

<p>Message from the President</p>	<p>Over the past year, the Board has been busy working on a range of topics (financial, long range goal setting, program development, etc.). Here are a few of the major topics the Board will be focusing on this coming year.</p> <ul style="list-style-type: none"> • Actively working with Adams 12 to secure new pool space, starting Fall 2010. Adams 12 has requested that the BBSC contact them in Jan/Feb. 2010 as they are in the process of hiring Adams 12 aquatic management. • Completing USA Swimming Level 1 swim club certification. The USAS certification is a public declaration of the professional, competitive, and swim program 'health' of a swim club. Look for more information, in future newsletters, regarding how our parents can volunteer to assist our Club in completing the certification process. • Expanding and growing our Fundraising program to include larger grants and business/corporate donations to fund our growing swim programs, and equipment needs. • The BBSC coaching staff is expanding their marketing and recruiting efforts to attract new swimmers (for all age groups). The coaches will also be scheduling swim clinics and offering 'water safety' programs as part of our community outreach program. • Expand the involvement of BBSC parents/guardians to foster greater involvement in the success of the Club. <p>All BBSC parents/guardians are invited to attend any of the Board's general meetings (schedule below). Thank you for your continued support of your CUDA swimmer and the BBS!</p> <p>Respectfully, Karen Zimmerman, BBSC President</p>
<p>Coaches Corner</p> <p>Head Coach Tex</p> <p>Mark your Calendars</p> <p>April 13th Swim a thon</p> <p>Missouri Meet June 18 - 20</p>	<p>As we begin 2010, let's look ahead to a couple of events that we want to do really well in this year.</p> <p>Swim-A-Thon First of all April 13, 2010 will be a very important date for our club. The Cudas have the Swim-A-Thon at both BCC and at Adams City HS that day, so we have 3 months to prepare and make it a huge success for our team. We will be posting the event on our webpage this week and calling for a volunteer to sign-up on the website to be the lead for their group (Developmental, Red, Silver, White, Advanced White, Senior and Elite). That leader will make sure that each Cuda has the information they need to be successful in their own Swim-A-Thon and make sure the group is on track for meeting their goals. Cudas will earn a participation prize and will compete for the big prizes. We will have prizes for the top earners in each group and then bigger prizes for the Top 10 in the club, regardless of age or group. We know that Cudas are competitors and expect to see the top earner in the club achieve a very high mark.</p> <p>Summer Travel Meet The second event that I want to highlight is the summer travel trip. Last year, we had a great trip to the University of Missouri Pool with a modest-sized group. Our team is a bigger and better and we should have a much bigger showing as we return this year to Columbia, Missouri to step up and race some great competition at one the very best facilities in the country. Clear your schedule for June 18-20th, 2010 to go to the University of Missouri pool. There are qualifying times (we will post to the website as soon as we get them), so for some, the goal will be to qualify in a list of events and then attend the meet. We took 20 last year, but there will be at least 45 who will qualify this time around – why not take all 45 and show the mid-west what the Cudas can do?</p> <p>Tex</p>
<p>Swimmers of the month from BCC</p> <p>Red Group</p> <p>Girl ~ Margret Swanson</p> <p>Boy ~ Sam Hahn</p>	<p>Red Group</p> <p>Girl ~ Margret Swanson: "Mags" has been working super hard this season in the Red group, and it showed with her awesome time drops at the Loveland meet, congrats!</p> <p>Boy ~ Sam Hahn: Sam has been coming to practice more than ever, and it was on display as he swam a spectacular Loveland meet, great job Sam!</p>

<p>Silver Group Girl ~ Aiden Casper Boy ~ Mitchell Morales</p>	<p>Silver Group Girl ~ Aiden Casper: Despite a size disadvantage, Aiden competed huge at the Loveland meet! Aiden is a regular at practice, and often one of the hardest workers, keep it up! Boy ~ Mitchell Morales: Having great attendance and a hard work ethic allowed Mitchell to qualify for Silver State in a handful of events at one of his first meets as a 9 year old, well done! WAY TO GO SWIMMERS! ~Coach Tom</p>														
<p>Article for Swimmers</p>	<p>Included in the January issue of Swimming World was an article titled "Back from your Break" by Wayne Goldsmith. The team has reprinted it with Swimming World's permission in this month's newsletter.</p>														
<p>CUDA Classic Meet January 24th</p>	<p>This is a 10 & under ONLY meet being held at BCC. ALL Cuda swimmers 10 or younger should sign up to participate in this meet. If you have questions, please talk to Coach Tom or Coach Jonathan. The registration deadline is January 13th. Parents as you login in to sign up your swimmer for this meet, please also, volunteer to help time, run concessions, etc. A job sign up list is posted on the web.</p>														
<p>Long Course Registration</p>	<p>The Long Course (LC) parent meeting and swimmer registration will be held on Feb. 21st, from 3:00-5:00 pm, at the BCC. All parents are encouraged to attend to hear a BBSC update, select new Board members, register their child for the LC season, pay their dues and purchase swim gear/equipment from our Club supplier, MISports.</p>														
<p>Team Try Outs Feb. 9th & Feb 16th</p>	<p>The CUDAs will be hosting swim team tryouts on February 9th and 16th at BCC from 6:00 – 6:30pm during regular practice time. Little CUDAs are encouraged to bring a friend on these days to try our team. GO CUDAs.</p>														
<p>Notes from the Cuda Treasurer</p>	<p>Dues and Payment Options 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>PAYMENT OPTIONS: Effective Feb 21st, 2010, with the start of Long Course season, there will be 3 ways to pay your invoice:</p> <ul style="list-style-type: none"> • Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team's website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice (emailed to you on the 21st of each month) prior to the 1st of the month. Any questions should be sent to cudacash@comcast.net • Credit Card (CC): You may now sign up to have your bill charged to your favorite credit card (VISA and MasterCard??) only. Sign-up again is handled in a secure fashion on the team's website. Please note that there is a \$4/month service charge for this method of payment. • Full Payment of Season Fees by Check: As you should be aware, the Board has decided to go in the direction of automatic payments for a number of reasons, the primary one being reduction of work load on our Business Manager. Due to feedback from the team, the Board has approved one non-automatic payment option: <ul style="list-style-type: none"> ○ You may pay by check at the season's registration meeting (Short and Long Course). You will be charged a full season's team dues PLUS an estimated meet expense fee (as determined by the Business Manager). ○ Any overpayment will either be returned to you (by request only) at the end of the season, or will be applied to the following season's fees. ○ If you intend to pay by check, you are required to notify the Business Manager 48 hours in advance of the season registration meeting (to allow time to calculate the proper amount of payment). <p>Please send any questions you might have to cudacash@comcast.net</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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Auto-Pay FAQs

Q: Can team administrators see my account information?

A: No. When you sign up for Automatic Check Withdrawal or Automatic Credit Card payments, the CUDA team administrators can only see the last four digits of your account information (similar to what prints on most receipts). Your information is kept in a secure, encrypted fashion. It is stored under an HTTPS secured connection by a 128-bit encrypted algorithm. Not even you can log back in and see your own information.

Q: What if the amount on my invoice is not correct?

A: Easy. You will receive an invoice on the 21st of each month, but you will not be billed until the 1st of the month. Contact the business manager prior to the 2nd to last day of the month and your invoice will be reviewed, and if incorrect, adjusted prior to your account being charged.

Q: Why the change to auto-payment?

A: The answer is in fact, to keep the team's fees and dues to a minimum. Factoring in the team's current size, and growth goals, the role of the business manager, a volunteer position, has grown to a point where it requires approximately 80 to 100 hours per month of their time (a part-time job). The majority of other teams in the Denver area pay either an accountant, or a business manager, to administer their books. Moving to an auto-payment program reduces the amount of volunteer time required, and overall, keeps the team's costs to a minimum.

Q: What if I do not want to give out my account information?

A: Other Denver area swim clubs have told us some of their members have opened up separate, free, checking accounts at their banks. Their members monitor and keep just enough money in these accounts to cover their fees/dues, thus eliminating any privacy concerns. However, in the event this account does not have sufficient funds, you will be charged an over-draft fee.

Q: Why is the team charging a \$4 service charge for credit cards, but checking withdrawals are free?

A: In fact, ACH is not free, but the costs are much lower than CC. The team has built the ACH expense into this year's budget and fees. We simply wished to offer CC as an option based upon requests from team members (often other "perks" are offered by their CC companies). The team has no preference, to us, a payment via either program is no different.

Q: Debit Cards

A: Debit Cards can be used, but they will incur the same fee as a credit card.

Q: What if I cancel my credit card?

A: You are responsible for keeping all of your information up to date. However, as a reminder, an email will be sent out on the 15th of every month if your card has expired or been canceled, asking you to update your information in the system. If you fail to keep your credit card info up-to-date, you will be charged any fees that the team in turn incurs.

Q: What if my account does not have enough money to cover the invoice?

A: Please review your invoice sent on the 21st. If your account has a problem, and a fee is charged to the team, you will in turn be charged as well. As with any company you do business with, it is your responsibility to ensure your account is in good standing. We do not plan to mark up these expenses as many businesses do, but they will be passed onto you so that you can reimburse the team for the added expense.

Q: Can I use my Pay Pal account?

A: No. The system is not set up to accept payment via Pay Pal.

Fund Raising

King Soopers & Safeway gift cards

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 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.).

	<p>You may purchase the cards, in \$100 denominations, from our Scrip Volunteers: Kellie and Scott Bratcher (scottkellie@earthlink.net). Please email Scott and Kellie to arrange a time to meet, at one of the pools during regular swim practice to purchase your cards.</p> <p>A percentage (%) of each, King Sooper & Safeway script purchased is credited to your swimmer's account and towards your \$50/Short Course, or \$50/Long Course, fundraising obligation.</p>
Board Openings	<p>Upcoming general Board meetings are scheduled for the third Friday, from 11:00 am-1:00 pm, at the BCC. All BBSC community members are invited to attend and participate in the meetings.</p> <p>January 15th February 19th</p> <p>We have two board members whose terms will expire in February 2010. We will vote in two, new, Board members (from parents/guardians of current, BBSC swimmers) at the February 21st LC Parent/Registration meeting.</p> <p>We have been fortunate to have excellent parents/guardians over the years from a myriad of backgrounds and areas of expertise. We encourage any parent/guardian to consider joining the Board and supporting both the Team in an important way. This is a volunteer position and we are grateful for the time and effort given by each member.</p> <p>Board duties include:</p> <ul style="list-style-type: none"> • Attend each regularly scheduled monthly meeting (held the third Friday from 11:00-1:00 pm) • Attend any executive or special Board meetings • Actively participate in Board discussions, actions and voting • Have daily access to email. The Board conducts many discussions (between regular Board meetings) via email so that Club activities/decisions can take place in a timely manner. • Be visible, in the Club community (at pools, events, meets), as a representative of the community <p>If you are interested in pursuing a Board position, please email the current Board President, Karen Zimmerman: karenzimmerman@hotmail</p>
Team Communications	<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 with any questions regarding registering as a CUDA parent.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>

BACK FROM YOUR BREAK

BY WAYNE GOLDSMITH

Now that you've had your holiday break from swimming, you can return from that break and become better than ever! It's time to start the way you want to finish!

Did you have a nice holiday break from swimming? Really? You had some rest time? Went skiing? Had a great holiday? Hung out with friends and family? That's great.

Well, now it's time to get back in the pool and start training for those big meets coming up soon.

The message of this article is very clear: *start the way you want to finish!*



Many swimmers take a break, enjoy some "down time," and come back with a "build-up" mentality:

"During the first weeks back in the water, I will take it easy, then build up gradually until it's time to get serious about racing again a few months later."

The problem with that kind of thinking is that the early stages of training are your foundation—they are the "rock" on which you build a successful swimming season.

If your first weeks back in training are S.L.O.W. (i.e., Sloppy technique, Lazy skills, Ordinary fitness and a Woeful attitude), then chances are your meet performances will also be SLOW!

So, how do you start the way you want to finish?

1. DECIDE THAT YOUR FIRST LAP = YOUR LAST LAP

First of all, forget the "build-up" mentality. *The most important session of the season is the first one.* This is when and where you decide what type of season you will have. You can make it happen by sustaining high standards of excellence in every aspect of your training.

2. TRAIN THE WAY YOU WANT TO RACE

This advice may be an "oldie," but it's also a "goodie"—and still as important as ever.

You can't pass a math exam by studying history. You can't get better at lifting heavy weights unless you learn how to lift heavy weights.

You can't show up at a swim meet and expect to swim fast under pressure in race conditions unless you train every day to swim fast under pressure in race conditions. Don't be afraid to throw in a few sprints in the first session—and make sure they include a race-quality dive, turn and finish.

3. SET LITTLE GOALS EVERY SESSION

Start every session—particularly your first ses-

sion after your break—with these two words: "I will...."

For example:

- "I will drive into and out of every turn at race pace and with great technique."
- "I will kick with power, speed and strength in all of my kicking repeats."
- "I will never breathe inside the flags when finishing in freestyle and butterfly."

An attitude of "I will" quickly becomes an ability of "I can," and the end result is being able to say, "I did," after you perform brilliantly at your next meet.

4. CHALLENGE YOURSELF EVERY SESSION

Being better means doing things you have never done before. Improvement means change. So, to swim faster and improve, you have to be prepared to challenge yourself to do things differently.

It is crazy to do the same things you have always done and expect a *different* result. Another way of saying this is, "If you do what you always did, you will get what you always got!"

Strive to do one thing—just *one thing* in each session that pushes you to and beyond your limits. Do one "impossible" thing every day, and soon nothing will be impossible.

5. TAKE SOMEONE—OR A FEW "SOMEONES" ALONG FOR THE RIDE

Every journey is easier and more fun with a traveling companion. Talk with a teammate about what you want to do this season and about your dreams of making every session a great session. Ask them to come along for the ride.

Imagine having someone in your lane or the next lane to encourage you, support you, pick you up when you are feeling down and to push you to your limits every session—someone who not only understands what you are trying to do, but who wants to help you do it.

6. GET YOUR COACH AS EXCITED AND COMMITTED AS YOU ARE

...and tell your coach about your "start-the-way-you-want-to-finish" approach. Your coach can help you more than you realize. Saying to the coach, "I really want to make a success of this season and start the way I want to finish," gives your coach three clear messages:

- "Please help me to keep working hard even when I am a little tired and flat."
- "Please ask more of me than you have in the past, and help me to overcome any physical, technical and mental barriers that may have gotten in the way of my previous swimming performances."
- "Please give me some extra things to work on in my fitness, speed, technique, skills and gym work."

7. DO NOT COMPROMISE!

Sometime in that first session back after the break, your mind may wander and start thinking, "What am I doing? I have plenty of time. Why am I giving it my best now when there are weeks to go before my first meet?"

Do not compromise! Fight these negative thoughts—*start the way you want to finish!* Everyone has negative thoughts, but the trick is to say "no" to the negative. As soon as one of those negative notions pops into your head, say a loud, confident, strong, determined "NO" to that negativity.

8. EVERY SESSION IS IMPORTANT

It is really tempting at the beginning of the season to think, "It will be OK. I will take it easy for a few sessions, back off now and then, and I will still be able to swim fast when it matters."

Wrong!

Every session is important. Swimming fast is a habit. It comes from consistently practicing great skills, technique and fitness every day so that you do things automatically on race day.

When swimmers are tired and under pressure, they revert to doing things that feel the most natural—the things they do in training every day.

So, if you regularly allow yourself to execute sloppy turns, lazy skills, ordinary fitness and a woeful attitude (*aka* S.L.O.W.) in training, your mind and body will be SLOW when you are faced with the pressure of racing!

9. BE ENGAGED IN WHAT YOU DO

Just showing up for training is not the answer. Rather, the answer is showing up for training and giving everything the best you have to offer.

The difference between good swimmers and great ones is not the quantity of training they do—it's their commitment to excellence and the consistent quality of their training that makes the difference.

The old saying, "Half the secret to success is just showing up" does not apply to swimmers! Not only do you have to show up, but then you must give it all you've got!

10. TRAIN LIKE, ACT LIKE AND THINK LIKE THE SWIMMER YOU WANT TO BE

Imagine the "future you":

- The swimmer who will be on the blocks at the high school or college championships...or state titles...or even nationals at the end of the season;
- The "you" with great fitness, skills, technique and speed;
- The "you" with a strong, unbreakable, "bullet-proof" confidence and self-belief.

See yourself as you will be at the end of the season when it will all come together, and you will be at your peak.

SUMMARY

1. Start the way you want to finish!
2. Come back from your holiday break more passionate, more determined and more focused than ever. Your break helped provide the 3 "E's": Energy, Enthusiasm and Excitement. Now, make the most of your break as you return to the pool!
3. Be the swimmer you want to be tomorrow...today!

Be that swimmer NOW!

The trick to becoming the swimmer you want to be is to *train, act and think* like that swimmer from the start—yes, right now...from your very first session back in the water after your break from swimming! ♦

Wayne Goldsmith is one of the world's leading experts in elite-level swimming and high-performance sport. Be sure to visit his website at www.sportscoachingbrain.com.

PHOTO BY MICHAEL MOON

PICTURED ► Be the swimmer you want to be tomorrow...TODAY!

