



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

April 2012

Message from the President

Kennedy Walsh

Hello Cuda Families,

As the weather warms, swim clubs across the country are setting new goals as they transition into Long Coarse season, hosting Swim-A-Thons, participating in meets, and eagerly anticipating the arrival of the 2012 Summer Olympics. We, the Front Range Barracuda Swim Club, are a part of America's Swim Team bound together by goggle marks, dry skin, and webbed feet. As members of USA Swimming we have access to a wide range of information specifically designed for swimmers, coaches, parents, swim clubs, and officials. I have provided helpful links for your convenience.

Parents: Here are the basics about the world of USA Swimming. Discover how you can get involved and help your child enjoy all the benefits of competitive swimming. Sign up for Deck Pass, read about special topics for parents, and learn about strokes, competition, and equipment with swimming 101. This is a great place to look for swim camps, too!

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2003>

****Cuda parent tip:** MI Sports has prescription goggles on sale for only \$17. The downside is that the prescription must be the same for both lenses. This option is significantly less expensive than custom prescription goggles and won't cause a panic attack if they are misplaced. If unsure of proper optical fitting, call your eye care provider for a recommendation. <http://www.swimmisports.com/browse.cfm/speedo-vanquisher-optical-goggle/4,759.html>

Swimmers: MEET YOUR AMERICA'S SWIM TEAM TEAMMATES!

Did you know that as a member of USA Swimming, you are on the same team as 300,000 other swimmers across the country? Yep, your team includes heroes like Ryan Lochte and Natalie Coughlin, as well as all the kids on this page. Whether you swim in Eureka or Topeka, you are a member of *America's Swim Team!* This is a great place to look for nutrition, performance tips, featured articles, and the swimmer's video series.

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1502&Alias=Rainbow&Lang=en>

- **America's Swim Team Swimmer's Creed:**
<http://usas.factionmedia.com/assets/pdf/SwimmersCreed2.pdf>
- **America's Swim Team: follow our Olympic hopefuls - videos, interviews, and free downloads**
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2118&Alias=Rainbow&Lang=en>
- **London 2012 Swimmers page:** <http://www.london2012.com/swimming>

The Cuda's are committed to educating our athletes, parents, and coaches to make your time with the Cuda's a valuable and memorable part of your swim team experience. Please watch for group meetings and educational opportunities under the events section of our web page.

As always, if you have any comments or concerns please contact me directly at President@teamcudas.com.

Kindly,
Kennedy Walsh
FRBSC President

<p>Coaches Corner Head Coach Andrew</p>	<p>You may have noticed a link to an article in last month's newsletter, hopefully you read it and got some insight from it. There is another article linked to in this month's edition. This is something that we have decided to put into every newsletter from now on. The articles will cover a range of topics and will provide insight why our coaches implement techniques at practice, give you general explanation of vocab or swimming lingo, etc... After the articles have been published in our monthly newsletter, they will be archived under the articles section on teamcudas.com. I feel that providing an educational article along with the normal schedule and team news that we publish every month will only help in increasing the overall swimming knowledge and expertise of our parent base. If you have a suggestion for a type of article you would like me to find, feel free to shoot me an e-mail and I will do my best to either find something that fits that description or type one up myself.</p> <p>Coach Andrew</p>
<p>Article of the Month</p>	<p>The Purpose of Travel Meets for Swim Teams</p>
<p>Welcome New Coach Amy Meyers! BCC Pool</p>	<p>Amy Meyers comes to the Front Range Cudas from the Rocky Mountain Thunder Swim Team after 2 successful years as their Age Group Coach and Head Trainer. Where she coached 7 out 20, 10 and under swimmers, to qualify in multiple Silver State events placing in top 10 in most of their events. Five of those swimmers also qualified for JO's and did very well qualifying for Far Western Zones in a few events (mostly 11-12 year olds) and one swimmer who won state in the 50 back and placed in the top 5 in 3 other events. Team members of all groups routinely asked Amy to watch their strokes and help with small form adjustments, as well as sports nutrition questions. She is looking forward to coaching a team close to her hometown and joining a great group of coaches and swimmers. Amy has been coaching swimmers ranging in age and experience since 2000, and has been swimming competitively herself from the age of 8. Amy's swimming career started in a Lafayette, Colorado on the local swim team as well as co-captained the Centaurus High School Swim Team.</p> <p>Her passion for swimming has never faltered and has allowed her to work and compete around the country. After graduating from the University of Northern Colorado with a B.S. in Exercise Science with an emphasis in Exercise Physiology she moved out to San Francisco for four years. Where she worked as a physical therapist aide for the SF Pro Sports Teams (49ers, Giants, SF Ballet, and local athletes), and spent many hours in the SF Bay coaching open water swimming. Her free time was consumed with camping on beaches and competing in open water swims and triathlons. Amy qualified for the Age Group Nationals for the Olympic Distance Triathlon and is currently trying to earn her spot on an Elite Triathlon Team.</p> <p>During the day Amy runs her own personal training business putting her degree, ACSM, Sports Nutrition, and TRX certifications to help bring out the athletes highest potential in practice and competition. In her down time she enjoys heading up to the mountains, checking out new restaurants, and training for the next triathlon or open water swim.</p>
<p>Officials Corner Sean Feran</p>	<p>Officials Wanted The Cudas are looking for some dedicated parents to consider becoming USA Swimming Officials. There will be a class on April 5th @ 5:00 at the Lifetime Fitness at 148th & Huron. All Cuda parents attending will receive 4 hours of volunteer credit.</p> <p>This class will be great for parents who want to know what the officials are looking for, how to perform the strokes correctly, and how the meets are run. There is no previous knowledge required and you will leave with a lot of knowledge to help your swimmer in their sport.</p> <p>Please feel free to contact me with any questions or to sign up for the class.</p> <p>Sean Feran VicePresident@teamcudas.com FR Cudas Officials Coordinator</p>

News from BCC

SWIMMERS OF THE MONTH

RED GROUP

Allison Xin ~ Allison is long overdue to receive swimmer of the month! She rarely misses practice and is always one of the hardest workers while she is in the water. Even though Allison is the youngest in the group and the 2nd youngest on the team, she has not let that phase her. She consistently leads her lane and often leads red group! Allison is definitely one of my more quiet swimmers but her swimming does more than enough talking for her! She won high point for 6&Under girls at the last 2 meets she swam at in which high point was awarded. The smile on her face after every race shows her immense love of swimming!

Jeffrey Li ~ "Do we need fins today?" is first thing I hear from Jeffrey at every practice. This exemplifies Jeffrey's desire to always be prepared for practice. Jeffrey is consistently a very hard worker and dedicated athlete. He has excellent practice attendance and is always a joy to have in the water! I can't recall ever hearing a complaint coming from Jeffrey. He is always willing to help out new athletes coming to the team by helping to show or explain drills to them and taking them under his wing. Jeffrey is a great swimmer to coach!

SILVER GROUP:

Claire Brothers ~ Claire has already solidified her place on the CUDAS in the month she has been on the team! She is always anxious to lead her lane and to set the pace for the rest of the group. She is a hard worker and dedicated swimmer. She is always early to practice and loves to help pull lane lines to get the pool set up. Claire is a great racer. Upon asking how her first pizza meet went Claire was anxious to show off the 3 heat winner ribbons she had won! Claire's smiley bubbly personality is a ray of sunshine every time she steps on deck. We are definitely glad to have her as a CUDA!

Jack Elliott ~ Jack has improved greatly in the time he has been with the CUDAS. He always shows up to practice with a smile and his love of swimming radiates from him! Jack is very dedicated always looking to improve areas such as his diving. He spent a lot of time outside of practice at the pool working on his dive so he could get his race off to a great start! He is consistently early to practice and truly dislikes having to miss practice. Once in the water he is a quick learner and a hard worker. It is hard to be around Jack and not be smiling. He is a great swimmer and is a lot of fun to work with!

Mark Your Calendar

DATE	EVENT
March 23-24, 2012	Practice at Westy Swim and fitness for VMAC groups
April 3, 2012	Sign up deadline for Foothills Spring Long Course
April 7, 2012	Brighton April Fools Meet @ Brighton HS
April 10, 2012	Elite Group Meeting, 5:30PM @ VMAC Meet Management Room
April 11, 2012	Longmont 10 & Under sign up deadline
April 11, 2012	Gray Group Meeting, 6:45PM @ VMAC Meet Management Room
April 12, 2012	Black Group Meeting, 7:00PM @ VMAC Meet Management Room
April 13, 2012	White Group Meeting, 5:30 PM @ VMAC Meet Management Room
April 18 th , 2012	Swim-A-Thon, 5:30 – 7:30pm @ VMAC
April 19 th , 2012	Steve Drozda Shotgun sign-up deadline
April 20-22	Foothills Spring Long Course @ Carmody Pool
April 29 th	Longmont 10& Under Meet
April 30 th	Reno Summer Splash sign-up deadline

**** Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

**Swim-A-Thon
2012**

**2012 Swim-A-Thon
FAQ**

CUDA Swim-a-Thon
Wednesday April 18, 2012
5:00 pm -7:30 pm
Veterans Memorial Aquatic Center

Mark your calendars for a night of fun at VMAC for the 2012 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: Bobbi Cunningham
mimesisoflife@yahoo.com

VMAC Contact: Jennifer Raskay
thehandwritingcoach@hotmail.com

Snacks

Food is needed to keep our swimmers happy and healthy for this event. We would like parents to volunteer to bring in any of these items. If you can do so, please contact Jennifer Raskay via email.

cheese/crackers
fruit (apples, bananas, grapes, oranges)
string cheese
pretzels
lowfat yogurt
dried fruit
fig bars
oatmeal and raisin cookies
lowfat granola bars
nutrigrain bars
bagels
lean protein
other healthy choices

CUDA Help Wanted

Help Wanted:

Please remember that our volunteers are fellow parents doing their best to make our team great for everyone. If you are upset with policy or procedure please bring it to the board's attention. Thank you.

If you are interested in the following positions please contact Kennedy Walsh at President@teamcudas.com

Volunteer Coordinator - This position is in charge of recruiting and assigning tasks to volunteers as needed throughout the year. To ensure we have enough parents signed up for manning different events, or making phone calls when we don't. They are also responsible for tracking volunteer hours the need to be fulfilled, and

communicating with families who are short on hours or have questions regarding the volunteer policy. They will also forward family credits and balances short at the end of each season to the business manager for billing purposes.

- approximately 2 hours of training
- two hours +/- per week
- must be comfortable with a computer
- good communication skills
- Board meeting attendance encouraged
- full volunteer hours and fundraising credit

Treasurer –

- Board Position – 2 year commitment
- accounting or finance background preferred
- knowledge of QuickBooks
- must be organized and self motivated
- good communication skills essential
- training and support throughout Long Course taking on full responsibility by Short Course 2012
- full volunteer hours, fundraising, and one swimmer dues credit

Account Manager –

- Board Position – 2 year commitment
- handles all aspects of swimmer accounts
- must be organized and self motivated
- good written and verbal communication skills are essential
- 10 hours +/- per week
- training and support throughout Long Course taking on full responsibility by Short Course 2012

Swimmer Assistance Committee - New

The board would like to establish a Swimmer Assistance committee to help support our athletes that may need help with dues and/or meet fees. In the last several years we have all heard stories of hardships affecting people in our communities. We would like to explore options for supporting our athletes when their families find themselves in a temporarily difficult situation. If you have any experience or thoughts on this topic and/or you are willing to help with research please contact Kennedy Walsh at President@teamcudas.com

**Notes from the
CUDA Account
Manager**

Kathy Jaschke

Reminder - Please set up AutoPay - You can pay in two ways...

Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team's website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice prior to the 1st of the month.

Credit Card (CC): You may also sign up to have your bill charged to your favorite credit card (VISA, MasterCard and Discover) only. Sign-up again is handled in a secure fashion on the team's website. There is no fee for this service.

Kathy Jaschke has taken over as the Account Manager for the team. As always, if you have any questions regarding your bill, please contact Kathy at cudamanager@teamcudas.com or [303-464-1167](tel:303-464-1167).

<p>Welcome New Swimmers!!</p>	<p>DEVELOPMENTAL: Madeline Gregory Ansley Schnelle Kylie White Abigail Zadorozny</p> <p>SILVER: Claire Brothers Mason White</p> <p>BLACK: Kiley Thueston</p> <p>SENIOR: Alyssa Lockwood</p>
<p>Spring Apparel</p>	<p>Keep your eyes open for the Spring Apparel order form, we will notify everyone by email and you can order online and have the apparel charged to your CUDA account. You will have a short window of opportunity & this will be your last chance to order apparel before our order in October!</p>
<p>Happy Birthday CUDA April Birthdays</p>	<p>Pax Armon Jacob Hahn Elik Hrivnak Keely Jones John Liu Madelynn Martinez James Overberg PJ Roberts Alecia Sprague</p>
<p>Board Meetings</p>	<p>Upcoming general Board meetings are usually 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 9th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!</p>
<p>Practice Schedules BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave & Holly St. Thornton</p>	<p>The practice schedule for the individual groups is listed on the website.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>Web site: www.teamCUDAs.com.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>

Volunteer Policy

Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2012 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!

Volunteer Requirements:

8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers)

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.

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.

Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com

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!!

Team Communications

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 posted on the website. We also send out updates via email so make sure your information is up-to-date!

Web site: www.teamCUDAs.com.

Fundraising

Earn Cash Back with Scrip

The Cuda's have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

1. Contact: Scott 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

Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!

Other easy opportunities to meet your fundraising goal:

Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

- ⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!
- ⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the Cuda website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the "advertise here" button on the bottom left side of the Cuda's home page.