



Broomfield Barracudas Swim Club

Broomfield Barracudas Swim Club Newsletter

April 2010

Message from the President

Hello, My name is Kevin Mackey and I will be serving as your newly elected BBSC President. We have two swimmers in our family - one at BCC in the Silver group and one at Adams in the White group. The Board held Officer elections during our last meeting and I have been elected to serve along with David Rhine, Vice President.

I would personally like to thank Karen Zimmerman and Steve Drozda for their outstanding leadership and commitment to the BBSC. As volunteers, they have contributed greatly to advancing the team's goals and help create an environment where our swimmers can continue to develop. Karen and Steve are great examples of the volunteer effort that has made our team successful and I would encourage all of you to take advantage of these opportunities and help us continue to grow.

This is a very exciting time to be a member of BBSC. Our swimmers are having continued success as noted in last month's newsletter, and many swimmers have advanced another level. We had a great turn out for bowling despite the snow storm - over 80 bowlers and lots of pizza! For the record, my professional bowling career is over as I was defeated by 3-year old Nate...who knew Wii bowling could improve your form...? The FUNdraising committee continues to create new opportunities for us to gather as a team, have a blast, and invite our friends and neighbors to join us in supporting this team. I look forward to meeting you at these events.

Communication is critical the success of our team. The www.teamcudas.com web site is the core of that communication along with email and newsletters. I would also encourage you to attend any of our general board meetings; your input is greatly appreciated. You can always email me CUDApresident@gmail.com, any Board member or Coach directly with any items you wish to discuss.

Thank you for your continued support of the BBSC. Kevin Mackey, BBSC President

Coaches Corner

Head Coach Tex

**Swim a Thon
April 13th
Sign up and
participate.**

CUDA Swim-A-Thon

We have a couple of weeks left to prepare for a successful Swim-A-Thon. Again, our goal is to raise \$12,000 for our club. If 100 swimmers raise an average of \$120, this gets done. Please get out and do your part for the team. There are a lot of ways to do this. I've been fairly successful myself just carrying around my pledge packet throughout the day and hitting up people that I do business with. Some swimmers are successful going to their neighbors; some have been successful around shops where people may have a couple dollars in pocket change to give to a good cause.

To be wildly successful, we will need some people to truly excel and bring in lots of money for their team. For those, we have prizes to be won! Please look at the Top 10 Prize List and the Prize flier to get an idea of what you might be able to win if you are one of those leading our team in fundraising.

A few people have mentioned that they cannot be at the pool on Tuesday, April 13th. It will be a fun time for those who can do the Swim-A-Thon on the 13th, but for those who cannot, we still expect your effort. If you are a BCC swimmer unable to attend on the 13th, your make-up date is Friday, April 16th. If you practice at Adams and cannot attend on the 13th, then please talk to Andrew or Tex to see when you can do your make-up Swim-A-Thon.

Your coach will sign your sheet and verify how many lengths you swam. After the Swim-A-Thon, you can go collect your pledges and turn in your fundraising by Tuesday, April 27th. We will have an awards celebration in May to give out prizes to our Top 10.

University of Missouri meet

Look at your March/April issue of Splash magazine the picture on page 40 is of a long course meet at the University of Missouri Aquatic Center. The CUDAs will travel to that beautiful facility again June 18-20th and we plan to swim fast at that meet. The qualifying times are such that some Senior group swimmers, most swimmers in the White group and all swimmers in Advanced White and Elite groups can attend. **If you think you might attend, please attend a meeting 10am-10:30am at Adams City HS pool this Saturday, April 3rd.** We will discuss hotel and travel options and assess the group we plan to take.

<p>Coach Andrew</p>	<p>Summer Season The summer long course season has been posted on our website for a little while now and I hope every one has had a chance to take a peak at that, or better yet; had a chance to take a good long look... As coaches we plan out the summer season in increments. Different weeks of the season are devoted primarily towards different skills while other weeks we focus on aerobic workouts. Each week of training is just as important as the week before and just as important as the week after. What I'm eluding to here with my first couple of sentences is: We as coaches would greatly appreciate it if you scheduled your summer family vacations during the month of August.</p> <p>I know some of you already have plans to see Mount Rushmore in June or visit the world's largest ball of twine in July, and that's fine. If you are still figuring out when to take vacation time though, I strongly encourage flipping the calendar to August and starting your search there. For every week a swimmer takes off, it takes them about three weeks to get back to the same level. Therefore it's not until a month after the start of a one week vacation that a swimmer will get back to the level they were at before they skipped town. So rather than using that month (of a short summer season) to get better and progress, that month is used to get back to status quo. I know it's asking a lot, and I know in a sense it's somewhat selfish. For the benefit of your child's success though, let's do our best as coaches and parents to work together and have the best summer long course season that we can have. Thanks!</p>										
<p>Swimmers of the month from BCC – Coach Tom Red Group Girl ~ Kailey Morales Boy ~ Grant Gonzalez</p> <p>Silver Group Girl ~ Marissa Emoto Boy ~ Zach Dietrich</p>	<p>Red Group Girl ~ Kailey Morales: Kailey swam great at the Aces 8 and under meet. Getting all best times, but more importantly we saw Kailey get up and race! Great Job Kailey, keep it up!</p> <p>Boy ~ Grant Gonzalez: Grant also swam all best times at the Aces meet. Between his great practice attendance, and swimming well at meets, Grant is off to a great start for the new season!</p> <p>Silver Group Girl ~ Marissa Emoto: Marissa not only has one of the best attendance records on the team, but she also continues to improve her best times at every meet. At the Aces meet Marissa achieved all personal best times, in addition to a handful of medals.</p> <p>Boy ~ Zach Dietrich: Zach's recent move up to Silver has really begun to pay off. Starting at an awesome Winter Districts meet Zach has been on a roll. His great attendance and work at practice have been an awesome addition to the group.</p> <p>WAY TO GO SWIMMERS! ~Coach Tom</p>										
<p>Mark your Calendar</p>	<table border="1"> <thead> <tr> <th>Date</th> <th>Meet</th> </tr> </thead> <tbody> <tr> <td>April 3</td> <td>Brighton April Fools Meet</td> </tr> <tr> <td>April 11</td> <td>Suburban League Pentathlon</td> </tr> <tr> <td>April 23-25</td> <td>TOPS Spring Open</td> </tr> <tr> <td>May 2</td> <td>CUDA/CAC One-Day LC Meet – Team Hosted Meet/Volunteer Opportunity</td> </tr> </tbody> </table>	Date	Meet	April 3	Brighton April Fools Meet	April 11	Suburban League Pentathlon	April 23-25	TOPS Spring Open	May 2	CUDA/CAC One-Day LC Meet – Team Hosted Meet/Volunteer Opportunity
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<p>Hotel Info for Missouri Travel Trip June 18th - 20th</p>	<p>The team has reserved a block of rooms at the Residence Inn in Columbia, MO. Below is the hotel information: Residence Inn by Marriott Group Block 1100 Woodland Springs Court Columbia, MO 65202 573 442 5601 Phone 573 442 5602 Fax</p> <p>We have standard studios and one bedrooms booked for \$99.00 and two bedrooms for \$139.00 June 17th – June 20th. As your swimmer qualifies to attend this meet, individual families should call in and reserve their own rooms. The block will expire on May 16th. Cancellation Policy -- Guaranteed reservations need to be cancelled by June 15 2010-48 hours prior to the arrival day by 5:00 PM or be charged the first night room and tax to the credit card used to guarantee the reservation.</p>										
<p>Practice Schedule</p> <p>Our coaches look forward to a great spring and summer!</p>	<p>Our practice schedules are posted to the website under "Swim Groups." New schedules will be posted and emailed soon.</p> <p>Our Adams City High School practice groups can expect to see a new schedule utilizing Northglenn High School pool mid-May – July. The schedule is expected to be similar to last year's summer schedule.</p> <p>Our BCC practice groups times will be similar to your current practice schedule.</p>										

<p>Call for Officials</p> <p>Training opportunity</p> <p>May 1st at BCC 9:00am – noon</p> <p>Come see what being an official is all about! There is no fee. Help the TEAM.</p>	<p>The CUDAs are in need of more officials to assist the club when hosting meets. Officials play a critical role in making each meet count for times, without this role, meet times can not be entered into USA swimming results. You do not need to have previous swimming experience, just the joy of seeing your child from the front row. There are several training opportunities to become an official over the next several months. If interested please contact Marilyn Kerr, at MKKerr@Q.com, and she can explain the training process.</p> <p>The CUDAs will be hosting a Stroke & Turn Officials clinic in May 1st at the Broomfield Community Center 9:00am to noon. This training opportunity is so close to home you can't miss it. In case you can't make it, there are several other opportunities listed below.</p> <p>Stroke and Turn Clinics Scheduled as Follows:</p> <ul style="list-style-type: none"> • Date: 4/13/2010, Time: Full Clinic 6-9pm; Recertification Clinic 7:30pm – 9pm • Location: Falcon Police Station 7850 Goddard Street Colorado Springs, CO 80920 • Date: 5/11/2010, Time: Full Clinic 6-9pm; Recertification clinic 7:30pm – 9pm • Location: West Elementary School 25 North 20th Street Colorado Springs, CO 80903 • Date: 6/8/2010, Time: Full Clinic 6-9pm; Recertification Clinic 7:30pm – 9pm • Location: Cheyenne Mountain Resort; 3225 Broadmoor Valley Road Colorado Springs, CO 80906 (venue secured) 														
<p>Notes from the CUDA Treasurer</p> <p>Welcome new families and swimmers!!</p> <p>Questions??? Contact: cudacash@comcast.net</p>	<p>Dues and Payment Options</p> <p>Below is the dues structure:</p> <table border="0"> <tr> <td>Developmental</td> <td>\$55/month</td> </tr> <tr> <td>Red</td> <td>\$195/quarter</td> </tr> <tr> <td>Silver</td> <td>\$225/quarter</td> </tr> <tr> <td>White</td> <td>\$285/quarter</td> </tr> <tr> <td>Advanced White</td> <td>\$315/quarter</td> </tr> <tr> <td>Senior</td> <td>\$345/quarter</td> </tr> <tr> <td>Elite</td> <td>\$390/quarter</td> </tr> </table> <p>Thank you to everyone who has signed up for Automatic Checking Withdrawal (ACH), automatic Credit Card charges (CC), or paid their dues in full for the season. Your cooperation is very much appreciated.</p> <p>Just a reminder for those of you in the CC program, there is a \$4 service charge per month. Also, per team policy, payment of your invoice is due by the 5th of each month. Failure to pay may result in your swimmer(s) not being allowed in the pool for practice and meets. Meet fees already paid are not refundable due to non-payment of your invoice.</p>	Developmental	\$55/month	Red	\$195/quarter	Silver	\$225/quarter	White	\$285/quarter	Advanced White	\$315/quarter	Senior	\$345/quarter	Elite	\$390/quarter
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<p>Fund Raising Policy</p>	<p>The fundraising commitment is \$50 per season per family, both Short and Long Course, and is a required charge at the beginning of each season. The fundraising charge can be earned back and credited to your account in a few ways:</p> <ul style="list-style-type: none"> • Purchase King Sooper scrip • Purchase Safeway scrip • Old Chicago Pizza Pals vouchers <p>All monies received by the team thru fundraising are credited to your account fully until you earn a \$50 credit. King Sooper and Safeway scrip credit 5% of your purchases to your family account. Old Chicago Pizza Pals credit \$5 per voucher. Once you reach \$50, the team splits the monies with you 50/50. This means King Sooper and Safeway scrip will credit 2.5% of your purchases and Old Chicago Pizza Pals is \$2.50 per voucher.</p> <p>Contact Scott or Kelly Bratcher to purchase scrip or Pizza Pals (scottkellie@earthlink.net). Please email Scott and Kellie to arrange a time to meet, at one of the pools during regular swim practice for purchases.</p> <p>King Soopers & Safeway gift cards</p> <p>The new King Soopers cards are now re-chargeable; this means you can reload the cards on your own at King Soopers and a credit % still goes toward your family commitment. We are pleased that so many families are purchasing the King</p>														

	<p>Soopers & Safeway Gift Cards and earning a percentage credit towards your seasonal \$50/family commitment. King Soopers & Safeway gift cards are easy to use for the purchase of groceries, grocery store gas, as well as the purchase of other national and local retailer's gift cards (Starbucks, Target, Olive Garden, Sears, Home Depot, Subway, etc.). You may purchase the cards, in \$25 denominations.</p>
<p>Upcoming Fundraising Events</p>	<p>Save the Date: Saturday May 1st – Cuda's 1st Annual POKER TOURNAMENT Fund Raiser</p> <p>The Flyer has been posted to the front page of the TEAM website. Join In!!!</p>
<p>Volunteer Policy</p>	<p>Each family is required to volunteer 8 hours per year, 4 hours for Short and 4 hours for Long Course</p> <ul style="list-style-type: none"> • Swim meets (timing, concession stand, etc) • Other BBSC sponsored functions (Swim-a-thon, Broomfield Days, etc.) <p>Each hour under 4 not volunteered will result in a \$25/hour charge at the end of each season. Sign-up to volunteer at www.teamcudas.com. Contact Judith Ashworth with questions at cudavolunteer@gmail.com. THANK YOU Judith for becoming our new volunteer coordinator and a HUGE thanks to Wendy Allee who has held this position for 18 months.</p>
<p>Team Communications Please be sure & visit the team website 2 times a week to stay up-to-date!</p>	<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: www.teamCUDAs.com.</p> <p>Please contact Laura Peterson petersonlaura@earthlink.net with any questions regarding registering as a CUDA parent or questions regarding the website.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>
<p>**CSI News Article** Buying Goggles by Alan Arata, Ph.D.</p>	<p>Buying a pair of goggles is not as simple as it might seem. There are many different kinds of goggles. The differences include size and shape, lens color, fog-free or anti-fog coatings, nose pieces, and the type of cushioning they use or don't use against the eyes. Choose goggles that fit your swimmer's face and eyes. Having uncomfortable goggles can make practice miserable. Having goggles that fit well and stay on during a race is imperative for good swims.</p> <p>Just as with suits, swimmers should have several pairs of goggles - as many as four different pairs. Swimmers should not use the same pair of goggles for practice as they do in a meet. Reason 1: Goggles wear out and loose their seal; swimmers are more likely to feel the effects of this when they dive off the block at a meet. Reason 2: Swimmers should wear their meet goggles tighter than their practice goggles. Swimmers are prone to forget to tighten their goggles before their first race and this can lead to goggles in the mouth or around the neck shortly after the dive. Reason 3: Shading factor; swimmers who practice or swim meets outside (especially for backstroke) should have goggles that provide some UV protection. Check the goggle package for UV protection wording. Don't assume it is provided just because the lenses are darker in color.</p> <p>Regarding cushioning against the eyes, Swedish goggles don't have any. Many top notch swimmers prefer Swedish goggles for the tight seal. But a warning to those parents whose children switch to Swedish goggles - without cushioning gaskets, sore spots can develop around the eyes for the first week or so.</p> <p>Some goggles have gaskets that are hypoallergenic which prevent eye or skin irritation. Silicone gaskets and Swedish goggles are hypoallergenic. Some goggles have foam gaskets; they are not recommended. A good bet for young swimmers is a silicone-plastic gasket goggle with anti-fog lenses. If the child swims outside, look for ones tinted "smoke" with UV protection. If the child swims inside, clear or yellow are good choices.</p> <p>There are prescription goggles for swimmers without 20/20 vision. This doesn't help swimmers see underwater as much as it helps them see the pace clock, the coach's face, etc. If your child's vision is worse than 20/200, you might look into prescription goggles. If your child wears contact lenses, they can usually wear them under normal goggles. If they race in the lenses, it is wise to have them wear the disposable kind. Otherwise goggles coming off during a start could be costly for both swimmer and parent.</p> <p>Colorado Swimming is dedicated to serving all its athletes and supports a philosophy of the right equipment for our swimmers. The Education Committee hopes you found this information helpful in supporting your athlete on the path for developing his/her potential.</p>