

CBR Barracudas May-June 2023 Wrap-Up



CBR Barracudas Two Months in Review

[Registration](#) for the 2023-24 CBR Barracudas is now open to **returning swim team members**. Sign-up and register by July 31st, to reserve your spot on next year's team.

The team was busy in May & June attending Long Course swim meets, Open Water Swims and continuing to help build strong skills at practice.

There were 34 CBR Barracudas who competed in the Ridley Long Course Stakes meet, held at GCIT on May 6th. It was a good first meet to our Long Course season, where some of our teammates experienced their first Long Course races, while others got a chance to remember what it's like to lose a turn.

At the UMLY IMX Challenge meet, 26 CBR Barracudas competed in an outdoor long course meet, with some challenging long course races. There were over sixty time drops at the meet and nearly everyone had a chance to get used to looking at the clouds while swimming backstroke.

On June 25th 10 Barracudas and 1 Coach competed in the first of 3 Steelman Open Water Swims on our calendar. Open water swimming is a different type of swimming that many swimmers do not get a chance to experience until they are adults. Overall the team had a great showing with everyone making it to the podium and coming home with some really cool medals.

Reminder to everyone please check out the [Team Website](#) for our current Summer Practice Schedule.

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

Junk In Junk Out - Dryland Training

As we begin to rollout our Strength Training Program for the Fall with Coach Kymm & Erik, here are the five major reasons we are incorporating dryland training into our training program:

1. **Building Muscle and Bone Density** - Despite the repetitive movements and whole body integration while swimming, muscle groups are not triggered to develop significantly. Swimmers have a tendency to have low bone density because they spend the majority of their training in the pool. Dryland training and loading weight on bones stimulates bone tissue to develop.

2. **Building Core Strength** - A strong core enables the swimmer to accelerate faster in a turn, and carry more speed off a dive with a clean entry. In order to transfer force efficiently from one part of the body to another, an athlete needs a strong core that engages quickly. This applies to every part of a swimmer's race, from the hip rotation in freestyle to the underwater dolphin kick off the wall.

3. **Injury Prevention** - The repetitive motions in swimming can lead to chronic injuries. Dryland training varies an athlete's patterns of movement and challenges their muscles to learn new exercises. It can target areas left underdeveloped by swimming and relieve some of the demand placed on more stressed muscle groups.

4. **Learn Correct Biomechanics** - The ability to use proper body position for a variety of exercises requires focus, muscle recruitment, and coordination. Swimmers develop better posture through core engagement and upper body strength, which helps improve breathing in the water while improving balance and stability through developing the smaller stabilizing muscles will translate into more streamlined movements in the water.

5. **Generate More Power** - Dryland training will develop power much more effectively than in the pool. Power training will result in quicker bursts of energy, faster times off the block, and more efficient turns in the pool.

So Cool - A Little Team History

In 2011 former Coach Betsy McCormick, who was the Doylestown YMCAs Aquatics Director at the time, saw a need to have a YMCA Competitive Swim Team in our community. Initially the team was simply an intramural program primarily made up of young children. Then in 2012, through Coach Betsy's hard work and determination the Doylestown YMCA Competitive Swim Team, The Dolphins, was born.

The team started off with only a handful of swimmers and a vision to have a competitive YMCA swim team focused around hard work, progress for all swimmers at all ability levels, friendly & fiercely competitive as well as inclusive. This vision and Coach Betsy's hard work, along with that of other coaches and volunteer parents over the last 12 years, have helped build a positive and successful YMCA Swim Team that we are proud of and honored to continue growing into the future.

As part of the end-of-year celebration Coach Betsy felt it was important to recognize 2 swimmers who stood out from the rest as integral members of the team, highlighting competitive prowess and team spirit. In May at our Team Banquet, the Betsy McCormick Dolphin & Spirit Awards were handed out to Connor Mangan & Lina Hofmann:



Our **Dolphin Award** is given to someone who exemplifies excellence in the pool and on deck. The recipient demonstrates a focused work ethic in practice, a willingness to accept challenges and a hunger to continually improve. Swimmer encourages the growth and development of the Doylestown YMCA Swim Team community by being supportive of his or her teammates and displaying good sportsmanship in competition. This year's recipient of the Dolphin award was **Connor Mangan**.

Our **Spirit Award** is given to a dedicated swimmer. This swimmer is a reliable and supportive teammate. The recipient works hard, has a positive outlook and is an excellent role model. This swimmer makes up the “glue” of the team helping create and promote an environment of cohesiveness and stability. These are essential qualities of all successful sports teams. This year’s recipient of the Spirit Award was **Lina Hofman.**



Next Up for the Barracudas

Registration for the 2023-24 CBR Barracudas Season is now open to **returning swim team members.**

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 or please share the link to the [New Swimmer Evaluations Sign-up](#).

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

June 16	REGISTRATION FOR 2023-24 TEAM NOW OPEN
July 6-9	Senior Champs - Carlisle, PA
July 9	Fanny Fest - Fanny Chapman Pool, Doylestown, PA
July 14-16	Silver Champs - GCIT
July 20	Junior Champs - Franklin & Marshall
July 27	Last Summer Practice
August 1	New Swimmer Invitation & Registration Open
August 13	YMCA Annual Kids Tri
August 20	Steeleman Open Water Swim

Swimmer Spotlight

Getting to know some of our CBR Swim Team a little better:



Ben Nejman is a member of our 11-12 age group. He stated swimming at the age of 8 and his favorite stroke is the backstroke. His favorite event is the 100 backstroke. Ben's swim meet prep includes eating a Wawa pretzel! His swimming goals for next season are to make it to districts and maybe states!

School – Ben attends Lady of Mount Carmel (OLMC) school and is finishing up his 6th grade year. He and his family are very proud of him for competing in a High School math competition this year. His favorite subject in school is English Language Arts (ELA).

Fun Facts – Ben's favorite color is lime green. Something unique about him is that he broke the same bone in his arm twice in the same year! What will you find Ben doing when he is

not swimming; he enjoys anything and everything that involves baseball! He loves playing the game, going to Phillies games, and watching any baseball game that's on TV. One of his proudest non-swimming moments was when he ran a really fast mile in gym class; not an easy thing to do! Ben's favorite family trip was when they did a road trip through Tennessee last summer.



Elizabeth "Lizzy" Downey is a member of our 11-12 age group. Lizzy started swimming on the intermural swim team when she was 6 years old. Her favorite stroke is the backstroke because she feels smooth when doing it and she can breathe the whole time. Her favorite swimming event is the 200 IM. Lizzy's swim meet prep includes lounging around in comfy clothes, listening to music on the way there, and feeling good vibes when she's with her friends on the deck. Her swimming goal for the next season is to make cuts for Nationals and JO's.

School – Lizzy is finishing up 6th grade at Titus Elementary. In school, Lizzy prepares each week a "Weekly Feature" that is a focus on music and is shown each Thursday morning during the morning announcements; the teachers look forward to her music feature each week. She also recently participated in the first ever Central Bucks Triathlon. She was also chosen to sing a solo in her upcoming chorus concert where she will also be playing the violin and trumpet. Her favorite subject in school is reading.

Fun Facts – Lizzy’s favorite color is Tie Dye. An interesting fact about her is that she has a cousin (Ryan) who was born three days after her in the same year and then Ryan’s brother Drew, Lizzy’s other cousin was born exactly a year after her so they share a birthday! When Lizzy is not swimming you will find her playing her trumpet or reading. Her proudest non-swimming moment is when she stood up for a classmate that was being made fun of; the classmate told Lizzy that she had never had anyone stand up for her before. Lizzy’s favorite family vacation was when she, her mom, and dad went to Universal Studios over Christmas break; she loved every moment of it and can’t wait to go back!



Finn Zackham is a member of our 13-14 Pre-Senior group and has been swimming competitively since he was 14 years old. His favorite strokes are freestyle and backstroke. His favorite swimming event is the 200 Free Relay. Finn’s swim meet prep includes eating a big breakfast and stretching before his events. His goal for next season is to beat all of his times from the previous year and to gain lots of points for the team.

School – Finn attends New Hope-Solebury School and is finishing up 8th grade this year. At school he recently made it into All-Honors classes for the next school year! His favorite subjects in school are history and writing.

Fun Facts – Finn’s favorite color is blue. An interesting fact about Finn is that New Hope-Solebury is the sixth (and final) school that Finn has attended. He has lived in four different states and in eight different houses, “My parents have issues. LOL”. When

Finn is not swimming or moving he loves hanging out with his friends. His proudest non-swimming moment was making Distinguished Honors in school. Finn’s favorite family vacation was when his parents home-schooled him and his brother Cole as they all traveled to Europe, Africa, Central and South America.

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Parent Volunteer Community Update

PVC Members

Sherry Petrakis
Jessica Martin
Stephanie Downey
Aryana Hendrawan
Sheri Bozzacco
Christy Hollingsworth

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 Senior Level Coach

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Kevin Murray

Lead Pre-Senior Coach Levell

Chip McElrath

Lead Age Group Level 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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