



Broomfield Barracudas Swim Club

Broomfield Barracudas Swim Club Newsletter

May 2010

Message from the President

As I stated in my last message - communication is crucial in running this team. To that end, this newsletter contains some great reports illustrating how our team continues to develop - I hope you enjoyed participating in these events.

Pool Update:

The CUDAs continue to develop our relationship with the Facilities Coordinator at Adams 12 and representatives from the City of Thornton. The good news is, the new 50 meter facility is targeted to open in November and we are still the first private team on the list to acquire pool time; However, as of this writing, the Facilities Coordinator must first complete District 12's High School swimming and diving team schedules, second arrange City of Thornton pool use, and then begin contract negotiations with the CUDAs. I assure you that we are doing everything possible to get the pool time we need. This is an arduous process as we have two governmental units needing to utilize the natatorium to best meet the needs of their constituents. We will send updates as soon as we get confirmation from Adams 12 - in the meantime - continue to check the practice schedule posted on the website and look for a BLAST detailing any updates. The pool schedule is as follows:

Developmental, Red and Silver groups will continue at BCC pool.

White, Adv. White, Senior and Elite groups will be at Adams pool through May 13th

Northglenn pool May 17th to July 31st (some Saturday practices at Meyers - check website for dates)

August - off season

Adams pool September to November (construction deadline is key here. We are hopeful to move to District 12's pool in September)

I personally had a lot of fun this past month - Swim-a-thon, pizza meet at BCC, Texas Hold-em Poker Party, and swim meets...good times. I want to thank all of you who have volunteered and donated time, money and effort to make things happen.

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

Coaches Corner

Head Coach Tex

Late in April, a small group of Cudas made a great long course showing at the TOPS meet. Hailey Spratte, who finally achieved 3 state qualifying times in short course last season, knocked out 5 long course state qualifying times in one weekend, including an incredible 200 freestyle swim!

The very next weekend, we hosted the Cuda Stingray Long Course Invitational at Meyers Pool. The Barracudas collaborated with the Colorado Athletic Club and hosted a successful long course meet for 150 swimmers. The meet started on time, finished on time, and parents who had never been involved stepped in to make it happen. 55 Cudas participated in the meet, and for 36 of those, it was their first time to ever compete long course, many achieving that very important milestone in their career. Our success in the 200 freestyle continued this last weekend, as Alix Fields and Katie Reindeau competed and took 20+ seconds off of their times, followed by Luke Thompson, who improved by 40 seconds in the same event!

As summer approaches, people often ask me about swim camps. It can be fun and exciting to travel to a different place and work on the same skills with new people, and sometimes useful too. Most swim camps will teach the same fundamentals that the Barracudas coaches teach on a regular basis, but sometimes swimmers benefit hearing it from a different coach. The most useful part of a swimming camp, however, is the first part, where you commit more of your time and energy to becoming a better swimmer.

If you are looking for a perfect swim camp for your swimmer this summer, simply consider our June and July schedule at BCC and at Northglenn. Both schedules are designed to give your swimmer more time in the water to work on skills and more time to train. The BCC swimmers will have more time to spend trying to improve techniques and the Northglenn swimmers will get more time to train to achieve their goals for the summer. The amount of technical work and training work at these camps will be designed to fit your child, who we are familiar with, and their racing schedule as well.

So in a sense, you are already signed up for the 2010 Cuda Swim Camp. Look at the June and July schedule and plan to take advantage on more time working with the water and with our coaches to become the best you can be this summer!

Tex

Swim-A-Thon

	<p>Also, great job Barracudas, on the 2010 Swim-A-Thon! The Barracudas reached and exceeded the goal of raising \$12,000 for our team!</p> <p>The Top 10 (one listed is too old to count) fundraisers for the team were:</p> <table border="0"> <tr><td>Kris Kerr</td><td>\$875</td></tr> <tr><td>Shelly Drozda</td><td>\$755</td></tr> <tr><td>Ryan Drozda</td><td>\$630.01</td></tr> <tr><td>Grae Roda</td><td>\$418.50</td></tr> <tr><td>Ashley Tang</td><td>\$396</td></tr> <tr><td>Caitlin Painter</td><td>\$345</td></tr> <tr><td>Tex Doherty</td><td>\$330</td></tr> <tr><td>Clint Dierking</td><td>\$307</td></tr> <tr><td>Duyen Tran</td><td>\$300</td></tr> <tr><td>Courtnie Lingaas</td><td>\$272.20</td></tr> <tr><td>Hailey Spratte</td><td>\$260</td></tr> </table>	Kris Kerr	\$875	Shelly Drozda	\$755	Ryan Drozda	\$630.01	Grae Roda	\$418.50	Ashley Tang	\$396	Caitlin Painter	\$345	Tex Doherty	\$330	Clint Dierking	\$307	Duyen Tran	\$300	Courtnie Lingaas	\$272.20	Hailey Spratte	\$260
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Coach Andrew	<p>'Tis the Season</p> <p>It is that time of year again. 'Tis the season when we look ahead and create some resolutions for how we'd like things to turn out over the coming months. No, you are not reading some recycled or misprinted article from December's newsletter. I'm talking about setting goals for the long course season. The move to Northglenn for White and Advanced White in a couple of weeks signifies that long course season is in full swing, and it's time to start thinking about what you can and want to accomplish in the next couple of months; culminating at JO's in July or Zones in August. Once we get settled in at Northglenn I will try to schedule individual meetings where we can work on setting daily goals, as well as season goals for each of you.</p> <p>This is a great opportunity for your kid to motivate themselves and it helps them become forward thinking. Another side effect is that on days where they might be reluctant to practice, if that goal is in the back of their head, they might want to attend practice so they can ultimately accomplish what they set forth to do.</p> <p>Now, sometimes I have goals in mind for kids and I help them along the way towards picking that goal, but for the most part I like it when they come up with a goal for themselves. Be it a certain time, making a cut, or even a certain place at the state meet. That way they can feel a sense of ownership of their goal. But... It would definitely help if you talked to them and got them brainstorming about what they want to accomplish this summer. That we can all work together to make this summer a successful one. Thanks!</p>
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<p>Swimmers of the month from BCC</p> <p>Red Group</p> <p>Girl ~ Ashley Tang</p> <p>Boy ~ Connor Touchton</p> <p>Silver Group</p> <p>Girl ~ Courtnie Lingaas</p> <p>Boy ~ PJ Roberts</p>	<p>Red Group</p> <p>Girl ~ Ashley Tang: Having recently moved up to the Red group Ashley has been working hard on a daily basis. Her hard work translated into some great swimming at both Brighton and at her first long course meet. Great job Ashley!</p> <p>Boy ~ Connor Touchton: Fresh from just learning all four strokes, and being new to the team and the sport, Connor competed in his first meet at Brighton. He is the only swimmer to come out of his first race bleeding! Connor toughed it out, and came back at the long course meet and swam fantastic! Keep up the hard work.</p> <p>Silver Group</p> <p>Girl ~ Courtnie Lingaas: Courtnie's unbelievable work ethic has been on display for all to see every day at practice, and now her efforts are carrying into swimming great in the meets. Courtnie had a great first meet at Brighton, and we look forward to her continued improvements!</p> <p>Boy ~ PJ Roberts: PJ has been working extra hard as of late, and it has seemed to pay off. PJ swam great at the long course meet this past weekend, and he is quickly becoming a leader in the Silver group. Great job PJ!</p> <p>WAY TO GO SWIMMERS! ~Coach Tom</p>
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Mark your Calendar	<table border="0"> <thead> <tr> <th>Date</th> <th>Meet</th> </tr> </thead> <tbody> <tr><td>May 14-16</td><td>FST Long Course Open</td></tr> <tr><td>May 28-30</td><td>ACES Open</td></tr> <tr><td>June 9th</td><td>Park Day – TEAM Day</td></tr> <tr><td>June 11-13</td><td>North Jeffco Summer Open</td></tr> <tr><td>June 13</td><td>Broomfield Mini HaHa – Volunteer Opportunity. The CUDA work a water station! Sign up to help</td></tr> <tr><td>June 18-20</td><td>Missouri Travel Meet</td></tr> </tbody> </table>	Date	Meet	May 14-16	FST Long Course Open	May 28-30	ACES Open	June 9th	Park Day – TEAM Day	June 11-13	North Jeffco Summer Open	June 13	Broomfield Mini HaHa – Volunteer Opportunity. The CUDA work a water station! Sign up to help	June 18-20	Missouri Travel Meet
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Red: (practice up to 5 times each week)
Monday/Wednesday 6:00 – 7:00pm @BCC
Tuesday/Thursday 5:30 – 6:30pm @BCC
Friday 5:00 – 6:00pm @BCC

Silver: (practice up to 5 times each week)
Monday/Wednesday 5:00 – 6:15pm @BCC
Tuesday/Thursday 4:00 – 5:30pm @BCC
Friday 4:00 – 5:15pm @BCC

**Notes from the
CUDA Treasurer**

Dues and Payment Options

Below is the dues structure:

Developmental	\$55/month
Red	\$195/quarter
Silver	\$225/quarter
White	\$285/quarter
Advanced White	\$315/quarter
Senior	\$345/quarter
Elite	\$390/quarter

This time of year, we often receive questions regarding taking time off from swimming and the impact on your bill.

Team policy states that we do not credit your account for time taken off. The primary reason is we bill on a weighted average of expected expenses for our entire fiscal year (September 1st through August 31st). For the same reason, please be aware, that all swimmers in the Red group and above are charged for the entire 4th quarter even though the team does not practice during the month of August.

So even though your swimmer may be taking some time-off from practice, the team still incurs a number of fixed expenses that we still are charged for, whether it is the middle of October, or the middle of July. Exceptions are made for medical conditions that prevent your swimmer from getting in the pool, as well as any other unusual situation that may arise. We are always more than willing to consider and evaluate these situations.

Change in dates to Fundraising and Volunteer Hour Credit Cutoff: The board recently approved minor changes to the cutoff dates for volunteer hours and fundraising. In order to receive credit for LC volunteer hours, all hours must be worked by July 25th (which coincides with the last meet of the season).

Further, all King Sooper gift card purchases and card reloads must be made by July 10th (this is due to King Soopers' reporting cycle). Purchases of Pizza Pals and Safeway script from the Bratcher's must be made by July 15th. Purchases after these dates will carry over and be applied against next season's SC billing cycle. This will allow our business manager time to make adjustments and credits for the August billing cycle.

Please send any questions you might have to cudacash@comcast.net

Call for Officials
**Thanks to those who
attended our CUDA
hosted clinic on May 1st.
If you could not make it
here are 2 additional
opportunities.**

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.

Stroke and Turn Clinics Scheduled as Follows:

- 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

	<ul style="list-style-type: none"> • 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)
Volunteer Policy	<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 or submit questions to Judith Ashworth at cudavolunteer@gmail.com</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 or find <i>Broomfield Barracudas</i> on Facebook..</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>
<p>** News Article **</p> <p>SWIM PARENTS by The American Swimming Coaches Association</p>	<p>Key To Goal Setting: <i>Parent Support</i></p> <p>The goal of goal setting with young swimmers is to learn how to set goals. With 10 and unders it is important that they are successful at achieving the goals that the coach and parents help them set. However, part of learning how to set goals, and also a part of growing up, is an occasional failure at achieving a goal. Failing to meet a goal can have disastrous effects, or, can be part of a healthy growing experience, depending on the support of parents and coach. While it is probably not a good idea to allow 10 and unders to set goals that they probably cannot reach, with 11 and 12 year olds, one approach is to give them more freedom in selecting goals thus allowing them an occasional "opportunity to fail".</p> <p>When properly guided, a young person who fails to achieve a goal can learn that success is often built upon failure. What would be the parent, coach, swimmer relationship for goal setting for 11 - 12's? For parents this can be a very challenging time. These young people are beginning to experiment with independence. You may find that your influence does not have the immediate impact that you are accustomed. When suggesting goals to your young swimmer, regardless of how appropriate the goals are, you are likely to find some resistance. However, the emotional support a young swimmer needs at this age from you is as great as ever. While the swimmer may not want to hear your suggestions for what to do in the pool, they sure need your support for what they are attempting to do, and sometimes fail to do.</p> <p>Here are some questions you might ask your goal setting young swimmer.</p> <ul style="list-style-type: none"> • Have you and Coach Andersen talked about your goals for the season? • What are the goals you have decided on? • Did you write them down? • What did Coach Andersen say you needed to work on in order to reach your goals? • Did you get any closer to your goals today? <p>The coach begins to take on a more influential role in the swimming development of the young swimmer at this time. Swimmers sometimes think, eat, breath, sleep, and swim according to the direction of the coach and they may respond better to suggestions made by the coach than those made by you. For example, you may be trying to improve the nutritional aspects of your young swimmer's breakfast only to find a typical bit of standard 11 and 12 resistance. However, when the coach suggests the exact same advice to your swimmer he is ready to change his breakfast routine the next day. For this reason, plus the fact that the coach best knows the swimming abilities of your child, the primary influence in goal setting for 11 - 12's is the coach.</p> <p>The coach acts as a guide, asking your swimmer appropriate questions to help him decide on goals. When your child has a goal in mind and is convinced he can achieve that goal, coaches (and parents) should accept it as a goal even if it seems too ambitious.</p> <p>What happens when he fails to meet the goal? From you, he needs unconditional support and careful guidance. Let's consider a situation where 12 year old Bobby has a best time of 1:07.5 in the 100 free, a "B" time. He has several "B" times in other strokes but no "A" times. His coach feels that a good goal for Bobby would be to make an "A" time in the 100 free, 1:03.19. However, Bobby has set his own goal of breaking a minute in the 100 free in the final "B" meet of the season. He knows if he breaks a minute he will qualify for the Junior Olympics and gain a spot on the relay. Contributing to Bobby's desire to qualify for Junior Olympics this season is the fact that he turns 13 shortly after the meet and he knows it will take a 55.3 to qualify for the next Junior Olympics as a 13 - 14 year old. Bobby also set three other goals which fall within the coaches expectations so the coach allows Bobby this "opportunity to fail".</p> <p>During the season, Bobby makes steady progress as he drops his time in the 100 free to 1:04.0 and he is still hoping to break a minute. At the final "B" meet he goes a 1:03.0, a new "A" time, and wins the event. The coach and Bobby's</p>

parents are very pleased with his performance. Bobby, however, is dejected because he did not make his goal of breaking a minute.

Bobby's parents, sitting in the bleachers, observe him speaking with his coach. His mood does not noticeably change despite his coaches' congratulatory gestures, smiling face, and reassuring words. Now Bobby is on his way up into the bleachers to visit his parents. What's important to say to Bobby?

- First, attend first to Bobby's physical needs, "Are you warm enough? Please put on your warm ups. Do you need something to drink?"
- Then, do not deny him the opportunity to express his disappointment and do not minimize his feelings. You know it was a best time, and you know it was a good race, but you will not be able to MAKE him feel better by contradicting his feelings. Listen to him.
- Empathize with Bobby. Say, "I know how disappointed you must be."
- Allow Bobby to find the solution to his disappointment. "Why do you think you didn't make your goal?" Bobby can respond to this question in one of several different ways and your follow up will be based on that response. It is hard to generalize a conversation here, but what is important to remember is that through your questions and his responses, you want Bobby to realize that while his goal for breaking a minute is a good goal, his timetable for breaking a minute was too short and there are more things he needs to work on.
- Support Coach Anderson. Ask Bobby, "What did Coach Anderson say?" "That sounds like a good idea, do you think you can do that?"

The desired net result of the parent and athlete relationship in this type of goal setting situation is that the athlete receives support for his feelings and he comes to realize how to adjust his goal setting in order to be more successful next time. With this result, you'll find your young swimmer better equipped to establish his next set of goals with the knowledge that he has your unconditional support.