

## Message from the President

Hello CUDA Families,

The 2017-2018 short course season has officially come to an end! CUDA had a great short course season. Here are just a few highlights -

- CUDA won the 8&Under Northern Colorado Championships
- 50+ CUDA swimmers qualified for Short Course State
- Some state qualifiers won their events to be named state champions in their events
- 15 CUDA swimmers went to Super Sectionals and many qualified to swim again in finals
- 15+ CUDA swimmers went to the 2018 ISCA/NASA TYR Elite Showcase Classic
- 

CUDA sponsored the 1st annual CUDA Carnival swim meet and it was a huge success. I stopped by to check out the meet and loved watching the 10&U swimmers. I see many state champions in our future! Many of our swimmers had best times. The prize wheel was a huge hit.

As we prepare for long course season, CUDA took inventory of service hour job positions and are looking for a few families to assist in filling a few open positions. If you are interested in any of the following positions, please send an email to [president@teamcudas.com](mailto:president@teamcudas.com).

- Timing Console: Responsible for running the timing system during a meet session.
- Computer: Compares lane timer times to console results to verify swimmer times and makes adjustments as necessary on meet computer, posts results at meet, prints award labels for awards, provides meet results to coaches on flash drive (provided by coaches)
- BCC Meet Director: Coordinates with BCC Head Coach on planning and running a BCC pizza meet. The Meet Director is required to be on site during each session of the meet.

If short course season is any indication of how long course will go, CUDA long course season will be fabulous!!

**Laura Lierz**  
**CUDA President**

[president@teamcudas.com](mailto:president@teamcudas.com)



## CONGRATULATIONS CUDAS...



### 2018 Super Sectional Team Coach Andrew & Coach Liz

Sam Anderson	Kandice Chandra	Charlotte Fieiki	Harrison Lierz	Sophia Romero
Lane Austin	Jordan Dolan	Maggie Holst	Jillian Martin	Tony Saenz
Sydney Bales	Shannon Feran	Payten Irwin	Jonus Ortega	Bella Walters



## 2018 Showcase Team Coach Tom & Coach Clint

Indigo Armon	Ellie Foulke	Marissa Inouye	Jackson McDonald	Hector Mu	Sabrina Rachjaibun
Aidan Bailey	Connor Hassert	Max Kulbida	Kaylee McDonald	Aditya Nandyal	Sam White
Tegan Barrier	Maelynn Higgins	Makenna Lindeman	Bridget Moran	Izzy Perkins	Alvina Zhang



## NEW CUDA TEAM RECORD HOLDERS (Short Course)

### 11-12 Girls:

#### **100 Breaststroke (1:10.69)**

Kaylee McDonald (2018 Elite Showcase Classic)

#### **200 Breaststroke (2:35.98)**

Kaylee McDonald (2018 Elite Showcase Classic)

### 13-14 Girls:

#### **100 Back (57.99):**

Sydney Bales (2018 Texas Super Sectionals Meet)

#### **400 Medley Relay (4:05.93)**

Makenna Lindeman, Emma, Kulbida, Sydney Bales, Indigo Armon (2018 14&U CO State Meet)

### 13-14 Boys:

#### **1000 Freestyle (9:47.90)**

Jackson McDonald (2018 Elite Showcase Classic)

#### **1650 Freestyle (16:07.35)**

Jackson McDonald (2018 Elite Showcase Classic)

### Open Girls:

#### **800 Freestyle Relay (7:58.95)**

Jordan Dolan, Shannon Feran, Jillian Martin, Maggie Holst  
(2018 Texas Super Sectional Meet)

### Open Boys:

#### **50 Freestyle (21.16):**

Lane Austin (2018 Texas Super Sectionals Meet)

#### **100 Free (45.10)**

Harrison Lierz (2018 Texas Super Sectionals Meet)

#### **200 Freestyle (1:43.06):**

Harrison Lierz (2017 Scary FAST)

#### **100 Butterfly (49.23):**

Harrison Lierz (2018 Texas Super Sectionals Meet)

#### **100 Backstroke (48.61)**

Harrison Lierz (2018 Texas Super Sectionals Meet)

#### **100 Breaststroke (59.97):**

Sam Anderson (2018 Texas Super Sectionals Meet)

#### **200 Breaststroke (2:11.95):**

Sam Anderson (2018 Texas Super Sectionals Meet)

#### **200 Individual Medley(IM) (1:50.21):**

Harrison Lierz (2018 Texas Super Sectionals)

#### **800 Freestyle Relay (6:59.46)**

Tony Saenz, Lane Austin, Jonus Ortega, Harrison Lierz

(2018 Texas Super Sectional Meet)

#### **400 Freestyle Relay (3:09.63)**

Jonus Ortega, Lane Austin, Sam Anderson, Harrison Lierz  
(2018 Texas Super Sectional Meet)

#### **400 Medley Relay (3:30.27)**

Harrison Lierz, Sam Anderson, Lane Austin, Tony Saenz  
(2018 Texas Super Sectional Meet)



## 2018 1ST Annual 10&U CUDA CARNIVAL Coach Lauren, Coach Eric & Coach Alan



## Announcements:

### **It's that time of year! Save the Date for our annual Swim-A-Thon!**

I'm excited to be planning the 2018 Swim-A-Thon! Please mark your calendar for :

**Tuesday, May 15th, 5:30 - 7:30.**

More details regarding the fundraising website, our fabulous prizes and the celebratory BBQ will be coming soon!

The Annual CUDA Swim-A-Thon is an event that builds and strengthens friendships with teammates and it's always amazing for me to see how proud our swimmers are to reach their goal!! All swimmers, from the youngest to the oldest, those just starting out to those well-seasoned, come together each year and for sure give it their all for their Team at this event. Watching those younger swimmers wrap up their laps while "Final Countdown" plays at VMAC is for sure a sight to see!!

In addition, this fundraiser helps our Team raise the money necessary to support our operational costs. We thank you in advance for your support!!

Please watch for future emails from me with all the details. If you have any questions, please don't hesitate to reach out! We look forward to having your swimmer in the pool on May 15th!!

Thank you!

Michelle Moran

## Coaches' Corner | Head Coach Andrew



Our short course season has just wrapped up. Whether your swimmer's championship meet was 8 & Unders, Northern Colorado Districts, 14 & Under State, Senior State, Showcase in Florida or Sectionals in Texas. We're proud of our Cuda athletes!

We were able to put an ('18) next to dozens of new teams records from 10 and under all the way up to Open. It's exciting to see us continue to progress and make strides. Hopefully everyone was able to get a little downtime and recharge their batteries both mentally and physically so that our long course season can be just as successful! This is a valuable 6 weeks for swimmers and coaches. Our meets don't really start up again until early May, so it gives us time to work on fundamentals and skills at a heightened state. It's almost like a September mindset. Please make sure you get your swimmers to practice on a consistent basis because the skills they work on could very well be setting the foundation to a new state or new zone qual time in June or July!

[Coach Andrew Brand](#)

## Informational Article of the Month

Please click on the link below to check out Coach Andrew's recommended article for the month:

[On Moving Up to a New Coach](#)



**2018  
Texas  
Super Sectionals**



## Coaches' Corner | Coach Lauren

### BCC Swimmers of the Month

#### Silver Group

##### Emily Soesilo

Emily has really come into her own in this part of the season. She's brought a renewed positivity to her practices and figured out that training can be both kinda tough and really fun at the same time. It's been so wonderful to see this approach pay off her for in self-confidence, fortitude, and smart racing. Emily's also finding another channel for her love of the sport in teaching. Once a week before her own practice, Emily comes to BCC to help Coach Jeanne instruct her Special Olympics athletes. Thank you for sharing your knowledge and passion for swimming with others, Emily. You totally rock!

##### Juliana Spitalnik

Juliana's on a roll! I've been very impressed lately by her work ethic overall, but also her maturity and proactivity toward her practice. She's embraced responsibility for her own training and races, taking feedback from coach when it's given but taking it upon herself to make changes and maintain good habits. As a result, her strokes are looking strong and streamlined and she's racing at a new level, smashing through previous best times, particularly her 100 back at Districts! Wowza! Keep it up, Juliana!

#### Red Group

##### Elijah Riddle

Man, this kid's got guts! A relative newcomer to team CUDA, he literally dove in right away and was an immediate contributor to his group and his teammates, speeding his way to numerous top individual finishes and points scored for his team. I'm most proud of Elijah though for his tenacity these last few months, learning all the ins and outs of year round swimming and being open to the how's of going fast. It's hard to be patient sometimes when you've got that need for speed, but it's been incredibly awesome to see this technical work and focused effort pay off for Elijah in renewed confidence and even faster races. Great job, buddy!

##### Bianca Saju

Bianca's on a great track! She's attending practice consistently, and has been working hard at making her practices count, even on tiring days when we may not be feeling our best. It's because of those days and carrying on with a positive attitude that Bianca has gotten so much stronger physically and mentally as well, and I'm very proud of her for that. Her persistence and increased attention to her technique led her to 3 personal best times (one by over 10 seconds!) at the March Pizza Meet. Keep it up, Bianca!



**BCC  
PIZZA  
MEET**

**MARCH  
2018**





## ATTENTION ALL CUDAS!

**Coach Lauren**  
will be competing at the  
**CO Masters State Championship**  
at VMAC on April 14 and 15th.

If swimmers would like to come cheer her on, she would love that!  
Her signature events, the 50 and the 100 free will take place around 9 am  
(50 on Saturday, 100 on Sunday),  
but she'll have a full lineup including relays until about 11-11:30.

**GO COACH LAUREN!**



## Mark your Calendar



Date	Event
April 9	BCC Parent Meeting @ BCC 6:15-7:00pm
April 9	Board Meeting @BCC, 7:00-9:00pm
April 13	CUDA/FAST/HRA Tri Meet Deadline @teamcudas.com
April 16	Deadline for Drozda Shotgun Meet @teamcudas.com
April 18	Class with Coach Gail @VMAC
April 18	April Pizza Meet Sign-up Deadline @ teamcudas.com
April 20	April Pizza Meet @ BCC
April 21	CUDA/FAST/HRA Tri Meet @EPIC
April 22	Spring Officials Clinic @ see website

## April Birthdays

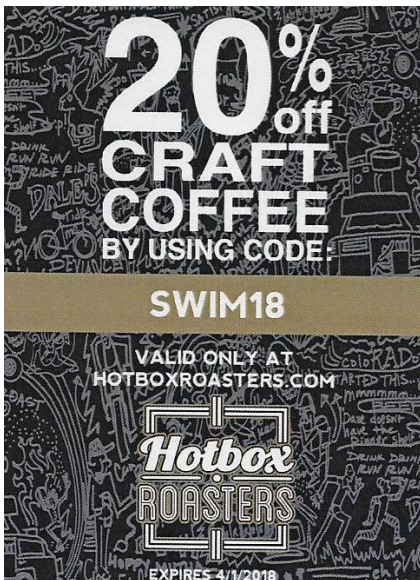


Pax Armon	Aamon Grigg	Harrison Lierz	Emily Soesilo
Elizabeth Boon	Aiden Gu	John Liu	Nathan Steeves
Miranda Burke	Jaden Gu	Zoe McCollam	Isabel Swarr
Owen Cunnington	Margaret Holst	Arya Nandyal	Marin Wheeler
Charlotte Fieeiki	Reese Hopper	Blanca Saju	

**THANK YOU...**  
to the wonderful businesses that have sponsored our Cuda Team this season!



Make room for a little fun.™



## Fundraising



The Cudas have a few easy methods to earn money that gets credited to your account. Some families earn hundreds of dollars every season.

### **Pizza Palz cards from Old Chicago's**

1. Purchase a Pizza Palz card from the Cudas for \$11.
2. Use the card to purchase a pizza at Old Chicago's Restaurant for up to \$25.
3. Earn a \$5 rebate for each card you purchase.
4. We have a limited inventory of cards available.

### **ShopWithScrip**

1. Sign up for [ShopWithScrip](#). Watch this [video](#) for an explanation of the Scrip program.
2. Sign up for [PrestoPay](#). Here is a [video](#) explanation of PrestoPay.
3. Order gift cards from over [750 stores](#), including clothing stores, restaurants and online businesses. Scrip can be ordered three ways.
  - Gift cards
  - Reloading existing cards

### **King Soopers cards**

1. Purchase a King Soopers card from the Cudas for \$25.
2. Reload the card at the store while you are shopping.
3. Earn a 5% rebate on all reloads you do at King Soopers.

**Got Questions? BCC Families can contact Andrea at [bccscripsales@teamcudas.com](mailto:bccscripsales@teamcudas.com). VMAC families can contact Joy at [vmacscripsales@teamcudas.com](mailto:vmacscripsales@teamcudas.com).**

- Virtual gift cards you purchase and use from your phone. Learn more about ScripNOW [here](#).

**Do you want to see what fun is going on at the pools?**

**Follow us on Twitter:**

<https://twitter.com/teamcudas>

## Account Up to Date?

Please be sure to check your account invoices monthly. To do this, please login to the team website and click on "My Account" tab located on the left of the page. Then click on "My Invoice/Payment" tab also on the left side of the page. From there you can check balances, make a payment, and see your service hour balance.

Remember if you have any questions about your account, please email [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com).

## Board Meetings

All Barracuda team members and parents are invited to attend and participate in our monthly Board meeting. They are held the second Monday of every month. This month the meeting is scheduled for **Monday, April 9, 2018 from 7:00 pm to 9:00 pm at Broomfield Community Center(BCC)**. We look forward to seeing everyone then!



## Officials' Corner

There isn't a better time to become an official!

If we have enough interested in a Stroke and Turn clinic, we can schedule one. Long Course season will soon be here and is a great opportunity to start training as an official. All hours spent in training also count towards your service hours.

### Becoming an active CUDA official has the following benefits:

- No fundraising commitments;
  - Your \$50.00 fundraising charge is credited back to your account once you have completed enough sessions;
- Officiating expenses covered
  - We will reimburse you for the background check, registration fee and pay for the custom officials shirt;
- Service hour requirements fulfilled working a minimum of sessions;
  - There isn't a rush to sign up for the volunteer hours when they are posted;
- You become actively involved with Cudas;
- You help raise the visibility of the Cudas;



\*While training to become an Official, all of your hours spent in training count towards your service hours. Check the Web Site for more information (must login).

**If you're interested in finding out more information, please contact Brad White at [officialscoordinator@teamcudas.com](mailto:officialscoordinator@teamcudas.com)**

## Website Updates

The following changes were made to the CUDA website:



- Added February 2018 Board Meeting Minutes [News|Board Meeting Minutes]
- Added March 2018 Newsletter [News|Newsletters]

\* Need to be logged in