 3rd on Uneven Bars, 2nd on Beam and 3rd in the All Around. In the Senior age division, Anika Norman Became Uneven Bars champion and placed 4th on Vault, 3rd on Beam, 2nd on Floor and 2nd in the All Around. In the same division, Caitlin Biles placed 3rd on Vault and 2nd on Floor and Minerva Melendrez placed 2nd on Beam. The Level 4 team placed 2nd.

In Level 5 in the child age division Rachele Zarate became Beam Champion, she placed 2nd on Uneven Bars, 3rd on Floor and 2nd in the All Around. In the Junior A Division, Melissa D'Alberti placed 3rd on Vault, 2nd on Uneven Bars and 4th on the All Around. In the same division, Jenna Lindenau placed 3rd on Uneven Bars and 3rd on Floor. In the Junior B Division, Courtney Sanderson was Uneven Bar Champion. She placed 4th in the All Around. In the Senior B Division, Jessica Krause became the Vault, Uneven Bar, Floor and All Around Champion!! She also placed 4th on Beam. The Level 5 team placed 2nd.

In the Level 6 Senior Division Kylie

Clowes became Vault and Uneven Bar Champion. Congratulation girls!

Our Gymnast of the Month is Jack Ferguson. Jack has been in our Dyno program since he was 3 years old. Jack is always eager to learn new skills. He listens intently to instruction and then gives it his all in execution. It has been a privilege to have Jack in our program and to witness his growth over the last couple of years. Congratulations Jack!

