



Front Range Barracudas Swim Club



COLORADO
SWIMMING

August 2013

Message from the President

Sean Feran

August is the best month for being a swim parent. We're all enjoying almost a whole month of having dinners at home with the family, not having to rush to practice, or planning the day around when to get to the pool. It's nice to see the kids wanting to go to the pool to have fun with their friends, and it's comforting to know that we don't have to watch them like a hawk while they're swimming because we know they've got the skills, thanks to their great sport!

August is also when we as a Board get together and plan out the upcoming season. We are so excited to be hosting Short Course State at the VMAC this year, along with all of our normal meets. This means extra income for the team and a chance for our swimmers to represent the Cudas at their home pool. It also means that we will be having a large extra meet to staff. Compared with other teams in Colorado, we have a very low service hour commitment. We like to keep it that way, so that we can all enjoy watching the hard work our swimmers put in. This last season, there were times when we had a hard time filling spots, and with an extra meet added to the upcoming season, it's a little concerning that we will face this challenge again. We are hopeful that as a team, we can all step up and meet the needs of our volunteer-run team. Remember that we recently changed the name to "Service Hours" from "Volunteer Hours" because we truly need and expect everyone's help to make these big events go smoothly for your swimmers and our team.

Last, but definitely not least, we would also like to take the time to thank all the coaches for their hard work. The swimmers and parents appreciate all your dedication throughout the year!

Thank you, and please feel free to offer up any ideas you have on how we can make this season a success!

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



August is a time for reflection in the swim community. It's the end of an 11 month grind that concludes with exciting championship meets. We had swimmers of all levels targeting different meets. Be it the Northern Colorado 8 & under Championship (which we won!) Northern Colorado Districts, Long Course State, Senior Zones or Age group Zones. It's been fun to see the growth of this club over the past three years and realize we are getting better, stronger and faster at each level. A month off is a solid reprieve for swimmers, coaches and parents. Hopefully it refreshes and rejuvenates and gets swimmers fired up to get back in the water on September 10! Thanks for a great season!

[Coach Andrew Brand](#)

BCC Swimmers of the Month

Red Group

News from BCC

Coach Amy

Alvin Zhang- Alvin set a goal to improve and have all four legal strokes. He came to practice every day working towards that goal, asking for help and applying the feedback he received.

Fiona Hynes- Fiona has been working very hard in practice to improve the efficiency of her kick. She also came to every practice with a smile and ready to work hard and be a positive teammate for the Red group.



Silver Group

Evan Johnson- Evan has consistently shown increased focus and dedication to his swimming. Over the month of July his focus has paid off with improved speed, technique and meeting the move-up test sets. he will be moving up to White group.

Abby Zadorozny- Abby came to every practice with 100% focus and it has paid off. She was going for her 10th best time in Tootsie Roll Tuesday, the only swimmer to come close to that mark, and earn her spot in White group for short course season.

First Practice Date

First day of Short Course Practice is **Tuesday, September 10** for all returning and new swimmers.

Mark your Calendar



DATE	EVENT
July 31-August 4	Western Senior Zone Championships in Clovis, CA
August 7-10	Western Age Group Zone Championships in Roseville, CA
August 9-23	Returning Swimmer Registration
August 12-22	Cuda Swim Clinic at BCC
August 12	Cuda Board Meeting at CB & Potts
August 25	New Swimmer Tryouts at BCC
August 25	Short Course Parent Information Meeting at BCC
September 10	First Day of Practice at both BCC and 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.**

Officials Corner

Richard Wilson


As we come to the end of the long course season, I'd like to take this opportunity to thank all the officials and timers for their hard work and commitment. Thanks to your efforts, kids walk away from meets with official times.

As some of you may know, the Wilkins family will be leaving us at the end of this long course season. Both Jess and Val have dedicated a lot of their time to the officiating process and for that I am extremely grateful. They will both be sorely missed.

In September we are contemplating holding another officials trainee clinic. This 3-4 hour session, probably at the VMAC, is the first part of the process in becoming a swim official. Please note that attending this clinic does not mean that you are obliged to complete the entire officiating process. In order to facilitate the training we need at least 2 or 3 participants. If you're interested, please contact me at the email address below. For those on the fence, consider logging onto our CUDA website and then from the menu bar select 'Official's Corner | Why Officiate?' to watch a brief video about the benefits of officiating.

For parents interested in either learning more about the Officials process or have questions about the swimming stroke and turn rules, I'm available both at the BCC and the VMAC during the week. Feel free to email me ahead of time and I'll do my best to make myself available.

[Richard Wilson](#)
Officials Coordinator

Board Meetings	<p>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, August 12 from 7:15pm – 9:00pm at CB & Potts in Westminster. Hope to see you there!</p>																				
<p>CUDA August Birthdays</p> 	<table border="0"> <tr> <td>Delaney Algrim</td> <td>Kyle Mak</td> </tr> <tr> <td>Sarah Dills</td> <td>Meghan McGowan</td> </tr> <tr> <td>Elliot Dolan</td> <td>Delaney Osborn</td> </tr> <tr> <td>Quinn Donaldson</td> <td>Talia Passarelli</td> </tr> <tr> <td>Shelly Drozda</td> <td>Tony Saenz</td> </tr> <tr> <td>Michael Eckstine</td> <td>Ashley Sprague</td> </tr> <tr> <td>Jack Engler</td> <td>Hannah Wang</td> </tr> <tr> <td>Jasmine Li</td> <td>Owen Wilson</td> </tr> <tr> <td>Madison Lin</td> <td>Alvina Zang</td> </tr> <tr> <td>Courtne Lingaas</td> <td>Julia Zimmelman</td> </tr> </table>	Delaney Algrim	Kyle Mak	Sarah Dills	Meghan McGowan	Elliot Dolan	Delaney Osborn	Quinn Donaldson	Talia Passarelli	Shelly Drozda	Tony Saenz	Michael Eckstine	Ashley Sprague	Jack Engler	Hannah Wang	Jasmine Li	Owen Wilson	Madison Lin	Alvina Zang	Courtne Lingaas	Julia Zimmelman
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<p>2013-2014 Returning Swimmers</p>	<p>Short Course Registration for all returning Cudas will be available online from August 9 - 23. We will send a reminder email as the dates approach.</p>																				
<p>New Swimmer Tryouts</p>	<p>If you know of anyone who wants to become a Cuda, please refer them to our website. New swimmer tryouts will be held on Sunday, August 25th at 1:15 pm at BCC. Doors open at 1:00.</p>																				
<p>Notes from the CUDA Account Manager</p> <p>Michelle Shauf</p>	<p>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.</p> <p>If you have any questions regarding your bill, please contact Michelle Shauf at cudamanager@teamcudas.com or 303-410-4999.</p>																				
<p>Adding Cell Numbers to your Swimmer Account</p>	<p>Team Unify has added functionality where we can send a group text message. The plan is to use this feature when we have a pool closure or a message we need to get communicated urgently. We are encouraging all families to please add their cell number(s) to their account so we can utilize this feature. There are step-by-step instructions online (link below) or you can log in, go to My Account, click Add SMS and follow the directions from there. Make sure the number is verified.</p> <p>Adding SMS Information to Your Swimmer Account</p> <p>If you have any questions or problems please contact our web admin Nikki Gast</p>																				
<p>Service Hour Policy</p>	<p>The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. To view the most up-to-date Service Hour Policy, please visit our website:</p> <p>Service Hours</p> <p>Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com</p>																				

**Long Course
Fundraising
Scrip Credits**

**and New Program
Roll Out**

For those of you that participated in our King Soopers Scrip or Old Chicago Pizza Pals program....Congratulations! Your Fundraising Credit will be calculated at the end of August and applied to your September billing statement if you have registered for the Short Course season.

Now, that Short Course Season is just around the corner, why not start earning your credit as well?

As you know, each CUDA family is expected to contribute to the fundraising commitment for the team. Expectation is that each family contribute to fundraising \$50 per season, for a total of \$100 per year per family. These amounts are pre-paid for the season and monies contributed are credited towards the account.

After fulfilling the CUDA fundraising commitment of \$50 per season, a portion of monies raised will be credited back to the swimmers' account.

[We will be launching a new and exciting additional option to our scrip program](#)



We will be send more information shortly, as our rollout for this program will be in September. So STAY TUNED!

Thank you,

Lisa Abeyta
Fundraising Committee Head

Fundraising

To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website.

[Fundraising Policy](#)

If you would like to earn back some of your \$50 Fundraising Commitment payment, obtain a reloadable CUDA King Soopers card and use it over and over again. Don't forget to use your card to get gas, it adds up really fast!!

1. Contact: Scott and Kellie Bratcher via email at scripsales@teamcudas.com
2. Arrange to meet
3. Make sure your card number is recorded so you get credit!
4. Give Scott a check or cash for \$25
5. Go to King Soopers and load up your card