



FRONT RANGE BARRACUDA SWIM CLUB



April 2014

Message from the President

Sean Feran

I'd like to thank all of the parents and coaches that helped to make our first 14 & Under State meet such a success. It was so nice to see everyone step up and help out so much. I'd also like to recognize the incredible efforts of Coach Andrew and Vilma Hassert. They both put in more hours than can be counted, and without their help I don't know how we would have done it. We really shined as a club, and next year will be even better. Thank you all!

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



Group meetings are now listed on the events page at teamcudas.com. Holding these meetings is standard practice for our club at the beginning of every season, as we want to make sure that both parents and swimmers are prepared for the fantastic season that's a head of them. Each group has its own meeting with information that will be specific to that group. These topics include but are not limited to:

- Group expectations (Practice attendance, meet attendance, etc...)
- Hierarchy of communication: group coach then head coach then board members.
- Practice schedule
- Meet targeted schedule (including championship meets)
- Swimmer code of conduct and parent code of conduct
- Discuss goal meeting procedure and schedule

I could go more in depth with the process here, but I don't want to give away too much. We want to make sure you attend the meeting! If you have any questions prior to your swimmer's group meeting or can't make the scheduled time slot. Please e-mail your group coach and they'll fill you in. Thanks.

[Coach Andrew Brand](#)

Article of the Month

[Ten Commandments for Swimming Parents](#)

Board Meetings

Upcoming general Board meetings are typically scheduled for the second Monday of each month. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on **Monday April 14th, from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Macy Murphy- Macy joined Red group this month and has far exceeded the expectations for the group. She comes in with a smile on her face and ready to work hard with 100% focus. Over just the past few weeks we have seen Macy's strokes develop and improve due to her hard work and focus.

Bryce Li- Bryce has become a wonderful leader for the Red group. He has risen to the challenge of leading his lane and performing the drills and interval sets for his group. With his improved focus Bryce is starting to see the improvement in his technique and speed of his strokes.

Silver Group

Lexy Bullen- Lexy is a positive and strong leader for the Silver group. She looks forward to the challenges presented in Silver- Tootsie Roll Challenge, Friday Challenges and hard interval sets. Lexy asks for additional help and tips on how to improve her techniques to get the most out of her strokes.

Michael Lee Kastner- Michael Lee has shown a huge improvement in his focus and technique during practice and competition. He attends practice with excitement to swim and workout with his teammates.

Cuda Records Broken Recently

Daniel Bradford

400 IM (13-14)
200 Breast (13-14 & Open)

Sidney Trimm

100 Fly (13-14)
50 Free (13-14 & Open)

Shelly Drozda - Open

200 Free
200 Back
1650 Free

Shannon Feran - 11-12 Girls

50 Fly

Payten Irwin- 11-12 Girls

100 Fly

Connor Hassert - 10 and U boys

100 Fly
100 Free
200 Free
100 Breast
100 IM
200 IM

11-12 Girls 200 Free Relay

Sophia Romero
Abby Taugner
Payten Irwin
Shannon Feran

Mark your Calendar



| DATE | EVENT |
|-------------|--|
| April 3-6 | Speedo SC Far Westerns Championships in Morgan Hill, CA |
| April 5th | Brighton April Fool's meet at Brighton High School |
| April 9th | Deadline to register for the Long Course Tri Meet at EPIC |
| April 11th | BCC Team Event - "Create your own Shirt" at BCC meeting room |
| April 13th | Long Course CUDA-BLDR-FAST Tri Meet at EPIC |
| April 14-17 | Group Meetings at BCC & VMAC |
| April 18th | Pizza Meet at BCC |
| April 21st | Deadline to sign up for the Steve Drozda Shotgun LC Meet at VMAC |
| May 2-4 | Steve Drozda Shotgun LC Meet at VMAC |
| May 14th | Swim-A-Thon at VMAC |

**** Dates are subject to change. Please refer to the Events section on the home page of the Teamcudas.com website for the most up-to-date information.**

Notes from the CUDA Account Manager

Reminder – Please keep your AutoPay billing information up to date. If your credit card is expiring soon and you receive a new card, please make sure to update your AutoPay with your new credit card expiration date.

Teri Romero is the current Account Manager. If you have any questions regarding your bill, please contact **Teri Romero** at cudamanager@teamcudas.com.

Teri Romero

Help Needed

We need you! The Front Range Barracudas are looking for 1 or 2 parents to train to become a Meet Director/Entry Chair for the team. This person will train and shadow Linda Seckinger during our three day open meets, and will start as the main contact for each Dual/Tri meet we host.

This new person/s will shadow and train during our meets in May; and work with Coach Andrew to run our June Tri meet at VMAC. This position will require some training ahead of time, so if you are interested in helping out, please contact Coach Andrew at coachandrew@teamcudas.com immediately. Below is a description of what the job entails.

Meet Director/Entry Chair (training required) –USA Swimming requires each meet to have a meet director/entry chair (or two meet co-directors) who oversees the planning, organization, and operation of the meet. This includes, but is not limited to, obtaining a meet sanction from Colorado Swimming, preparing meet information, receiving and processing meet entries from teams via email, overseeing the various functions of the meet (though each function may have its own chairperson), smooth operations the day(s) of the meet, and following up with electronic distribution of final meet results. This position requires approximately 15 hours of work prior to the meet over a 6-week time frame, in addition to being present for all sessions of the meet.

Help Needed

[USA Swimming & Growing Champions for Life Information](#)

USA Swimming Partners with Growing Champions for Life

USA Swimming is excited to announce a special relationship with Growing Champions for Life, an organization dedicated to creating cohesive families and principle-centered athletes who win at life, not just at sports. The endorsement of this exciting program means you will have access to inspirational videos educational webinars, interesting articles and informative newsletters right here in our web site.

Each month you will find fresh new resources listed on the USA Swimming website. These programs are a perfect fit for our commitment to positive sport families and healthy athlete development at every level.

Officials Corner

Richard Wilson

As we begin the Long Course season, I'd like to take this opportunity to schedule an officials training clinic - this is the first part of the process in becoming a USA swim official.

Attending a clinic **doesn't** imply you have to commit to the entire certification process, instead it will help you understand if it's something you want to do.

In order to host our own clinic, we need at least three interested people. If you'd like to attend a clinic, or have additional questions, please contact Richard Wilson | richnwilson@gmail.com as soon as possible. There is no charge for attending this clinic and food and drink will be provided.

As a swim team, one of our goals is to build a committed team of swim officials to help ensure we get invited to important meets, as well as creating a solid reputation for the club.

[Richard Wilson](#)
Officials Coordinator

CUDA Birthdays



| | |
|----------|-----------|
| Gregory | Allan |
| Pax | Armon |
| Ava | DeBell |
| Riley | Duncan |
| Jacob | Hahn |
| John | Liu |
| Madelynn | Martinez |
| Ashley | Thibeault |
| Amber | Thibeault |
| Maximus | Wilson |



Fundraising

2014 Cuda Swim-a-Thon! This 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.

Ask any veteran swimmer on the team and one of their favorite events is the Swim-A-Thon. They'll remember the first time they were able to swim 200 lengths within the two hours. As they get older this test of endurance is an effort to beat their time (and their friends). Most of them know how long it took to swim 200 lengths last year. Once they finish they eat some snacks and start cheering on the other swimmers, encouraging them to keep going. Meets show the kids how fast they swim. The Swim-A-Thon lets them see how strong they are in the endurance department.

The Front Range Barracuda Swim Club (CUDA) is a 501(c)3 nonprofit organization and a member of USA Swimming. Dues pay only a portion of the team's expenses. With your help and contributions we can keep our fees low and our program's quality high. Swim fees alone cannot cover all of the expenses of the CUDA team. All coaches' salaries, travel expenses, training expenses, pool supplies, etc. are the responsibility of the team. To supplement the income expenses of the team we must ALL be active and contribute to our fund-raising efforts.

Swim-A-Thon

What are the important dates?

Start date: Right NOW

Swim-A-Thon: Wednesday, May 14th 5:00 – 7:30

VMAC 5310 E. 136th Ave. Thornton, CO 80602

Money deadline: Friday, May 31th (to be eligible for prizes)

Prize Banquet: TBA 6:00 – 8:00

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

Thank you,

Lisa Abeyta
Fundraising Committee