



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

April 2011

Message from the Board

Hello CUDA families:

Spring is upon us, the days are longer and the Long Course Season is in full swing!! As a board member I am continually asked by parents how can I get involved with the "CUDA Community"?

Swim Meets – Swim meets are a great way to meet other parents and to become involved with the club. The coaches are working very hard with your kids in practice and the best way for them to reap the rewards of all of their hours of hard work and dedication is to enter them in some swim meets and let them compete. Mark your calendars now for our travel meet to Grand Junction coming up in June. This is a short trip over the mountains to a beautiful pool and **ALL** CUDA swimmers can participate! Travel meets are a great opportunity to connect with other families as most of us stay at the same team hotel, we will have a team dinner and we are also planning other fun events for the weekend. Keep your eyes on the website as we will be posting details on this trip shortly.

Swim-A-Thon 2011 - While the Swim-A-Thon is a favorite event among all veteran swimmers, it is also a crucial fundraiser for our club. We encourage you to get involved with your child and help them collect pledges from friends, family and co-workers! The kids who raise the most money will be eligible for fun prizes, but they will also have a huge sense of accomplishment when they complete their two hours of swimming. New this year... a direct and secure link on our website so folks can donate their pledges electronically!! (Go to the Swim-A-Thon link under the Parents tab on the team website)

Volunteering – We rely exclusively on the help of our CUDA parents to run our team-hosted swim meets. Our beautiful new pool has provided us numerous opportunities to host meets, and it is vital we run them smoothly so clubs will return to swim with us in years to come. Even if your volunteer requirements are met, please consider taking some time to help us with some of these upcoming meets. Not only is it fun, but it's also a great way to get to know other CUDA families and help our club at the same time. The metro area is excited to swim at VMAC and we need our CUDA Community to come together so we are all successful!!

The Long Course Season will provide many exciting opportunities to get involved with the CUDAs. Keep checking the website, and also your email for upcoming events!

Please feel free to reach out to myself or any other board member or coach if you have any questions, concerns or comments.

Nikki Gast & The Board of Directors nicolegast@gmail.com

Coaches Corner

Head Coach Andrew

The Cudas' 2011 version of the Swim-A-Thon is fast approaching and this year it will take place for all groups at the VMAC on April 20th. We are excited, because this is the first year that all CUDA groups will come together at one pool; we've never had that opportunity before.

Your swimmer received a packet of information and prize sheets that should get them kick started. Please encourage them on their endeavor. Whether your swimmer earns five dollars or five hundred, we want every swimmer to participate in the event on April 20th and have them feel like they are a part of the team.

We count on the annual Swim-A-Thon to help out with numerous items. A successful Swim-A-Thon helps: keeps dues reasonable, it will allow the team to purchase training equipment, goes towards providing complimentary state t-shirts and caps to swimmers who qualify, it allows us to help defray the cost for CUDA swimmers who qualify for regional or national meets, it's also used in myriad of other instances. Additional information for this years Swim-A-Thon is located under the events page on teamCUDAS.com and also on. Thanks in advance for help in making this year's event a success!

<p>News from VMAC</p> <p>Age Group Coach Tom</p>	<p>Is it Spring yet? Sure, maybe Rockies games are getting cancelled due to snow, but Spring is in full swing in the swimming world. We are quickly getting into the meat and potatoes part of the season, and us coaches are already seeing great things. After getting through all the various spring breaks, practice attendance in all groups top to bottom has been steadily improving. The 12 and under kids all swam great at the Brighton meet and the following swimmers won a high point award in their age group: Lucas Williams, Kaylee Wu, Austin Griffith, Lindsay Fremling, John Schultz, Sophia Romero, Logan Sainsbury, Payten Irwin, Alexander England, and Aiden Casper. Congratulations!</p>
<p>News from BCC</p> <p>Coach Jonathan</p>	<p>Coaches Jonathan and Sarah are very proud of all the swimmers in Developmental, Red, and Silver. We are thrilled with the attendance in all 3 groups over spring break and look forward to continued success this summer.</p> <p>As a reminder, we have available online sign ups for our April 22nd Pizza Meet, May 1st Longmont 10 and under meet, and for our silver swimmers we have a team hosted swim meet The Steve Drozda Shotgun Long Course meet on the weekend of May 6-8.</p> <p>Please also be aware of our Annual Swim-A-Thon fundraiser swum on April 20th.</p> <p>March Swimmers of the Month</p> <p>Red Group</p> <p>Girl- Rachael Curtis So far this season Rachael has sprung out of the gates starting her first season as a red grouper by being a great leader for that group. By consistently demonstrating a positive attitude and enthusiastic work effort at practice, Rachael has truly earned Swimmer of the Month honors for the first month of the season. Keep up the good work Rachael!</p> <p>Boy- Jaden Bensky Jaden got a hot start to the season by being a great listener at practice and an all out great team mate. Jaden has a great work attitude and he swims with a smile. Keep up the hard work Jaden!</p> <p>Silver Group</p> <p>Girl- Kaylee Wu Kaylee has truly established herself as a hard working and competitive leader of silver group. She has always been an excellent listener with a commitment to getting better. Kaylee has shown a great commitment to our biggest focus of the season, her 5 whip kicks off of every wall. Keep it up Kaylee!</p> <p>Boy- Charlie Zhang Charlie has started the season with a great practice attendance, and on top of showing up, he comes ready to swim fast and work hard. Charlie is a steady leader of the fastest lane in Silver group and has taken on the role with great poise. Keep up the hard work and leader ship Charlie!</p> <p>Thanks for all your hard work! Coach Jonathan</p>
<p>CUDA Spring Apparel Orders</p>	<p>Beginning today please see the team apparel order form and get those orders in by April 25. It is all done through the website (PARENTS tab > Spring CUDA Apparel link) and we will receive the order by Mid-May. This will be our ONLY ordering opportunity for the summer season so please plan accordingly. Any questions regarding the ordering process can be sent to my email at cudacoachtom@gmail.com</p>
<p>Long Course Time Standards Posted</p>	<p>Please take a look at the website for the updated Long Course State qualifying times. They are located under the PERFORMANCE Tab.</p> <p>Also take a look at the UPDATED Long Course meet schedule located under the SCHEDULE Tab.</p>

Mark your Calendar	DATE		EVENT
	April 6 th – 25 th		Team Apparel Order Window
	April 8 th		Rescheduled Pizza Meet - BCC
	April 8 th – 9 th		FST Meet
	April 13 th		New Parents Meeting - BCC
	April 16 th		Eaton Spring Splash
	April 18 th		Sign-Up Deadline (Drozda Shotgun LC Meet)
	April 20 th		Swim-A-Thon – VMAC
	April 22 nd		April Pizza Meet – BCC
	May 1 st		Longmont 10 & Under
	May 2 nd		Sign-Up Deadline (NJ Invite)
	June 16 th – 19 th		Annual Summer Travel Meet – Grand Junction
	<p>The UPDATED summer long course meet schedule has been posted on the website. Please look at which meets are scheduled for your swimmer's group, and circle the dates on your calendar. It should be a summer of fast swimming!</p>		
Practice Schedule BCC Swimmers: 280 Lamar Street Broomfield VMAC Swimmers: 136th Ave & Holly St. Thornton	Developmental:		
	Monday - Thursday	5:00 – 5:45 @BCC	
	Tuesday/Thursday	6:30 – 7:15 @BCC	
	Friday	4:00 – 4:50 @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	
White:			
Monday – Saturday			
Black:			
Monday - Saturday		VMAC schedule is posted on the website.	
Senior:			
Monday - Saturday			
Elite:			
Monday - Saturday			
Call for Officials	On Monday, April 4th we had a new officials clinic at the VMAC.		
	We would like to thank Paul Bratach, Ken Hahn, Aimee Irwin, Karla Paquette, Richard Wilson, Michael Su for attending; and for Jamie and Sean Feran for helping make the event a success. If you missed that clinic, but are still interested in helping out please read below...		
	<p>The CUDAS want 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 Cudas in a huge way. 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.</p> <p>If you are interested or if you would like more information, please send an e-mail to CoachAndrew@teamcudas.com.</p>		

Swim-A-Thon

**CUDA Swim-a-Thon
Wednesday April 20, 2011
5:30 pm -7:30 pm
Veterans Memorial Aquatic Center**

Mark your calendars for a night of fun at VMAC for the 2011 Cuda Swim-a-Thon! Swim-a-Thon is a fundraiser in which all FRBSC members earn money for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first.

Participants get pledges from businesses, family, neighbors, etc. prior to swimming. Swim-a-Thon does accept corporate matching programs with full credit going to the swimmer for prize consideration. Some swimmers choose to get pledges and money prior to swimming while others get pledges per length and collect the money following the Swim-a-Thon. Distribution of pledge forms, receipts, FAQ's letter, and money envelopes is taking place this week. If you have not received your S-a-T packet, please ask your coach for one. This year we have an electronic payment option for donations. Please see the S-a-T packet for details or the S-a-T section under the parent's tab on our home page for additional information and prize pictures. Please direct any questions or concerns to your Swim-A-Thon Chairperson:

BCC Contact: Kennedy Walsh
ckennedywalsh@gmail.com

VMAC Contact: Jackie Hahn
jackiepoorhahn@aol.com

What are the important dates?

Start date: Right NOW
Swim-A-Thon: Wednesday, April 20 5:00 – 7:30. The VMAC 5310 E. 136th Ave. Thornton, CO 80602
Money deadline: Wednesday, May 4 *to be eligible for prizes
Prize Banquet: Date TBA *If you would like to help plan the party please contact Kennedy or Jackie

All Swim-A-Thon participants are invited to this awesome party to celebrate our fundraising efforts as a TEAM.

Prizes

***Waterproof Digital Camera * Nintendo 3DS * \$100 I-tunes gift card * 4 Rockies Tickets * \$100 Visa Gift Card * Water World Season Pass * Cuda Parka * Playstation Move Starter Bundle * Speedo LZR Swimsuit * iPod Touch * Just Dance II for Wii * \$100 Best Buy Gift Card ***

All money is due by May 4 to be eligible for prizes. All prizes will be presented at a prize banquet. Top fundraisers choose first from the prizes, working our way from top to bottom. Swimmers will need to be present to have a choice in the prizes if they are eligible. The top 12 highest CUDA fundraisers will win one of our top 12 grand prizes. The highest grossing fundraiser will get the first pick from our pool of prizes, the second highest will get the second pick, and so on, until all 12 of the grand prizes are gone.

****New this year** Additional Prizes:** While being one of the top 12 will win you an awesome prize, you do not have to be in the top 12 to earn a prize. Each CUDA earning \$101 or more will receive a custom swim cap with their name printed on the cap. Only available thru Swim-A-Thon participation.

**Notes from the
CUDA Treasurer**

PLEASE NOTE: As of March 1st, 2011 our billing system will no longer be generating invoices on the 21st of the month. You have access to your balance on the "Invoices & Payments" in your account. This will show you any reoccurring dues, as well as any other charges that have occurred in the current month.

As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at cudamanager@gmail.com

April Board Meeting

Board meetings are typically scheduled for the second Monday of each month, from 7:15 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings.

Our next meeting will be held on **Monday, April 11th from 7:15 pm-9:00 pm** at the Bruner House—640 Main Street, Broomfield. Hope to see you there!!

<p>WELCOME! New & Returning Swimmers</p>	<p>Welcome the following new or returning swimmers to our CUDA Family for the Month of March</p> <table border="0"> <tr><td>Emma Armstrong</td><td>Developmental</td></tr> <tr><td>Luke Crumplar</td><td>Developmental</td></tr> <tr><td>Miles Newsham</td><td>Developmental</td></tr> <tr><td>Kara Thomas</td><td>Developmental</td></tr> <tr><td>Allison Xin</td><td>Developmental</td></tr> <tr><td>Spencer Terry</td><td>Red</td></tr> <tr><td>Michael Truong</td><td>Red</td></tr> <tr><td>Jane Holton</td><td>Silver</td></tr> <tr><td>Victoria Holton</td><td>Silver</td></tr> <tr><td>Ryan King</td><td>Silver</td></tr> <tr><td>Courtney Bowen</td><td>Senior</td></tr> <tr><td>Brynn Schwartz</td><td>Senior</td></tr> </table> <p>Be sure and attend our NEW PARENT MEETING on Wednesday, April 13, 2010 at 6:00pm at the BCC POOL on deck in the heating area. This meeting is ideal for new parents or for anyone who has a question about our club policies and procedures.</p>	Emma Armstrong	Developmental	Luke Crumplar	Developmental	Miles Newsham	Developmental	Kara Thomas	Developmental	Allison Xin	Developmental	Spencer Terry	Red	Michael Truong	Red	Jane Holton	Silver	Victoria Holton	Silver	Ryan King	Silver	Courtney Bowen	Senior	Brynn Schwartz	Senior
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Victoria Holton	Silver																								
Ryan King	Silver																								
Courtney Bowen	Senior																								
Brynn Schwartz	Senior																								
<p>Volunteer Policy</p>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2011 Season is bringing about many opportunities for you to volunteer and to help us host some exciting meets, please check out the website to sign up early!</p> <p>Volunteer Requirements:</p> <ul style="list-style-type: none"> • 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) • 12 hours per Season—White, Black, Senior, Elite (VMAC Swimmers) <p><i>All hours must be completed by the end of the season, otherwise your swimmer's account will be charged \$20/hour for hours not completed.</i></p> <p>Reporting & Tracking of Volunteer Hours: To simplify the recording of hours volunteered: you will sign up online for events, check in at the event, your hours are then verified and confirmed by the volunteer coordinator, and lastly your hours will be updated to your online account so you can view your hour's completed and/or outstanding balance. 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> <p>Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@gmail.com</p> <p>The Board wishes to thank every volunteer for their time and commitment. Please do not hesitate to contact a board member should you have any questions or concerns!!</p>																								
<p>Team Communications</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><i>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</i></p>																								