

YAK UPDATES



YAK DASH REGISTRATION NOW OPEN

Registration for our first home invitational is now open! This will be a USA Developmental meet open to all swimmers 12 and under. Please login to Commit to register your swimmer and select their events.

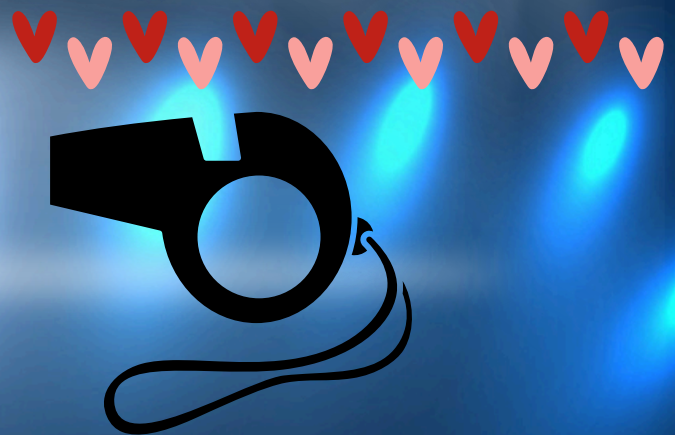
PREPARING FOR CHAMPIONSHIPS

CHAMPIONSHIP SEASON IS FAST APPROACHING

As we come into February, we are just over a month away from our Championship swim season! Our entire coaching staff is readily preparing new practice drills to help our swimmers not only qualify for championships, but improve their times! If you have any questions about the final upcoming meets for your swimmer to qualify, please don't hesitate to reach out to your swimmers coach!



YAK SPOTLIGHT



If you haven't noticed, there has been a new face on deck! Dave Horton has joined the CYA coaching staff and has been primarily working with our Senior Group. Coach Dave comes to CYA with 20 years of experience in coaching swim. His past experience includes head coaching at the Aquatic Club West Shore, taking his team to numerous championships with both the CPAL & CASL leagues. From 2009-2018, Coach Dave was also the head coach of the Cedar Cliff High School swim team. In addition to these coaching positions, he also coached at Keystone Aquatics. Welcome, Coach Dave!

MAKING WAVES

YAKS SWIM AT THE SWEETEST PLACE ON EARTH



On January 18th, 2025 Hershey Aquatic Club hosted two meets in which CYA swimmers had the opportunity to participate in.

Our first group took to the water early morning for the distance session. These Yaks really tested their athleticism in swimming a 1650!

At the second session our 12 and unders made waves during the Mighty Titans Developmental meet.



NEWS & EVENTS

CURRENT CHAMPIONSHIP QUALIFIERS

Check out all the new events we added since January! **(noted in bold)** For the current qualifying times check out MA Swimming.

10 & Under Champs

- Emme Clark (25 & **50 FR**, 25 BK, **25 BR**)
- Beckett Crawford (50 & 100 FR, 50 & 100 BK, 50 & **100 BR**, 50 & **100 Fly**, 100 & 200 IM)
- Valerie Delgado (50 & **100 FR**, **100 BK**, **50 Fly**)
- Amelia Lingg (**25 FR**, **25 BK**, **25 Fly**)
- Avnoor Mahil (25 FR, 25 BK)
- Lilly McGruder (**50 & 100 FR**, 50 & 100 BK, 50 & **100 BR**)
- Camden Rupp (25 FR, 25 BK. **25 BR**)
- Aubrey Shaw (50 & **100 FR**, 50 & **100 Fly**, **100 IM**)
- Bailey Shaw: (**50 FR**)
- Dylann Spence (25 FR, 25 BK)

Silver Champs

- Landon Harnish (50, 100 & 200 FR, 100 & 200 BK, 100 & 200 BR, 100 Fly, 200 IM)
- Trey Hess (100 BR)
- Aidan Kane (50, 100, 200 & 500 FR 100 & 200 BR, 100 Fly, 200 & 400 IM)
- Levi Kane (50, 100 & 200 FR, 100 & 200 BR, 100 Fly, 200 & 400 IM)
- Bennett King (50, 100, 200 & **500 FR**, 100 BK, 100 Fly, 200 IM)
- Liz Le (100 FR)
- John Le (50, 100 & **200 FR**, 50 & 200 BR, 50 & 100 Fly, **100 IM**)
- Leo Le (50, 100, 200 & 500 FR, **100 BR**, 100 & **200 Fly**)
- Foxx Monroe (100 & 200 FR, **50** & 100 BK, 50 & **200 BR**, 50 & 100 Fly, 100 & **200** & 400 IM)
- Sophia Quigley (50 & 100 & **200 BR**, 100 IM)
- Ugyen Ruit (200 FR, 100 BK)
- Taurean Shaw (100 & 200 FR, 100 BK, 100 BR, 100 Fly, 200 IM)
- Elliott Soffer (100 & **500 FR**, 100 & **200 BK**, **200 Fly**, **200 IM**)
- Evan Starner (50 & 100 FR, 100 BK, 100 & 200 BR, 100 Fly, 200 & 400 IM)
- Aaron Young (**50**, 100, **200** & 500 FR, 100 BK, 100 BR, 100 Fly, **400 IM**)

REMINDERS

- When signing up to volunteer at an away meet, please be sure to sign-up on Commit as well

UPCOMING MEETS

- WSY Presidents Day Meet Feb. 14-16
- Yak Dash Developmental March 1
- Championship Meets March, 2025

FEBRUARY BIRTHDAYS

- 5 Elizabeth Le
- 8 Dylann Spence
- 12 Avnoor Mahil
- 14 Lilly McGruder
- 22 Sophia Quigley
- 22 Alivia Tice



CHAMPIONSHIP DATES & LOCATIONS

10 & Under Champs
March 8-9, 2025
Derry Township Community Center

Silver Champs
March 28-30, 2025
Graham Aquatic Center



USA SWIMMING



VOLUNTEER POINTS FOR FALL/WINTER '24-'25

As a member of the Central York Aquatics club, all families are required to fulfill volunteer points each season. For the Fall/Winter season the team handbook states each family is required to fulfill 40 volunteer points as well as donations for concession points. We are aware that there have not been significant opportunities at meets for families to fulfill these points. Fear not! With the newly approved home Yak Dash meet in March and Championship meets, there will be many more opportunities for you to fulfill these points.

If you are able to volunteer at any of the away meets (USA or league) please be sure to sign-up on Commit as well as registering through the host team's sign-up site. This will ensure we have your points recorded in more than one place when double checking what is on Commit and what the host team recorded. Additionally, if you are at a meet and asked to volunteer but did not sign up prior to the day of, please send an e-mail to swimcyaactive@gmail.com so we can record your points in Commit.

For any questions or concerns regarding volunteer points, please reach out to any board member. We appreciate all of your support and dedication to our swimmers! Thank you for all you do!

VOLUNTEER OPPORTUNITIES

Are you looking for ways to fulfill your volunteer points? Look no further, USA swimming is in need of various trained volunteers to ensure our swimmers have fully staffed meets to participate in. There are many volunteer positions that are needed in order for teams to successfully run a USA meet: stroke and turn official, starter, administrative official, operational risk director and so many more! Most of these positions do require some type of training and certification. But fear not, you can easily get started online (some only require an online training!) And your final training sessions (if needed) can be completed at any of our upcoming meets. The process is simple and we have board members willing to walk you through each step.



To learn more reach out to swimcyavicepresident@gmail.com



2024

CENTRAL YORK AQUATICS

2025

TEAM PHOTOS STILL AVAILABLE

Pictures can still be purchased through the photographers website. Any questions or concerns please reach out to the photographer directly at <https://www.orendorffstudios.com/>

Coach Aaron would like to have individual swimmer photos available to use for spotlights. If you purchased the digital version of your swimmer's individual photo, please forward a copy to swimcyavicepresident@gmail.com



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