

ATTENTION ALL CUDAS:

2017-18 Registration for Returning Swimmers will be open

August 16-26, 2017.

Please log in and complete your registration before the deadline. Thank you.

Message from the President



CUDA Families –

It is almost time for our annual board elections. This year we have four positions that are up for re-election or are currently vacant. We will be finalizing the slate of nominees in 30 days and WE WANT YOU! If you are interested in more information, please reach out to myself, anyone else on the board or Andrew. Don't be shy! I will leave you with two quotes to think about that we have sent out before:

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." - Unknown

"Volunteers do not necessarily have the time; they just have the heart."- Elizabeth Andrew

Please feel welcome to reach out with ANY questions, thoughts or feedback. Per our by-laws, the membership votes in new members for staggered two year terms. The board then elects officers at the meeting in September!

I look forward to talking with some of you more about this process!!

Jodi Walters

303-775-0235

president@teamcudas.com

Northern Colorado Districts Awards



Congratulations! Our team took home the banner for Gold District Team title. We also bagged some individual awards!

Male Athlete of the Year: **Daniel Bradford**

Female Athlete of the Year: **Stephanie Tymoszuk**

Coach of the Year: **Amy Scott**

Coaches' Corner | Head Coach Andrew



I wanted to update you with exciting news about the future at BCC! We are pleased to keep a good thing moving forward by placing Coach Lauren Bortnowski in charge of administrative operations and daily practices for Red group and Silver group swimmers starting in September. As your swimmer has progressed through the ranks of our team, almost every swimmer currently at BCC has practiced under coach Lauren's tutelage. We are confident that you're already familiar with her excitement and dedication to our swimmers. Coach Lauren's passion and ability to build rapport with young athletes coupled with a Division 1 collegiate swimming background make her ideally suited to give our Red and Silver Cudas a great foundation for future success. Coach Lauren has experience managing the entire summer aquatics program at the Broomfield Swim and Tennis Club, top-to-bottom. We'll look for her to bring those administrative skills up the road a bit to BCC; so that you are all in the know regarding practice schedule and important deadlines and events.

We're also pleased to bring on board a very versatile and experienced coach to work with our Developmental and Advanced Developmental swimmers. Coach Eric Adams brings over 15 years of coaching experience to our Cuda staff. I can confidently say that we will have one of the, if not the most qualified Developmental swim coaches in the state of Colorado! Coach Eric has coached nationally ranked age group swimmers and spent a stint coaching college athletes, but has also recently done a fantastic job working with young swimmers new to the sport. Eric's coaching range will give our swimmers skills to meet immediate goals; while still planning and laying the groundwork to achieve long term success.

Along with Coach Lauren and Coach Eric we're seeking to add supplemental help to BCC groups on busy practice days, to ensure that our swimmer-to-coach ratio gives every swimmer plenty of feedback and the best opportunity to improve. Please look for news on that early on in the short course season. Thanks for your support. It was a fun long course season that seemed to fly by. Enjoy some downtime this August, and let's hit the ground running (or swimming!) in September!

[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:

[5 Ways to Take a Mental Break from Swimming](#)

~Gail's Rules for Athletic Success~

Rule #9- Expect obstacles, mistakes, and failures. Choose to learn & grow from them.

Every athlete encounters obstacles, makes mistakes and experiences losses and failures. None of these are fun, but they're all part of the athletic process. If you expect setbacks and have a well thought out plan for dealing with and learning from them, you'll become much stronger and successful athlete.

Rule #10-Be passionate, positive, persistent & patient.

Passion- It's that intense fire in the belly you feel for your sport! Passion sparks strength to get through all the tough times and frustrations of your sport. It gives you the energy to put out the intense effort that's required day after day. It's possible to be successful without passion. But if you don't love what you do, it will be a very empty and joyless success.

Positivity- Successful athletes know how to keep a positive outlook, even when things aren't going their best. Smiling, repeating positive coaching comments to yourself, reminding yourself you can do better, and looking for the positive side of a tough situation are all ways to help keep a positive attitude. Positive athletes get more positive results and have way more fun in workout and competition!

Persistent- Even when a lack of progress, frustration or challenges set in, the successful athlete keeps on working...and working...and then working some more. It's that special quality that keeps you fighting for yourself and moving forward no matter what obstacles may be thrown in your path. The greatest athletes have a stubborn "I Refuse to Give Up!" mentality.

Patient- Not an athlete's favorite word! Developing strong fundamentals, mastering high level skills and achieving excellence takes time. And sometimes the progress feels frustratingly slow. But patience with the process and patience with specific skills and strategies within competition are a MUST to make it to the top.

And finally.....

*Always envision yourself as a winner, a success, a good sport, a
CHAMPION!*

Thanks for following along with my "rules." It takes a lot of hard work and the development of extra special qualities to be a successful athlete. If you take these rules seriously and make the attempt to get better at each one of them, you'll be well on your way to some amazing swimming performances!

Mark your Calendar



Date	Event
Aug. 27	Try-outs for new Cuda Swimmers at VMAC
Sept. 5	First Day of Short Course Practice @BCC and VMAC

Coaches' Corner | Coach Amy



I wanted to share some exciting and big news with you all. I have been offered an incredible opportunity with the Colorado Athletic Club Flatirons in Boulder, as the Aquatics and Youth Program Director. This position offers many new challenges and opportunities for myself and family.

So after 5 INCREDIBLE years with the Cudas, this will be my last season with the Cudas. I am so grateful to every single one of you on the team. This team has been my family and been by my side through so many big life changes. I am positive I wouldn't be who I am or where I am today without the people who comprise this team. Thank you for the opportunity to coach your children and I wish them all the best in the future! I'm sure it'll be full of great swims and memories!

If you have any questions, concerns or comments please don't hesitate to contact me.

Graciously,
Amy Scott

Swimmer of the month

Red:

Samantha Pecze- Sam works extremely hard at every practice she attends. She wasn't able to come as much as she would've liked this summer but when she did come she gave it 100% and we saw an incredible improvement in her technique and endurance.

Fletcher Slavik- Fletcher has worked so hard to improve his strokes. His free, back and breast look so much stronger and smoother. He has figured out how to use his height to get the most out of every pull. I'm sure he'll do great in Silver!

Silver:

Savannah Cardenas- Savannah played two sports the entire year but even if she came to practice tired she came with a positive attitude and ready to work hard. She was a pleasure to coach!

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. VMAC families can contact Joy at vmacscripsales@teamcudas.com.

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

Board Meetings



All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. They are held the second Monday of every month. The next meeting is scheduled on Monday, September 11, 2017 from 7:00 pm to 9:00 pm at Broomfield Community Center (BCC). We look forward to seeing everyone then!

Officials Corner



As we move towards the end of the long course season, a bit thanks to all the volunteers (timers, marshalls etc) as well as the officials that helped make the season such a success.

Become an official - huge benefits

- The start of short course season is usually when we start bringing new officials on-board. If you are interested in learning what it takes to be an official and the huge benefits that come with it, please email Rich Wilson - webadmin@teamcudas.com.

Becoming an active CUDA official has the following benefits:

- No fundraising commitments
- No service hour requirements
- Officiating expenses covered*
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

* We'll pay for background check, registration fee and custom officials shirt.

Website Updates



The following changes were made to the CUDA website:

- Added Board meeting minutes for June [News | Board Meeting Minutes *]
- Added July newsletter [News | Newsletters]

* Need to be logged in

August Birthdays



Isobella Carroll	Madison Lin	Jackson McDonald	Sarah Taylor
Maisie Coleman	Makenna Lindeman	Bridget Moran	Hannah Wang
Danika Fan	Courtnie Lingaas	Emily Neo	Owen Wilson
Parisa Hiranyasthiti	Jillian Martin	Delaney Osborn	Alvina Zhang
John-Clark Holmes	Kaylee McDonald	Anthony Saenz	