



# Front Range Barracudas Swim Club



COLORADO  
SWIMMING

April 2013

## Message from our outgoing CUDA President

*Kennedy  
Walsh*

Hello Cuda Families,

My term as the Front Range Barracuda Swim Club Board President has come to an end. I will remain involved with the Board in the non-voting advisory role of Past President. I am honored to have been involved with the team at this level and I am very proud of the great strides we have made together. The only standing rule I have had is to leave the team, in whatever capacity you serve, better than you found it. My goal for the past 2.5 years has been to build a strong foundation for our team that allows us to take our place as one of the premiere competitive swim teams in Colorado. The team has progressed from an USA Swimming Level One to Level Two team and we are well on our way to achieving Level Three status. We have revised and updated our policies and procedures including bylaws and codes of conduct for athletes, coaches, and parents. The entire Board participated in a strategic planning session to help us set future goals. We added a Board Member Agreement and Conflict of Interest policy to ensure that current and future Board Members uphold the high standards we expect for our team. We have ensured that our team is one that highly qualified coaches want to be invested in through competitive salaries, benefit packages, and extensive continuing education at ASCA and other coaching clinics. We have obtained a long term VMAC contract with Adams 12 allowing reduced rates and setting usage terms that secures this wonderful facility for our team. We have implemented committees and programs that benefit the team as a whole but most importantly - our athletes. So much has been accomplished in a short time with the help of our amazing athletes, parents, coaches, and Board Members. I am truly excited to see what comes next for our team!

Kindly,  
Kennedy Walsh  
FRBSC Past President

## Message from our incoming CUDA President

*Sean Feran*

With the transition to Long Course, we have a lot of exciting changes. Some of the athletes will be going to different pools, different groups, or different coaches. This should be an exciting time for our athletes. Sometimes it can be a little challenging getting accustomed to the new surroundings or coaching styles. This is an excellent opportunity for you to establish a relationship with your athlete's new coach and to watch your athlete mature. Attending the group meeting can help to let you and your athlete know what to expect in the upcoming months as well as give you a chance to have any questions answered. The coaches will always be available to you before or after practice as well as Coach Andrew for any questions or concerns you may have. We on the Board are also going through some changes.

The membership has voted in four new Board members. They are **Vilma Hassert, Rich Harris, Lisa Abeyta, and Clark Saenz**. We had a very good turnout for this election and we'd like to thank those who voted. We are a voluntary parent-run board and we're here to represent you and your athlete.

Finally, the Cuda Board would like to thank **Kennedy Walsh** for her service as Board President. During Kennedy's term she led the charge to make the team what it is today. She inherited a mess without any idea how it was created and is leaving us with a well-oiled machine that should only get better with time. Kennedy will continue to help the Board as needed, and is also excited to have free time to spend on pet projects with the team.

**Thank you, Kennedy!**

Sean Feran  
F.R.B.S.C. President

<p><b>Coaches Corner</b></p> <p><i>Head Coach Andrew</i></p>	<p>Congratulations to <b>Sidney Trimm</b> and <b>Shelly Drozda</b> for competing in the Western Sectionals meet in Federal Way, Washington in March. With only two swimmers Cudas managed to place 23rd in the western United States on the women's side!</p> <p>We also want to wish good luck to <b>Conner Hassert, Isaac Rupprecht, Abby Taugner, Payten Irwin, Marissa Emoto, Kyle Mak, Noah Shauf</b> and <b>Daniel Bradford</b> as they are representing the Cudas this week at the Far Western Age Group Championship meet in Morgan Hill, California!</p> <p>We've spent the last twelve newsletters including an educational piece with topics ranging from those targeted at families new to the swim scene to veteran swim families. We try to do our best to educate you every month, not just on what's going on with our team, but also the ins and outs of our awesome sport. This month's article discusses the difference between short course season and long course season. If you have any suggestions for topics you'd like to see covered in the monthly educational article, please send me your suggestions.</p> <p>Thanks, and go CUDAS!  <a href="#">Coach Andrew</a></p>
<p><b>April Article</b></p>	<p align="center"><b><u><a href="#">What is Long Course, What is Short Course?</a></u></b></p>
<p><b>Northern Colorado Swim Festival</b></p>	<p>The 2013 Northern Colorado Swim Festival is set for Sunday, April 21 from 10 am-4 pm and it is now open for registration. The camp is put on by our swimming conference and is open to all athletes on the CUDAs's.</p> <p>Registration is now open, and is limited to the first 150 swimmers that sign up. I would recommend checking out the site, and emailing your reservation to Linda Seckinger ASAP if you are interested in having your child attend.</p> <p>The cost is \$30, it does include lunch, a Camp Shirt, and a day with 2012 Olympian Scott Weltz.</p> <p>Don't miss out, Sign up now at the link below:</p> <p><a href="http://www.teamunify.com/EventShow.jsp?id=290349&amp;eeeeee=wzncs&amp;team=wzncs">http://www.teamunify.com/EventShow.jsp?id=290349&amp;eeeeee=wzncs&amp;team=wzncs</a></p>
<p><b>BCC News</b></p> <p><i>Coach Amy</i></p>	<p align="center"><b><u>BCC Swimmers of the Month</u></b></p> <p><b>Red Group:</b>  <b>Miles Newsham-</b> Miles returned to the CUDAs after taking a few months off for soccer and has been attending 90%+ of all Red practices. Every practice Miles works very hard and is open to applying advice and coaching tips we have for him. He leads his lane by example and the lane follows suit.</p> <p><b>Violet Clyker-</b> Violet attends every practice she can and always has the most pleasant attitude towards practice and learning new skills. Violet is one of our younger red swimmers, but continues to challenge herself both in practices and meets.</p> <p><b>Silver Group:</b>  <b>Ellie Bouchard- Miller-</b> Ellie is a wonderful leader for the silver group! All of the kids looked up to Ellie and would feed off of her positive energy and love of the sport. Ellie had the greatest stories at the beginning of every practice and as soon as she entered the water her full attention was to her strokes and improving the efficiency of those strokes. Her technique and comfort in competition has improved tremendously!</p> <p><b>Jack Elliott-</b> Jack fills the BCC pool with laughter and creates a fun practice environment. Jack has grown immensely as a swimmer and focus he has for the sport. Jack has learned and really applied this month how to focus and put his best foot forward to have an awesome practice. This was a wonderful example for the younger swimmers in Silver to see, that you can still have fun but also know when to apply yourself to the challenge set in front of you.</p> <p><b>Well done BCC Swimmers!!!</b></p> <p><b>BCC Meetings with Coach Amy:</b></p> <ul style="list-style-type: none"> <li>• <b>Silver Parent Meeting, April 10<sup>th</sup> @ 6pm</b></li> <li>• <b>Red Parent Meeting, April 15<sup>th</sup> @ 6:30 pm</b></li> </ul>

## CUDA Spring Apparel

### THE FRONT RANGE CUDA 2013 SPRING APPAREL COLLECTION IS NOW AVAILABLE FOR SALE!

Once again, we have partnered with Crown Trophy to provide hip, trendy and comfortable apparel to wear in support of our Cuda's. All of the apparel featured in our Spring Collection contains our new Cuda artwork.

**Order Deadline April 21<sup>st</sup>.**

All merchandise will be ready to pick up at VMAC on May 3rd before the Drozda Meet.

Sample apparel with imprints will be available at both the BCC and VMAC on select dates. If you have any question about sizes or styles take a few minutes to review the specifications on the item page or visit VMAC or BCC on one of the days listed below where you can try on the apparel items to make sure you are ordering the right size.

**THERE ARE NO REFUNDS OR EXCHANGES ON SOLD IMPRINTED APPAREL.**

#### VMAC:

- Monday April 8: 6:30 am - 7:00 pm (prior to the Board Meeting in the Hospitality Suite)
- Saturday April 13: 10:30 am - 12:00 pm (upstairs at VMAC pancake breakfast)
- Wednesday April 17: 5:30 pm - 7:30 pm (upstairs by Swim-a-Thon snacks)

#### BCC:

- Wednesday April 10: 6:00 pm - 6:45 pm (prior to Silver Group meeting)
- Friday April 19: 5:00 pm - 6:30 pm (April Pizza Meet)

Please contact Kennedy Walsh at [kkennedywalsh@gmail.com](mailto:kkennedywalsh@gmail.com) or Coach Tom with any questions.

## CUDA Officials Corner

*Richard  
Wilson*

### ----- FINAL REMINDER -----

We still have a few places left for the three hour Officials 'Stroke and Turn' training clinic:

- Date: **Tuesday, April 9th**
- Time: **5pm to 8pm**
- Location: Hospitality room at the VMAC [ <http://goo.gl/maps/dGz8y> ].

This is a great opportunity for those interested in taking the first step towards becoming a USA Swimming 'Stroke and Turn' official, or for those who want a better understanding of the swimming rules and officiating process.

To get a sense of what is involved watch the following short four minute video by:

1. Signing into the CUDA website [ <http://www.teamcudas.com/Home.jsp?team=csbbbc> ].
2. Clicking on the "**Official's Corner**" menu item in the toolbar.
3. Clicking on the "**Why Officiate?**" sub-menu item.
4. Playing the embedded video link.

To reserve a spot, please email me [ [richnwilson@gmail.com](mailto:richnwilson@gmail.com) ] as soon as possible with your contact details (name, phone number and email address).

Materials will be provided on the day, but I recommend bringing a pen and paper just in case.

We'll provide pizza, salads and drinks for everyone.

Richard Wilson  
Officials Coordinator

## 2013 Swim-A-Thon

**2013 Swim-A-Thon**  
Wednesday, April 17 at VMAC  
On deck @ 4:55pm  
**Team Goal \$125 per swimmer**

**\*\* If your swimmer didn't get a packet, please see his or her coach!**

**\*\* Please go to the EVENTS Page and sign up to bring a healthy snack item for after the swim!! All needed items are listed on the website under Sign-Up!**

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. Outside of swim meets, S-A-T is our team's biggest fundraiser!

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 healthy 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 coaches will request prize ideas for the top earners as we get closer to S-A-T. Start thinking about what you would like to win! Don't forget that earning \$100+ will win you **TWO** personalized Cuda swim caps only available thru S-A-T. If you know of a company that would be willing to donate prizes please contact Kennedy Walsh.

### Fundraising Tips from Prior Prize Winners:

- Remind sponsors that we are a 501c3 non-profit organization and we can provide receipts for tax purposes.
- Ask local businesses you frequent to sponsor you.
- Throw a fundraising party and ask to receive proceeds rather than merchandise as your "hostess gift" (jewelry, candles, food, wine, scrapbooking, toys, books, etc....). That way your sponsors receive something they want while helping you at the same time.
- Check with your employer for company matching. The team will count your entire S-A-T contribution towards your prize.

### Big Team Prize for Achieving Team Goal

**\* \$25,000 is only \$125 per swimmer \***

**\*\* Olympic Level Swimmers at a Day Long CUDA Swim Clinic \*\***

**All participants raising \$100 or more will receive TWO personalized CUDA swim caps!**

Questions, please ask our SaT Chairs (email below). Please turn in your S-a-T money to your coach or to the site contacts below.

BCC: Bobbie Cunningham & Diana Clyker

VMAC: Chris & Jennifer Raskay

SAT Contact Email: [Swimathon@teamcudas.com](mailto:Swimathon@teamcudas.com)

## Where does the money go?

**S-a-T 2013**

- **5% goes to USA Swimming to further develop the sport of swimming:**
  - build the base, promote the sport, and achieve competitive success
- **95% of the proceeds go directly to the CUDA's**
  - Helps cover pool costs, keeping up-to-date with team equipment, helping cover coach costs to travel to out of state meets, coaches costs to travel to out of state swim clinics, etc...
  - Starting this year, a portion of the proceeds will go towards the Cuda Athlete Assistance Fund. Cuda's supporting Cuda's in times of need and success!
  - Please note: S-a-T does **NOT** count towards LC fundraising.

## VMAC Pancake Breakfast

## VMAC Potluck Pancake Breakfast

- **Who:** All VMAC swimmers and their families
- **When:** Saturday April 13 Starting around 10:15 and cooking until all practices are completed.
- **Where:** Upstairs at VMAC
- **RSVP: Deadline April 6** (we need to make sure we have enough food!)
- **What should I bring:** Please indicate what you will bring on the events page as if you were registering for service hours (previously known as volunteer hours). A list of requested items is provided. Be sure to bring whatever is needed for your dish such as utensils and mark anything you would like back with your last name. If everything requested has been fulfilled you may bring whatever item you think the team will enjoy.
- **Service Hours Available:** Additional hours are available for set-up, pancake cooks, and clean-up.

## Steve Drozda Shotgun Long Course Meet

For the third year, we are hosting the **Steve Drozda Shotgun Memorial Meet** May 3-5 at VMAC. The Drozda family chooses various events or charitable fundraising events to benefit families and/or patients affected by cancer. In the past we've run a bone marrow registry drive, **Pennies for Patients** (childhood leukemia and lymphoma research and programs) loose change & coin drive, a silent auction, and we also donated to the University of Nebraska Medical Center Patient Assistance Fund.

This year, proceeds from each individual swim or "splash" will go toward Judi's House.

*Cathy Drozda*

From their website at [www.judishouse.org](http://www.judishouse.org) :

"At Judi's House, children and teens ages 3-24 have the opportunity to participate in support groups with children their own age who have had similar experiences relating to death loss. Children and their adult caregivers are taught healthy coping mechanisms for dealing with the death of a loved one. They are given the freedom to grieve in their own way and at their own pace, and ultimately learn that hope and healing are possible."

Judi's House in Denver was founded by Brian Griese, former Denver Broncos quarterback, who lost his own mother to cancer when he was 12 years old. Various community outreach programs, including grief support groups in schools, serve children and teens in need during the most difficult time of their lives. We encourage you to go to their website to learn more about this amazing resource for bereaved families.

And - we are asking all CUDA families to start searching now through those random places where stray coins are hiding (couches, car seats, drawers, piggy banks, etc), and SAVE for another Pennies for Patients drive. Coin collection boxes will be placed throughout the VMAC during the meet. You will be contributing a small but mighty bit to fight childhood leukemia and lymphomas, or cancers of the blood.

On behalf of the **Steve Drozda** family - **Cathy, Keeley, Ryan and Shelly** - we thank you for supporting these community groups. and... GO CUDAS!!!!

## Chili Cook Off Coming!

## Annual Chili Cook-Off

Register NOW: [Chili Cook-Off Registration Page](#)

**Who:** Open to everyone that thinks they have great chili OR anyone who loves to sample yummy chili and Support the team!!

**When:** **Saturday May 11** 3:00 pm – 5:00 pm (set-up begins at 2:00pm)

**Where:** Broomfield VFW Hall: [11700 Wadsworth Blvd, BROOMFIELD CO 80020-2712](#)

**Categories:** Red, Green, Hottest

**Cost:** \$35 per entry, \$5 per taster

*This is such a fun event every year! Contestants provide crock-pots, utensils, extension cord and/or power bar and any condiments their dish may require. The team supplies the tasting cups/spoons, voting supplies, trophies, and cash prizes. Please see the flyer [here](#) or on the website under Event site for details!*

## Summer Travel Meets

*Register Now*

Don't forget to register for the travel meets in Aspen and Columbia, MO along with the team dinners in June! This is a great experience and a fun time for whole family! **Fast water and great facilities!**

There is limited space at the hotels and at dinner so please commit on the [Event](#) page of the CUDA website.

### TRAVEL MEET TEAM DINNERS:

Please register for the dinners on their individual pages, under events. (Links below). We need to get a head count as soon as we can so please register early!

- [Aspen – Venga Venga in Snowmass Village](#)
- [Columbia, MO – The Rome Restaurant](#)

We are also offering exciting new style travel meet jerseys for the kids and parents. Look for details and order forms coming soon.

**Deadlines are fast approaching, please RSVP online as soon as possible so we can begin to get a head count.**

Block hotel rooms and rates are up on the team website (on the individual event page for each meet) for the following meets:

- [Aspen Invitational Travel Meet – June 22 – 23](#)
- [Columbia Missouri Travel Meet \( LC qualifying times now posted\) June 20 – 23](#)
- [Long Course State, Grand Junction – July 26 – 28. \(Hotel Block ends on June 25<sup>th</sup>\)](#)

## Save the Date!!

DATE	EVENT
April 8	Cuda Board Meeting @ VMAC Classroom - 7:15PM
April 9	Officials <b>Stroke &amp; Turn Clinic</b> @ VMAC Classroom – 5PM to 8PM (details above)
April 9	<b>White</b> Group Meeting @ VMAC– 6PM
April 10	Sign-up Deadline Longmont 10 & U @ <a href="#">teamcudas.com</a>
April 10	<b>Silver</b> Group Parent Meeting @ BCC – 6PM
April 11	<b>Black</b> Group Parent Meeting @ VMAC Classroom – 6PM
April 13	Eaton Spring Splash @ Eaton HS
April 13	VMAC Pancake Breakfast @ VMAC (Immediately after practice)
April 15	<b>Red</b> Group Parent Meeting @ BCC – 6:30PM
April 16	<b>Gray</b> Group Parent Meeting @ VMAC – 6:30PM
April 17	<b>CUDA Swim-A-Thon</b> @ VMAC <b>Be to pool on deck no later than 4:55pm</b>
April 17	Sign-up Deadline April Pizza Meet @ <a href="#">teamcudas.com</a>
April 18	Sign-up Deadline for Steve Drozda Shotgun @ <a href="#">teamcudas.com</a>
April 19 <sup>th</sup>	April Pizza Meet @ BCC
April 21 <sup>st</sup>	Northern Colorado Swimming Festival @ Mountain View Aquatic Center (Sign-up link above)
April 21 <sup>st</sup>	CUDA Spring Apparel Order Deadline
April 26 <sup>th</sup>	BCC Practice @ Paul Derda – All Groups – 4PM to 6PM
April 28	Longmont 10 & U Meet @ Centennial Pool
May 3 – 5	Steve Drozda Shotgun Long Course Meet @ VMAC

**\*\* Dates are subject to change. Please refer to the Events section on the home page of [TeamCudas.com](#) for the most up-to-date information.**

## Meet Sign-Up Reminders

*Heather Armon*

*& Andrea Thompson*

- Questions about Service Hours or Jobs prior to Thursday before meet please contact our Service Hour coordinator, [Heather Armon](#).
- Please do not sign up or change your volunteer hours after the Thursday before the swim meet as the job signup sheet is printed Friday morning of the meet and is not printed again.
- We do not want you to lose your hours because of changes made during the meet.
- If you have an **emergency** and will not make it to the meet to fulfill your volunteer hours please call/text and let us know.
- If you need to change your hours or want to fill an opening you see after the Thursday deadline please call/text and let us know so we can make the changes.
- **Andrea Thompson contact number (call or text): 970-691-6770**

## CUDA Hospitality

*Vilma Hassert*

The CUDAS are responsible for providing snacks, meals, and beverages for officials and coaches at our home meets. We are looking for restaurants that may be willing to donate a meal (breakfast, lunch, or dinner) for our home meets. If you have a favorite restaurant that may be interested please contact our Marketing Chair, Vilma Hassert at [vnhassert@yahoo.com](mailto:vnhassert@yahoo.com).

The team is happy to provide complimentary heat sheet advertising for any restaurant that contributes to our team and helps keep our expenses down. If a donation is made, secured and delivered, exceeding \$50, we will credit your family's fundraising fee for the season.

The next meet we are trying to secure meals for is the **Steve Drozda Long Course Shotgun – May 3-6**.

## CUDA Survey Results

*CUDA Board of Directors*

The 2013 Cuda Survey is complete and the board would like to share the results with you. We only had 16% (28) member participation so this is just a small sample of your view of the team. Our assumption is that the members that did not participate feel that the team is doing well and we are not in need of improvement. As you can see from the data, our member sample believes that the team is doing pretty well. The majority of answers fall in the neutral to agree/strongly agree categories. All comments received were constructive and helpful. Thank you!

### [2013 CUDA Survey Results](#)

\*\*Results are posted on the team website under the 'Club Info' menu. **You must be logged in to see the results.**

## Notes from the CUDA Account Manager

*Michelle Shauf*

**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.

If you have any questions regarding your bill, please contact Michelle Shauf at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com) or 303-410-4999.

## 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 8th from 7:15 pm-9:00 pm** at VMAC in the hospitality room. Hope to see you there!

## 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!

Website: [www.teamCUDAs.com](http://www.teamCUDAs.com)

## Payment On Demand

We have launched the new **"PAYMENT ON DEMAND"** feature on our website.

This function allows you to pay your bill at anytime of the month. As you know, the system is now set up to charge on the 1<sup>st</sup> of every month.

**Please note:** if you do take advantage of this "ON DEMAND" feature, you will be resetting your auto pay account with that credit card moving forward. In other words, you can only have ONE account set up at a time, and that PAYMENT ON DEMAND overrides the current credit card or bank account on file.

There will be a \$2.00 processing fee when using this feature.

**To learn how to use this feature, there are two options:**

1. Go to [teamcudas.com](http://teamcudas.com) and login to your account. Under your Account you will see a tab called 'My Tutorials'. Within this tutorial you will need to go to the tab 'Understanding your Billing' and select the On Demand Payment tutorial.
2. OR go to this direct link - <http://teamunify.wistia.com/m/9z77WQ>

If you have any questions, please contact me at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com) or 303-410-4999.

## Happy Birthday

### *CUDA April Birthdays*

Pax Armon  
Ava DeBell  
Riley Duncan  
Torin Guy  
Jacob Hahn  
Fiona Hynes  
John Liu  
Madeline Sears  
Jessie Sherman  
Alecia Sprague  
Amber Thibeault  
Ashley Thibeault  
Mikaela Walsh  
Rachel Xie

## Practice Schedules

Please see the team website under the **Schedule** tab for the most up-to-date practice information for both pools

Web site: [www.teamCUDAs.com](http://www.teamCUDAs.com).

The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

**\*\* With the popularity of the VMAC pool, this schedule will change so keep checking back online for the most current information.**

### **BCC Swimmers:**

280 Lamar Street  
Broomfield

### **VMAC Swimmers:**

136th Ave & Holly St.  
Thornton



## Service Hour Policy

*Heather Armon*

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.

To view the most up-to-date Service Hour Policy, please visit our website:

[Service Hours](#)

### Reporting & Tracking of Service Hours:

Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. [cudavolunteer@teamcudas.com](mailto:cudavolunteer@teamcudas.com)

## Fundraising

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

### [Fundraising Policy](#)

#### Steps to obtain your CUDA King Soopers card:

1. Contact: Scott and Kellie Bratcher via email at [scripsales@teamcudas.com](mailto: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, it adds up really fast!!