



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

Front Range Barracudas Swim Club Newsletter

September 2010

### Message from the President

The short course season has started with a bang!! I want to welcome you all back to the team and I am looking forward to meeting you poolside. There are many new families this season and we are very excited to have you with us.

We have begun swimming in our new pool! So far the reports have all been positive – thanks to everyone who helped out on this transition.

We have updated our name and website to better reflect our geography and streamline the flow of information we provide to you. Go check it out. I want to thank the many parent volunteers and the coaches who worked hard over the August break to make this happen, this is a great team to be a part of, and I encourage you to jump in and help out wherever you can.

You may contact me directly if you have any questions or concerns. [CUDAPresident@gmail.com](mailto:CUDAPresident@gmail.com)  
Thank you for your continued support of the FRBSC. Kevin Mackey, FRBSC President

### Coaches Corner

#### Head Coach Andrew

**Name Change:** If you've played around on our redesigned website lately, you've noticed it's more intuitive and easier to use. The biggest change obviously though is the Front Range Barracudas banner that covers the top of your computer screen. Our team has grown beyond the small base of families centered around the neighborhood surrounding BCC. Thornton, Broomfield, Westminster, Brighton, Northglenn, Lafayette, Arvada, Louisville, Erie, Dacono, Longmont, Federal Heights, are all communities that have members of our club living in their city limits. So confining ourselves to a geographical moniker that is limited to only one of those municipalities is a bit exclusive to the rest of the north metro Denver community. After a lot of discussion and sifting through eight suggestions, we've decided that it is the best move for us as a club to change our name. We are keeping the beloved CUDAS nickname, and we will still all be Barracudas. In terms of a geographical identifier though, we are excited to announce that we will be known hence forth as the Front Range Barracudas. It is an inclusive name that proudly represents all of these communities!

**New Pool:** When I started with the CUDAs four years ago, we had a temperamental pool situation at best. There were persistent rumors of our pool (at the time FRCC pool) closing. Eventually these rumors weren't just rumors, they were the truth. The pool closed and we were kicked out. We spent the next two years playing nomads around North Metro Denver. Except instead of Yurts, we had pools. This month we are practicing in our new permanent home (the Veterans Memorial Aquatic Center) for our older kids. It sure feels great. It's like we got rescued from the abyss, not just by some small rinky-dink fishing boat, but by an expansive cruise ship.

This is exciting news for you because along with a consistent home we will have a relatively consistent schedule, and we won't have to worry about shifting pools and car pools every couple of months. It is exciting news for our club because we now have the potential to grow into a top five team in the state a few years down the road.

Coach Andrew

### News from BCC

#### Coach Tom

Welcome back to some, and just plain welcome to others. On behalf of Coach Jonathan and myself, I wanted to express how excited we are to get this new season off to a great start at BCC. Armed with a new facility, a new name, new coaches, and a new board we feel very strongly that there are going to continue to be great things on the horizon.

This club very much relies on the support of you, the parent. Ranging from bringing your child to practice, volunteering, and our parent volunteer board, your willingness to commit to our organization does not go unnoticed. That being said, with both an influx of new swimmers and veteran swimmers in new groups I'd like to take a moment to go over a few reminders that will help you and your children have a great swim season.

- For Dev. Group, please speak with coach Jonathan about setting up which days/times are the best fit for your swimmers.
- Please plan accordingly to attend one swim meet a month. The meet schedule is posted under the schedule tab on the website, and appropriate groups are listed for each meet. If you have any questions please email your child's coach.
- Please let the coaches do their jobs on the pool deck. While we enjoy the company of our parents, we are

responsible for a lot of kids during practice times. Please see a coach before or after practice, and even better you can email them!

- Please have your child attend at least 3 practices a week for red/silver groups. Arrive at least 5 minutes early, and be ready to go with caps on right when practice starts.
- Our lifeline to our member base is communication. First and foremost familiarize yourself with the website, and log in often. Every piece of vital info for you child's swim season is on the website, please email with any questions. Also, feel free to come to a board meeting and see how the club operates.
- I will be hosting a new swimmer parent meeting on September 16th at 6:00 pm at BCC, and ask any and everyone to attend. It will be in the balcony at BCC. Please plan on attending, and look for more of these with specific topics to be scheduled for early Fall.

Thank you for your anticipated support, let's have an awesome season!

Coach Tom

**Mark your Calendar**

Date	Meet
September 16	New Parent Meeting at 6pm (BCC Balcony)
September 18	Broomfield Days Parade at 9am (BCC – float #54)
September 20	Board of Directors meeting at 7pm (BCC)
September 24	Red – Black Meet at 4:30pm (VMAC)
October 10	10&Under Boulder Meet
November 19	Team Picture Day at 5pm (VMAC)

**Practice Schedule**

**BCC Swimmers:**  
280 Lamar Street  
Broomfield

**Developmental:**

Monday - Thursday	5:00 – 5:45 @BCC
Tuesday/Thursday	6:30 – 7:15 @BCC
Friday	4:00 – 5:00 @BCC

**Red:**

Monday - Thursday	5:45 – 6:30 @BCC
Friday	4:00 – 5:00 @BCC

**Silver:**

Monday - Thursday	5:00 – 6:00 @BCC
Friday	5:00 – 6:30 @BCC

**VMAC Swimmers:**  
136th Ave and Holly  
St. Thornton

**White:**

Monday - Friday	4:30 – 6:15 @VMAC
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**Senior:**

Monday - Thursday	5:45 – 8:00 @ VMAC
Friday	4:30 – 6:45 @ VMAC
Saturday	8:00 – 10:00 @ VMAC

**Elite:**

Monday - Friday	4:30 – 7:00 @ VMAC
Saturday	8:00 – 10:00 @ VMAC

**Notes from the  
CUDA Treasurer**

**Dues and Payment Options**

Below is the dues structure (11-month billing cycle):

Developmental	\$55/month
Red	\$71/month
Silver	\$82/month
White	\$104/month

	<p>Senior \$125/month Elite \$142/month</p> <p>The team would like to welcome Lisa Abeyta as our new Treasurer/Business Manager. Please <b>remove</b> our email, <a href="mailto:cudacash@comcast.net">cudacash@comcast.net</a>, and add Lisa's email to your address book, <a href="mailto:cudamanager@gmail.com">cudamanager@gmail.com</a>.</p> <p><b>DUES AND MEET FEE PAYMENT POLICY:</b> All dues and meet fees are billed on the 21st of the month with payment due by the end of that month. Non-payment of all dues/fees past the <b>1st day</b> of the following month will necessitate non-participation for the swimmer(s) in practice and all meets until payment is made. <b>Late Fee:</b> If dues are not paid by the 1st (check, CC, ACH), a <b>\$15 late fee</b> will be assessed and the swimmer(s) will not be allowed to practice.</p> <p><b>Returning swimmer(s):</b> Thank you for completing the on line registration.</p> <p><b>Family Information &amp; Demographics:</b> Please edit any demographics that are not current in your swimmers account on the website, email address, phone numbers, etc. It is very important that all info is current and correct.</p> <p>As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our new Treasurer/Business Manager at <a href="mailto:cudamanager@gmail.com">cudamanager@gmail.com</a>.</p>
<b>Board Meetings</b>	<p>Upcoming general Board meetings are generally scheduled for the third Monday of each month, from 7:00 am-9:00 pm. This months meeting is at BCC. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday September 20<sup>th</sup> (the third Monday) from 7:00 – 9:00 pm.</p>
<b>Call for Officials</b>	<p><b>The CUDAS want YOU!!!</b> Do you want an easy way to accrue volunteer hours? Become an official for USA swimming! You will learn the technical side of the sport and help the Cuda's in a huge way. Officials play a critical role at every swim meet. First, they provide young swimmers and parents with valuable feedback about what creates a Disqualification (DQ). Second, meet hosting teams are required to provide certified officials in order for times to qualify for USA Swimming, Junior Olympics and State swim meets. Imagine a situation where a Cuda swimmer has a personal best day with times that would qualify them for JO's and the times are disallowed because of insufficient certified officials! No previous experience is necessary, just a desire to learn the basics of swimming and to help the team. For those interested, or if you would like more information, please contact: <a href="mailto:coachandrew@teamcudas.com">coachandrew@teamcudas.com</a></p>
<b>Volunteer Policy</b>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. Other teams have much higher volunteer hours required. We offer many volunteer opportunities so you are able to complete your 4 hours/family/season. Volunteer hours are 4 hours/family/season-</p> <ul style="list-style-type: none"> <li>• 4 hours for Short Course (Sept 1-Feb 15)</li> <li>• 4 hours for Long Course (Feb 16-Aug 5)</li> </ul> <p>4 hours must be completed by the end of Short course (or LC), otherwise your swimmer's account will be charged \$25/hour for hours not completed. All volunteer job postings (meets, CUDA events, etc.), descriptions and job sign-up is done on the <a href="http://www.teamcudas.com">www.teamcudas.com</a> site. This enables real-time sign-up, reporting, and volunteer hours tracking Volunteer duties include: Each volunteer (parent/guardian) is responsible for signing up for a volunteer job (done online). After the job sign up is closed (approx. 3 days before meet) if you are unable to fulfill your volunteer duties, you are responsible for finding your replacement. Your replacement needs to email the volunteer coordinator to notify her of the change prior to the day of the meet/event.</p>
<b>Team Communications</b>	<p>If you have not done so already, please visit the Team web site and register yourself as a CUDA parent. ALL Team communication, meet information, meet registration, and member updates, etc. is done via email. Web site: <a href="http://www.teamCUDAs.com">www.teamCUDAs.com</a>.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>