



Message from the Board

Hello CUDA Families,

It is almost time for our annual Board elections. This year we have five positions that are up for re-election or are currently vacant. We are lucky this year as we have seven candidates who are interested in filling those positions. Please read the attached bios so that you can make an informed decision on how to cast your vote at the end of the month. Voting will take place by electronic ballot. An email will be sent to the primary email address on your CUDA account. 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.

In addition to the upcoming elections, there has been other recent Board activity that we wanted to communicate:

- After the Board President position was vacated, Stacie Bailey was appointed Board President through the end of this term. Stacie has been serving since Fall 2017, both as a board member and Hospitality Coordinator.
- Cathy Drozda was appointed to fulfill the term of Chris Raskay, who resigned from the board due to extreme work commitments. Chris has generously offered to continue his Website Coordinator duties until we reassign those duties when the new Board members are seated. Cathy will fulfill the next year remaining on Chris' Board position. Although she does not have a child on the team, she has been a longtime CUDA parent and supporter. She has a wealth of experience as a collegiate swimmer and coach, she is well respected in the Colorado swimming scene, and her late husband was an instrumental reason that CUDA is able to enjoy the wonderful VMAC facilities. Please read her bio to get to know her better. We are excited to have her wisdom and experience on the Board.
- The Vice President position, recently vacated, will remain open until the new board is seated. This position has one year remaining on the term.

Along with Board positions we have some coordinator positions we are looking to fill for next year as well. This is a great way to be more involved with the team and fulfill those service hours without having to get your feet wet on the deck during meets. Please let us know if you are interested in any of the following positions:

- Fundraising Coordinator
- Travel Coordinator
- Hospitality Coordinator
- Website Coordinator

Please feel welcome to reach out with ANY questions, thoughts or feedback. We are looking forward to working together next season!

Thank you,
CUDA Board

Stacie Bailey, President; Clark Saenz, Treasurer; Wendy Dolan, Secretary; Teri Romero, Team Manager; Heather Armon, Member At Large; Cathy Drozda, Member At Large

[2018-19 Board Bios](#)

2018 Long Course Championship Meets 8&U Championships



2018 Long Course 8&Under CHAMPS!

Northern Colorado Districts



**2018 Long Course
Northern Colorado District CHAMPS!**

2018 Long Course Championship Meets

12&U State



Ellie Foulke

10&U State Champ
200 IM 2:47.52
100 Fly 1:16.84

13&O State



Sydney Bales
14&U State Champ
100 Back
1:07.24



Jackson McDonald
14&U
State Champ
100 Free
55:03

2018 Long Course Championship Meets

2018 Senior Zones



2018 Age Group Zones





Announcements:

ATTENTION ALL CUDAS:

2018-19 Registration for Returning Swimmers will be open

August 13-24, 2018

Electronic registration for the 2018-2019 swim season opens on **August 13th** and closes **August 24th** for all returning swimmers. The registration process is simple and only takes a few minutes. You will be requested to pay during the last step of the registration process, **which will include September's dues**. **Your first Autopay for dues and fees will happen on October 1st. Please make sure that your Autopayment information is correct in your account.** Just click on the link below on **August 13th- 24th** and you will be taken directly to the registration page on our team's website. Once there, scroll down and click on the *Register Now* button.

<http://www.teamunify.com/MemRegStart.jsp?team=csbbsc>

Sincerely,

Teri Romero
Cuda Account Manager
cudamanager@teamcudas.com

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Please log in and complete your registration before the deadline.

Thank you.

Announcements:

State Goody Bag Recap and Return

Hello Cuda Families,

First, a huge THANK YOU to all of the parents who helped me pull off this great gift for our state athletes. Now that the meets are behind us, I wanted to give you all an update on the final statistics about our **record-breaking** state goody bag experience. Here is a breakdown of the stats:

- ~ We had **82** swimmers (representing about 76 families) competing in the state meets and receiving bags this time around, which is the most we have ever had.
- ~ 46 families made donations to the bags, which is significantly more than we have had in the past. This also made for some HUGE recycling piles at the Raskay house.
- ~ The bags weighed in at an average of about 12 pounds once the caps and shirts were thrown in, making it quite the heavy load of goodness. This amounts to almost 1,000 pounds of fantastic items for our athletes!

We hope that your swimmer enjoyed this tradition, and we look forward to doing it again next spring. **As a reminder, the bag itself was to be returned by August 6th.** We are still missing 20 bags, so if you could, please check with your swimmer and use the instructions below to return the bag as soon as possible, it would be greatly appreciated. Here is the information about this process from the green tag on the outside of the bag and the blue instruction sheet inside the bag:

Hey Swimmer!

We hope you enjoy this bag of goodies prepared for you! A group of parents purchased these items, and we hope that it makes you feel proud and prepared for your championship meet. While everything inside is yours to keep, the bag needs to be returned so that it can be reused for the next state meet. The deadline for returning the bag was **August 6th**, and there are a few ways it can be returned.

1. Return to someone in the Raskay family (either at the pool or on their front porch at 14020 Park Cove Drive) ASAP.
2. Contact Jennifer Raskay by emailing jraskay@msn.com or texting [303-886-5831](tel:303-886-5831) to make arrangements for drop off.

Please take the following steps with the care of your bag just prior to its return:

1. Make sure the bag is totally empty and clean.
2. Do not remove the green tag or your nametag. If your name tag falls off, that is ok.; just leave as is.
3. Tuck the handles inside the bag.
4. Fold the bag along the seams/fold lines so that the bag is flat

*****Please note that this is not a CUDA sponsored event.***

This is an event completely organized and funded by parents.

Thanks you for supporting our swimmers!



THANK YOU, COACH TOM & COACH CLINT!

Good Luck with all you do!



You will be missed!

Coaches' Corner | Head Coach Andrew



Thank you all for a great long course season in the pool. It was fun to watch our swimmers succeed and smile while doing so. I wanted to give you an update on exciting things we have going on behind the scenes as many coaches and board members have been putting in some hours preparing for our short course 2018-'19.

This Fall, we plan to start introducing some new benefits we are developing for our swimmers:

- More consistent sports psychology
- College and recruiting education for swimmers and parents
- More thorough and consistent communications from coaches to parents. Our goal is to help educate parents on why and how swimmers train and what to expect from their practices throughout the year.
- Nutrition education for our swimmers
- More in the works!

You should be proud of your swimmers' hard work, and all that they have accomplished this season. As always, thank you to the coaches and families who work so hard to make this team a success. Hopefully some time away from the pool recharges the batteries, and has your swimmers longing to get back in the pool in September!

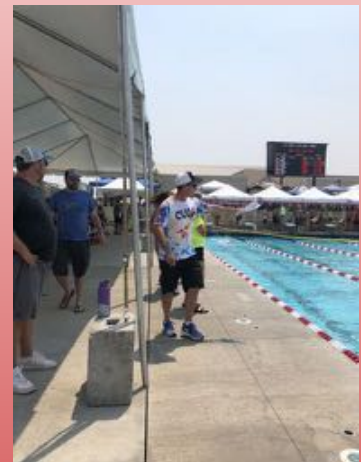
[Coach Andrew Brand](#)

Informational Article of the Month

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

[A Swimmer's Break: The Underrated Component of Swimming Fast](#)

2018 Senior Zones



Coaches' Corner | Coach Lauren

Thank you to all Cudas, parents, swimmers, and coaches, for all you've invested in your team this season. 2018 has been a transformative year for us.... my first year as head site coach at BCC, welcoming rockstar coaches Eric and Jeanne, seeing some amazing personal growth in our young athletes, and saying farewell to old friends and inviting new ones into our Cuda family.

As we march (swim) forward together into this next short course season, we'll be doing so with bravery and optimism, ready to meet our challenges head on, celebrate our victories, and learn and grow from our missteps, just as we ask your swimmers to do. I continue to be so proud to be a part of this team, and am ready and excited for what's to come. In the meantime, I wish everyone a great start to the school year and some well earned time to unwind and regroup. See you in September!

Coach Lauren

Fall Schedule (Advanced, Red, Silver)

September 4 through October 26:

Advanced Developmental:

Monday and Wednesday: Paul Derda 6:15-7:00pm

Friday*: Paul Derda 5-6pm

*There are 3 dates that we will be using VMAC to work on dives/starts.

Red and Silver:

Monday through Friday: VMAC 4:30-5:30pm



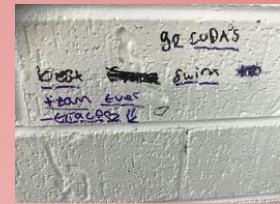
Coaches' Corner | Coach Lauren

Last Day at BCC



Coaches' Corner | Coach Lauren

GOODBYE, BCC! Thanks for the memories!



Coaches' Corner | Coach Gail

Who is Coach Gail and What Is Mental Performance Coaching Anyway?

Greetings CUDA families,

I've been affiliated with the CUDA program since 2014 in the role of Mental Performance Coach. I've done several group workshops, worked one on one with many individual athletes, and cheered at a few swim meets. But I still haven't had the opportunity to meet or talk with many of you. And it's come to my attention that what I do is a bit of a mystery. So I thought I'd share a little about mental coaching.

Because being successful as an athlete is at least 50% mental, it's important for athletes to learn about, develop and refine their mental skills along with their physical training. My goal with my athletes is to ensure they're as mentally strong and mentally prepared as they are physically. To help them build a tool box of skills and strategies that will allow them to manage whatever challenges their sport (and life) may throw at them.

It's a common misconception that only high level athletes or someone who is having problems can benefit from working with a mental coach. But mental toughness is a skill that should be developed alongside the physical every day at training, no matter the level of the athlete. Athletes should be practicing mental skills like breathing, relaxation, visualization and disciplined thinking. They should be proactively improving traits such as focus, resilience, tenacity, courage, emotional control and confidence. And they should be gathering tools for dealing with anxiety, frustration, nerves, failure, pressure and doubt. Then when problems do arise, they're equipped with a wealth of options for confronting these challenges.

So my job is:

- To educate my athletes and provide them with the other 50% of the training they need to be their very best.
- To be an additional coach, resource, and contributing member of the athlete's "team."
- To inspire, encourage and motivate my athlete's to achieve their biggest dreams and goals.

If you have any other questions, might be interested in individualized coaching, or just want to introduce yourself I'd love to hear from you! I'll try and make it to a meet or two this summer, so please say hi and let me know what more I can do to help out your swimmers. I consider it a privilege to be a part of your child's journey.

Cheers to a most successful season!

Gail Royce

Mark your Calendar



Date	Event
Aug. 6	End of Season Party @ The Bay 6:00-8:00pm
Aug. 6	Board Meeting @ BCC 4:00-6:00pm
Aug. 13-24	Registration for Returning Swimmers @teamcudas.com
Aug. 27	New Swimmer Tryouts @VMAC
Sept. 4	First Day of Practice @VMAC
Sept. 10	Board Meeting @ VMAC 7:00-9:00pm

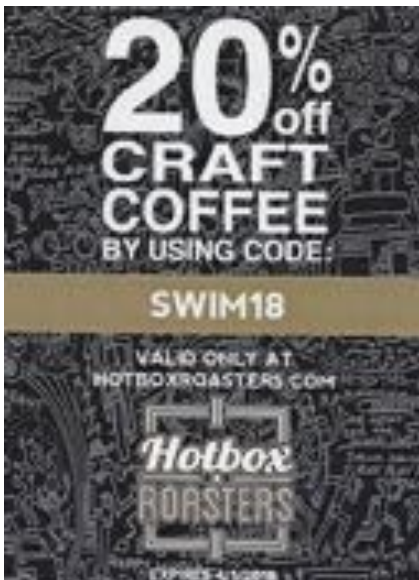
August Birthdays

Isobella Carroll	Parisa Hiranyasthiti	Makenna Lindeman	Aditya Nandyal	Alivia Weaver
Maisie Coleman	John-Clark Holmes	Jackson McDonald	Emily Neo	Alvina Zhang
Nathan Constantinides	Jeremy Huang	Kaylee McDonald	Anthony Saenz	
Alexa Dicken	Hoku Kawasugi	Bridget Moran	Sarah Taylor	
Danika Fan	Madison Lin	Daisuke Nakashima	Hannah Wang	

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

****We are currently SOLD OUT of Pizza Palz.****

We will let you know as soon as a new order comes in. Thank you!

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? Contact:

BCC: Mike and Bree Kimbrough at bccscripsales@teamcudas.com.

VMAC: Joy at 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.

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, September 10, 2018 from 4:00 pm to 6:00 pm at Veterans' Memorial Aquatic Center (VMAC)**. We look forward to seeing you there!



Officials' Corner

**Congratulations to Katya Klopp
on completing her training to be a new
Stroke and Turn official!**



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. Short Course season will soon be here and it 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 home meet 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**

Website Updates

The following changes were made to the CUDA website:

- Added June 2018 Board Meeting Minutes [News|Board Meeting Minutes]
- Added July 2018 Newsletter [News|Newsletters]

* Need to be logged in

