

CBR Barracudas February 2023 Wrap-Up



CBR Barracudas Month in Review

Congratulations Everyone!!!! The team successfully started February with a BANG, clinching its first PennDel Jefferson Division Championship, winning 8 of the 10 age group divisions.

Thank you to the PVC and all our Volunteers who helped honor our five Graduating Seniors and coordinate our first Super Bowl Splash IntraSquad Meet held at Upper Dublin High School. This was our first time hosting a meet at a pool other than our own. While we learned much about hosting a meet to help build on for next year, overall the event was a success, from the volunteer help, to swims in the pool and leaving the space clean.

Special thanks to swimmers Molly Gross & Lina Hofmann, as well as Sherry Petrakis who helped organize and hand out envelopes with medals and ribbons earned by swimmers at meets from October through January. There are still several envelopes at the pool, so please ask the coaches at practice if you did not get one already.

Finally we ended February with a KABOOM at the Charlie Hartley Silver Champs Meet, where the team saw multiple time drops, district qualifications achieved and lots of hard competitive swimming, launching us into the final month of Championship meets.

Next Up for the Barracudas

March and the first week of April, finish our winter season with five Championship meets, three being YMCA meets & two being USA meets.

Our first meet is the weekend of March 10th to 12th, where 65 CBR Barracudas will represent the

team at the **Pennsylvania YMCA Eastern District Championship Meet** at Swarthmore College. The pool is a 10 lane facility, promising to be very fast and competitive. Starting March 5th, coaches will begin the process of resting and preparing those individuals competing at the district meet for their races. It is important that everyone get quality sleep, do your homework, eat right, stay positive and focus on your races at practice (individual events posted at the pool and through TeamUnify).

Individuals and relays placing in the top 6 at the YMCA District Meet will automatically have the opportunity to move on to the **Pennsylvania YMCA State Championship Meet** held at Mylan Park Aquatic Center in Morgantown, WV, the weekend of March 24th to 26th. Individuals and relays who place top 24 across the state, based on District results will also have the opportunity to advance to the State meet. More information to come after all three PA YMCA District meets have concluded.

Currently, twelve USA Registered CBR Barracudas have achieved times qualifying them for the **Mid Atlantic Junior (March 16th)** and **Senior (March 23rd) Champs** meets. Coaches have reached out to those individuals already.

Finally, we end the winter season with the live streaming telecast and always exciting **YMCA Nationals Championship Meet** in Greensboro, NC from April 2nd through the 8th. Currently 8 CBR Barracudas and 3 relays have qualified for this meet.

Important Upcoming Dates

Mar. 1st	Fanny Chapman Registration Open
Mar. 5th	New Swimmer Evaluations 3-4
Mar. 10-12	PA YMCA Districts
Mar. 16-19	USA Swimming Mid Atlantic Junior Champs
Mar. 19th	New Swimmer Evaluations 3-4
Mar. 24-26	PA YMCA State Championships & USA Swimming Mid Atlantic Senior Champs
April 2-8	YMCA Nationals Championship Meet

Spring Summer Program

While the YMCA CBR Barracudas Swim Team is an 11 month program, running from Sept. through July, we recognize that there is life outside of the pool. However, we want to make sure we are offering everyone the opportunity to get what they need to enjoy the sport, achieve success and have a place to help them improve.

From Sept. through the first week of April we run our Winter Competitive Season, while from mid-April through the end of July our focus will shift to more skills based work at practices, strength training, as well as offering Long Course competition. Our goal during the Spring-Summer season is to help build not just stronger swimmers, but stronger athletes. We will be bringing back our Strength/Dryland Training and spend more of our practice time on proper stroke mechanics and technique. The little things matter.

In our Spring/Summer season we plan to attend 3-4 USA/YMCA Swim Meets and 1 Open Water Swim, with our season ending meets being YMCA Long Course Nationals, Junior Champs and Seniors Champs. This means for those swimmers looking to continue competing through our program you will have that opportunity, but for those individuals looking for more skills based work we will have that as well.

Over the Month of March we will be communicating out our full Spring/Summer practice schedule, meet schedule, strength/dryland training, and practice times as well as practice focus (i.e. Starts & Turn Day, Butterfly Day, Backstroke Day, Underwater Kick Day, etc...).

Swimmer Spotlight

Lina Hofmann

Lina is a graduating Senior from CB West and member of the CBR YMCA Swim Team for 12 years. She has been an integral part of the program's success, being part of the Nationals Team since the age of 13. Lina will be attending college in the Fall, majoring in Architecture. We asked all the Seniors what she loved most about their time with the YMCA swim team, here is what Lina had to say:

“One of the most impactful things for me this season have been my occasional visits to

the Y after high school practice and I see all you younger swimmers packed in the lanes doing the drills I used to do with smiles I used to share, and it truly helped me remember why I love this sport. The people, the coaches, the silly drills, and themed practices like anything but a cap day all make up the family we've built on the Y. If I were to say one thing to our younger swimmers, it's that every time you cheer at the end of someone's lane or do a silly huddle before a relay you're going to think back to those moments and be thankful for everyone around you."

Aidan Maloney

Aidan will be graduating this Spring from LaSalle High School and will be attending Penn State University in the Fall majoring in Meteorology. Aidan has been an important and valued member of the YMCA team for years. His leadership, commitment, hard work, success and kindness embody what we try to help young student athletes develop through the YMCA.

Austin Wakefield

Austin will be graduating from CB West this Spring and attending LaSalle University where he will Major in Finance and compete as a member of the Men's Swim Team. Austin did not start competitively swimming until he was a freshman in high school and did not join the YMCA team until the end of his Sophomore year. However, in that short span of time he went from learning how to do a flip turn to reaching YMCA Nationals.. Austin's drive to improve, patience, coachability and integrity have allowed him to improve and grow both as a swimmer and as an individual.

Kade Cimikasky

Kade will be graduating from CB West this Spring and attending Susquehanna University majoring in Criminal Studies and competing as a member of the Men's Swim Team. This was Kade's first year with the YMCA Swim Team, and was an integral part of the boys 200 Freestyle Relay Qualifying for Nationals. Kade's good nature and leadership will be missed.

Parent Volunteer Committee Update

Members of PVC

Sherry Petrakis
Gar Frustaci
Stephanie Downey

The Parent Volunteer Committee has been an integral part of our program. Members of the PVC have helped coordinate fundraisers, team events, apparel, meet planning, charity events, and most importantly how we can work to improve the team into the future. If anyone is looking to get involved and wants to be a part of

the Parent Volunteer Committee, please reach out to Sherry Petrakis or John Foff for more information.

CBR Barracuda Coaches

Tim Ryan
Associate Wide Dir. of Comp. Aquatics
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Chip McElrath
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John Baxter
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Eve Zucker
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Gretchen Booth
Swim Coach

Gabe Wingert
Swim Coach

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