

Message from the President

CUDA pulled out all the stops for the 30th CUDA Pentathlon. This was our first VMAC hosted meet of the season. I want to thank all the families who volunteered for the meet. The meet would not have been successful without your assistance.

Many of you just spent the weekend at the Colorado Swimming Pioneer Open at DU. CUDA had a fantastic meet. Team records and meet records were broken. Congratulations CUDA! The swimmers have been swimming hard for the past 3 months preparing for this meet. It is great to see all their hard work paying off.

Did you know CUDA has a Twitter account? If you have a Twitter account, make sure to follow FR Barracudas for updates from home and away meets.

I came across an article posted on USA Swimming's website. The article is titled Swimming is a Team Sport, and We're Thankful. The article is by Mike Gustafson who is a correspondent. The article talked about how swimming is often thought of an individual sport, but that is far from the truth. The sport is filled with people helping people (volunteers), swimmers helping swimmers and coaches helping coaches. The article made me reflect on the team as a whole. CUDA would not be successful without the families who support their swimmers, swimmers who cheer for their teammates and coaches who spend hours upon hours on deck coaching our swimmers. Given we are in the middle of the holiday season, I thought it appropriate to share a link to the article -

<https://www.usaswimming.org/news-landing-page/2017/11/22/swimming-is-a-team-sport-and-we-re-thankful>

Good luck to our swimmers heading to Speedo Winter Junior Championships in Iowa City and to our swimmers, swimming the Dual meet this weekend.

Happy Holidays!

Laura Lierz
CUDA President

president@teamcudas.com



CONGRATULATIONS on the...



13-14

Indigo Armon, Abigail Zadorozny, Jackson McDonald, Sydney Bales, Makenna Lindeman



11-12

Abbie Kehmeier, Sam White, Kaylee McDonald, Max Kulbida, Tegan Barrier, Sabrina Rachjaibun



8 & UNDER

Ace Armon and McKayla Adams

**30th
CUDA
PENTATHLON!**
November 18-19 2017

**Pictured here
are some of our
High Point winners!**



9-10

Hector Mu and Ellie Foulke



15 & OVER

Harrison Lierz, Kandice Chandra, Jillian Martin, Bella Walters, Jordan Dolan, Sophia Romero(not pictured)

Coaches' Corner | Head Coach Andrew



I'm sitting here with writers' block on the eve before our CSI Pioneer meet trying to figure out what this month's newsletter article should be about... After thinking for a bit, maybe I've had a 'Eureka!' moment. It's a little different than my usual submission, but please hear me out...

As you know, we have the Cuda Classic coming up in January at VMAC. During this meet, Instead of ribbons or trophies for our older athletes, each swimmer over the age of 13 receives a bag tag credential. In past years we've had a photo of some Colorado mountains, our Cuda fish and most recently we've had an image of a classic muscle car: The Plymouth Barracuda- or CUDA for car buffs! I think it would be fun this year to accept artwork from our swimmers. I know we definitely have some multi talented athletes on our team. Many of our swimmers also have skills with school, instruments, other sports and art. So I want to give our swimmers a chance to design the 2018 version of our Cuda Classic bag tag. If you have interested swimmers, please have them submit what they think would make good bag tag art by **Monday, December 11th** and our coaches will choose the one we like best. Hopefully we have some quality submissions!

[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:

[The Art of Swim Parenting](#)



Coaches' Corner | Coach Lauren**BCC Swimmers of the Month****Silver Group**

Addie Donahue-Watch out for Addie this season! She's been working hard not only on bettering her strokes, but finding a new level of mental focus and toughness in both training and racing that has already resulted in some pretty awesome swims for her early this season. Always asking what she can do better, Addie's very much on the right track and setting a great example for her teammates.

Jerry Liu-Over just a few short months, Jerry has found a new gear and excitement for racing, which has been very fun to see. He's cranked up the focus, taking responsibility for applying coaches' feedback and challenging himself at practice. This resulted in a monster meet for him at the Pentathlon, swimming five races and totally demolishing his best times in all five. Way to go, Jerry!

Red Group

Sydney Mayes-Sydney is a leader by example, consistently showing up to practice with a great attitude and willingness to take on whatever challenge that day has to offer. She's also just plain fun to have around. It has been awesome to see her over these past couple seasons develop into a strong, confident racer, knock down her best times, and become a model teammate. Keep it up, Syd!

Cody Mills-Talk about the right stuff! Cody definitely understands and embodies what it takes to train smart then race hard. Through a great deal of patient practice and laser focused attention to bettering his technique in all strokes, Cody has become a strong lane leader and versatile competitor. I'm excited to see him branch out and try some new and longer events. Doing great, Cody!



Coaches' Corner|Coach Gail

Greetings Swimmers!

In today's world, many things move and happen faster than ever before. High speed internet, cell phones, texting, Snapchat, fast food, and ATM's allow us to have whatever we want instantly at our fingertips. And while that can be a good thing in some areas of your life, "instant achievement" is **NOT** a mentality or expectation you should have in your athletic life.

The hard truth is that the road to athletic success is paved with old fashioned **patience, persistence, and quality repetition**. It takes time, hard work and numbers. Yes, the sports world has developed technologies to help us learn and improve in new ways. There are all kinds of gadgets and gizmos to help our training; some very useful, others not so much. But no gadget can speed you through the learning process. There is no gizmo to take the place of daily, sustained effort. No fancy doodad will magically shorten the numbers. If you want to be a successful athlete, you must develop a long-term mindset and drop the expectation that everything should happen for you quickly and easily. You **MUST** do the work.

So, some points to ponder for your lengthy athletic journey...

- Expecting perfection, proficiency or consistency without putting in the hours and repetitions is an unrealistic expectation.
- Don't be tempted by shortcuts; skipping over solid fundamentals now will come back to bite you in butt the later!
- Athletes learn at different speeds; your progression through certain skills or levels may differ from a teammates; making comparisons will only frustrate you and slow your progress.
- While the repetitions are absolutely essential, the quality of the effort is even more critical.
- Performance enhancing drugs and sugary energy drinks are not an answer to "getting there" quicker and better.
- Always celebrate your small, everyday victories. They're your stepping stones to the big successes.
- As the level in your sport rises, the longer it can take to master new skills or perform them consistently. Be tenacious, but patient with the process.

Sending everyone in the Cuda swimming family wishes for a most awesome winter holiday season!



Mark your Calendar



Date	Event
Dec 1	Pizza Meet @BCC
Dec 1-3	CSI Pioneer Meet @ DU
Dec 4	Sign-up Deadline Cuda FST Dual @VMAC
Dec 4	Deadline for second Chance Apparel Order
Dec 6-9	Winter Juniors @ Iowa City, IA
Dec 11	Deadline to submit CUDA Classic Bag Tag Design
Dec 11	Spring Sectionals Informational Meeting @ VMAC 4:45
Dec 11	Board Meeting @ VMAC 7:00pm-9:00pm
Dec 13	Officials' Training (Stroke and Turn) @Lafayette YMCA 5:30pm-7:30pm

December Birthdays



Dorothy Bennett	Ellabelle Higgins	Hector Mu	Alexandra Remaklus
Emma Blanchette	Nandana Kannaiyan	Sanjay Mudukutore	Mia Schroeder
Brooklyn Cardenas	Andrew Liu	Arden Quan	Fletcher Slavik
Owen Feran	Anisha Mehta	Sabrina Rachjaibun	

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

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? BCC Families can contact Andrea at bccscripsales@teamcudas.com. VMAC families can contact Joy at vmacscripsales@teamcudas.com.

- Virtual gift cards you purchase and use from your phone. Learn more about ScripNOW [here](#).

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 meetings. They are held the second Monday of every month. This month the meeting has been rescheduled for the third Monday of the month; **Monday, December 11, 2017 from 7:00 pm to 9:00 pm at Veterans Memorial Aquatic Center (VMAC)**. We look forward to seeing everyone then!

Officials' Corner

There will be a training opportunity for those interested on **December 13th, 5:30pm to 7:30pm** at the Lafayette YMCA (2800 Dagny Way, Lafayette, Co. 80026). Instructors are Mike Urbanowicz and Lee Lierz. This 2 hour training class introduces you to what it's like to be a Stroke and Turn official.

Congratulations to Ronald Anderson for completing his training for Stroke and Turn.

Becoming an active CUDA official has the following benefits:

- No fundraising commitments
- Service hour requirements fulfilled by working a minimum of sessions
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

* We'll pay for background check, registration fee and custom officials shirt.



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 November Newsletter [News | Newsletters]
- Added September and October Board Meeting Minutes [News|Board Meeting Minutes]

* Need to be logged in