

CBR Barracudas April 2023 Wrap-Up



CBR Barracudas Month in Review

Thank you again to everyone for your continued support and help throughout the season. Special thanks to members of the Parent Volunteer Community, led by **Sherry Petrakis, Stephanie Downey, Jessica Martin, Christy Hollingsworth, Aryana Hendrawan & Sherri Bozzacca**, who coordinated the team party at Bush Park on May 7th. It was a great event where we had the chance to recognize some of the successes from the 2022-23 season as well as a chance to play games and socialize with members of our community.

After a brief break in April the team jumped back into the water and for almost a month now preparing for the upcoming summer swim season as well as next year. Over the last few weeks we began to introduce our new strength/dryland training for our Seniors and Pre-Seniors, with the help of Coach Kymm. Much of the time right now is focused on education and corrective work. We will begin introducing more aerobic core work in the coming weeks and throughout the summer.

Follow us on Instagram & Facebook @ CBR.swimming for updates and future news about your CBR Barracudas!!!!

Junk In Junk Out

How we fuel our bodies matters and not just on the day of or before a competition. Building good habits of eating right, before, after, during and everything in between helps us feel good and perform at our best. With summer ahead and lots of exciting sugary treats at meets, here are two articles from USA Swimming that can help guide us as parents on what our young athletes should be using before and after competitions.

[Fueling for Competitions](#)

[Recovery Nutrition](#)

So Cool

This past year at YMCA Nationals, members of the CBR Barracudas Swim Team had the opportunity to hear Cullen Jones, an Olympic Gold Medalist, talk about his swimming career as well as his experience being a member of the greatest swimming race of all time, the men's 4x100 Freestyle Relay in the 2008 Beijing Olympics.

The race is known for the French confidence to "Smash" the Americans, Michael Phelps'

Gold medal to surpass Spitz, and the old man Jason Lezak's last 50. However, what Cullen shared with the room full of swimmers, coaches and officials at YMCA Nationals was not about the actual swim, which he said he could barely remember, it was everything that led up to it and after that moment.

Cullen talked about his training and how leaving it all in the pool all the time mattered. It gave him confidence which helped propel him to the fastest split in the prelim session, earning a spot on the relay for finals. He also shared how Kobe Bryant and members of the USA Basketball team cheered so loudly in the stands that someone had to tell them to be quiet and how afterwards those same NBA stars found Cullen and his teammates just to tell them how amazing and inspiring they were.

Just in case you have never watched the race [here it is](#), enjoy.

Next Up for the Barracudas

The Teams first summer long course meet will be the weekend of May 20th & 21st at GCIT, hosted by the YMCA Ridley Rays. Over thirty of our student-athletes will be participating in the meet. For some this will be their first Long Course meet, very exciting!!!!

Registration for the 2023-24 CBR Barracudas Season will open to **returning swim team members** the week of June 16th. A communication will be sent to all families who were registered with the team last season letting them know how to register.

New swimmer evaluations for the 2023-24 Season will be held on Tuesdays, Thursdays and Sundays in July, starting July 11th through July 27th. If there are any families or individuals interested in joining the team next season please have them contact Coach John at jfoff@ymcabhc.org.

On June 25th several members of the team and Coaching Staff will be competing at the Steelman Open Water Swim, held at Lake Nockamixon. Registration for this event is still open, please check team unify for more details. If any families have questions please contact Coach John for more information.

Remember to follow the team on Facebook and Instagram @ CBR.swimming

Important Upcoming Dates

May 20 & 21	Ridley Long Course Stakes Swim Meet
May 26, 28 & 29	NO PRACTICES Memorial Day Weekend
June 3 & 4	UMLY Long Course IMX
Jun 16	REGISTRATION FOR 2023-24 OPEN
Jun 25	Steelman Open Water Swim
July 9	Fanny Fest Invitational

Swimmer Spotlight

Let's get to know some of the members of the CBR Swim Team a little better:



Quinn Mangan is a member of our 10 and under age group and started competitively swimming when he was 7 years old. His favorite stroke is the breaststroke and the Individual Medley (IM). His favorite swimming events are the 50 Breast and the 100 IM. Quinn's swim meet prep involves eating pancakes from McDonalds. His swimming goal for next season is to do "really well" at Y States.

School – Quinn attends Groveland Elementary School and is in 4th grade. He was recently accepted into the advanced math class for next year and has also applied to be a Safety for the 2023-2024 school year. His favorite subject in school is math; no wonder he's starting advance math next year!

Fun Facts – Quinn's favorite color is turquoise and an interesting fact about his is that he has two older brothers. Everyone is probably familiar with Connor, but he also has a brother named Liam who doesn't swim but plays soccer and runs track. When Quinn's not in the pool he can be found enjoying video games and hanging out with friends. His proudest non-swimming moment was when his flag football team won the Cotton Bowl. Lastly, Quinn's favorite family vacation was when they wen to Disney World and his favorite park was Epcot.



Ava Quigley is a member of our 11-12 age group. Although she started swimming at the age of 9, she didn't start to swim competitively until the age of 11. Her favorite stroke is the butterfly and her favorite event is the 50 butterfly. Ava's swim meet prep involves listening to music and eating a healthy breakfast. Her swimming goal for next season is to make the Districts Team again and swim the 200 Butterfly event.

School – Ava attends New Hope Solebury Middle School and she is finishing up her 7th grade year. She recently received a 100 on her Algebra test and has made Distinguished Honor Roll for 7 straight report cards; way to go Ava! Her favorite subject in school is Social Studies.

Fun Facts – Ava's favorite color is blue and something interesting about her is that she is left-handed. When Ava is not swimming, she enjoys playing with her puppy Tucker. Her proudest non-swimming moment was when she got straight As in every marking period since she started middle school; what an amazing accomplishment! Her favorite family vacation was

when they went to the Bahamas and they stayed at Baha Mar.



Richard Mahony is a member of our Senior group and has been swimming competitively since he was 10 years old. His favorite stroke is the breaststroke and his favorite event is the 100 Breaststroke. Richard's swim meet prep involves eating a big meal the night before and a protein bar and eggs the morning of a swim meet. He also listens to his favorite music to help him "lock in" and to concentrate on his goal(s) for the meet. His swim goal for next season is to make States for High School in 10th grade and be in the top 20 at Nationals.

School – Richard currently attends Central Bucks South High School and is in 9th grade. His favorite subject in school is History. He is a member of the National Junior Honor Society.

Fun Facts – Richard's favorite color is dark purple. An interesting fact about Richard is that in the Fall he plays linebacker position for the Central Bucks South Football Team. When he isn't swimming he enjoys lifting weights, playing football, playing video games, and hanging out with friends. His favorite family vacation is when we head to the Outer Banks every summer for a week with his cousins and family.

Follow us on Instagram & Facebook @ CBR.swimming

Parent Volunteer Community Update

Returning PVC Members

Sherry Petrakis
Mary Catherine Hofmann
Stephanie Downey
Aryana Hendrawan

New PVC Members – WELCOME!

Sheri Bozzacco
Christy Hollingsworth
Jessica Martin

CBR Barracuda Coaches

Tim Ryan

Associate Wide Dir. of Comp. Aquatics

Head Coach Upper Bucks Region

Coach Email: tryan@ymcabhc.org

John Foff

Dir. of Comp. Aquatics Doylestown

Head Coach Lead Senior/Pre-Senior

Email: jfoffiii@gmail.com

Mary Catherine Capizzi

Assistant Coach Lead Age Group Level Coach

Email: mcat.capizzi@gmail.com

Kevin Murray

Assistant Coach Age Group Level

Chip McElrath

Assistant Swim Coach

Tanya Barone-Durant

Swim Coach

Leah Miksa

Swim Coach

Eve Zucker

Swim Coach

Gretchen Booth

Swim Coach

Gabe Wingert

Swim Coach

<https://www.teamunify.com/team/macbfy/page/system/coaches>

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