

# FRONT RANGE BARRACUIDAS SWIM CLUB



April 2015

## Message from the President

CUDA Families -

Thank you to all of our members who went above and beyond your service duties this past season; you certainly have contributed to the success of the CUDAS and we couldn't have done it without you! I feel very blessed being part of a team who cares as much as you all do.

Congratulations again to all our Championship (8&u, Districts, Senior State, 14&u State, Sectionals, Far Westerns) qualifiers - you have made your parents and coaches very proud! It was such an accomplishment for our team that every CUDA group was represented in at least one of the Championship meets!

As we get ready to have yet another successful long course season, please drop your coaches and the board a note to let us know how we can get even better this coming season. Much like the athletes preparing to beat their times and better their strokes, we also would like to be better at managing the wet and dry areas of the club.

As always - our door is open and encourage continued communication. Thanks again and have a great Easter weekend!

[Vilma Hassert](#)  
Cell: (303) 859-8142

## Mark your Calendar









DATE	EVENT
April 4th	Brighton April Fools Meet @ Brighton High School
April 8-12th	Far Western Championships @ Morgan Hill, CA
April 12th	Northern Colorado Swim Camp @ Mountain View High School
April 17 -19th	Foothills Long Course @ Carmody Pool
April 19th	Longmont Showdown @ Centennial Pool
April 20 <sup>th</sup>	Steve Drozda Shotgun Long Course Deadline @ teamcudas.com
May 1- 3 <sup>rd</sup>	Steve Drozda Shotgun Long Course @ 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.**



Swim-a-thon is right around the corner! Check out [www.teamcudas.com](http://www.teamcudas.com) for more details!

<p><b>Board Meetings</b></p>	<p>All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. Board meetings are held every second Monday of the month; next meeting is scheduled on Monday, April 13, 2015 from 7:00 pm to 9pm at VMAC. We look forward to seeing everyone then!</p>																										
<p><b>Coaches Corner</b></p> <p><b>Head Coach Andrew</b></p> 	<p>This past month of championships meets our swimmers took their marks, raced, and left their marks on the standings in their respective competitions. Cudas took second place out of over 60 teams in our LSC at the 14 &amp; Under State Championship meet in early March. It was the highest place we've ever achieved and the meet is a good measuring stick for us to confirm our progress. We're not exactly where we want to be yet, but we're certainly well on our way! Outside of the state's borders and to the south, Cudas took our largest sectional team ever (consisting of eight swimmers) to Austin, Texas. Our swimmers recorded significant percentage of life-time-best-times, set 14 new team records in individuals and relay events and added 5 new state records. Our female athletes took eighth place in the women team standings! Next week Coach Tom and Coach Clint will accompany 18 swimmers as they travel to Morgan Hill, CA for Far Western Championships. This will be our final rested championship meet of the short course season. We're looking for another fun and excited meet with those athletes.</p> <p><a href="#">Coach Andrew Brand</a></p>																										
<p><b>CUDA Birthdays</b></p> 	<p>March Birthdays</p> <table border="0"> <tr><td>Gregory</td><td>Allan</td></tr> <tr><td>Pax</td><td>Armon</td></tr> <tr><td>Elizabeth</td><td>Boon</td></tr> <tr><td>Owen</td><td>Cunnington</td></tr> <tr><td>Riley</td><td>Glass</td></tr> <tr><td>Jacob</td><td>Hahn</td></tr> <tr><td>Harrison</td><td>Lierz</td></tr> <tr><td>John</td><td>Liu</td></tr> <tr><td>Madelynn</td><td>Martinez</td></tr> <tr><td>Carson</td><td>Pete</td></tr> <tr><td>Sidney</td><td>Ryan</td></tr> <tr><td>Alyssa</td><td>Sokoloski</td></tr> <tr><td>Alecia</td><td>Sprague</td></tr> </table>	Gregory	Allan	Pax	Armon	Elizabeth	Boon	Owen	Cunnington	Riley	Glass	Jacob	Hahn	Harrison	Lierz	John	Liu	Madelynn	Martinez	Carson	Pete	Sidney	Ryan	Alyssa	Sokoloski	Alecia	Sprague
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<p><b>Article of the Month</b></p>	<p><a href="#"><u>Moving Up to a New Workout Group</u></a></p>																										
<p><b>News from BCC</b></p> <p><b>Coach Amy</b></p> 	<p><b><u>Congratulations to the following BCC Swimmers of the Month:</u></b></p> <p><b>Red:</b> Alivia Weaver- Alivia has shown huge improvements over the past season. Her improvements are due to her dedication, positive attitude and willingness to try new events and challenges. It has been fun to see Alivia achieve her goals each meet and ready to set new ones for the next meet.</p> <p>Connor Slobida- Connor is new to the team but his dedication to the team is evident. He jumped in right away making new friends, signing up for meets, and working to improve his technique.</p> <p><b>Silver:</b> Bri Bratt- This past season Bri's commitment and improvement has grown leaps and bounds! She has earned every achievement through her hard work. I know she will do great things in White group with her work ethic.</p>																										

	<p>Ryan Luo- Ryan brings a special type of positive attitude and dedication to his practice time. He never shows disappointment, just understands what he did well and what he needs to take from a race or practice to improve on. Ryan will ask for help on improving all parts of his strokes and starts to make him the most well rounded swimmer possible.</p>
<p><b>Service Hours</b></p>	<p>We have just started the Long Course season and along with all of the excitement and anticipation for longer events and upcoming summer days comes new opportunities to get in your service hours. If you need a refresher, the Long Course Service Hour Obligations for each group are as follows:</p> <p>Developmental = 4  Advanced Developmental = 8  Red = 8  Silver = 8  White = 12  Grey = 12  Black = 12  Senior = 12  Elite Prep = 12  Elite = 12  Male High School = 6</p> <p>Please remember that all service hour job signups are done online. When jobs have been posted and are available for sign up you will see a "Job Signup" button on the event page. You will need to be signed onto the website with your personal user id to sign up for events.</p> <p>Please contact Heather at <a href="mailto:cudavolunteer@teamcudas.com">cudavolunteer@teamcudas.com</a> with any questions you might have.</p>
	<p>Long Course 2015 Apparel Order Form is now on the website under the parent tab. It is only visible if you are logged in to the website. Apparel orders are due by Monday, April 13<sup>th</sup> by midnight. Please see the website for further information.</p>
<p><b>Officials Corner</b></p> <p><b>Richard Wilson</b></p> 	<p>We will be hosting another training clinic in April for anyone that is interested in learning about becoming a USA Swimming CUDA official. We are particularly interested in parents with kids that swim at the BCC.</p> <p>Remember, becoming an active CUDA official has the following benefits:</p> <ul style="list-style-type: none"> <li>● No fundraising commitments</li> <li>● No service hour requirements</li> <li>● You help to educate the swimmers</li> <li>● You become actively involved in the club</li> <li>● You help raise the visibility of the club</li> </ul> <p>If you're Interested in finding out more information, please contact 'Richard Wilson   <a href="mailto:richwilson@gmail.com">richwilson@gmail.com</a></p>
	<p>Congratulations to Coach Lauren as she swam at Masters State is 'officially' the fastest 100yd female Masters freestyler in the state!</p> <p>Congratulations to the following swimmers that broke team records:</p> <p>11-12 Boys  Harrison Lierz  200 IM, 400 IM, 50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 50 Back, 100 Back, 200 Back, 50 Fly, 100 Fly, 200 Fly, 200 Brst</p>

200 Medley Relay  
Lierz,,Wilson, Coringrato, Hassert

200 Free Relay  
Lierz,Hassert,Wilson,Coringrato

11-12 Girls  
200 Medley Relay  
Swanson, Taugner, Chanfra, Dirks

Lastly, congratulations to all of the records broken at Sectionals:

Records from sectionals

Open 100 free- Sidney Trimm

Open 100 fly- Sidney Trimm

Open 200 back- Shelly Drozda

Open 500 free - Shelly Drozda

Open 1000 free- Shelly Drozda

13-14 200 IM - Casey Hamilton

11-12 200 back- Harrison lierz\*

11-12 200 fly - Harrison lierz\*

11-12 & open 400 IM- Harrison lierz\*

11-12 1000 free - Harrison lierz\*

11-12 1650 free Harrison lierz\*

Open 400 free relay- Drozda, Trimm, Passarelli, McClain

Open 400 medley relay- weingand, Passarelli, Trimm, McClain

\*Colorado state record

ShopWithScrip Program

Your account was recently charged \$50 for the seasonal fundraising commitment. Do you know there is a way to earn that \$50 back, and even more for your account? Some of our swimmer families received fundraising credits of \$200 or more back on their accounts through fundraising.

Scrip is Fundraising  
While You Shop!™



The Front Range Barracudas uses the ShopWithScrip program to allow families to raise money for their accounts, and for the team.

ShopWithScrip is a program that allows families to purchase 100's of types of physical gift cards, electronic gift cards and reloadable gift cards at a discount. The difference between the value of the gift card and the discounted price is credited to the swim team as a rebate. Families may also order King Sooper's Scrip cards and Old Chicago Pizza Palz in this program.

The team gives families the full price of the rebate up to \$50 as a credit to their account. After you hit the \$50, the rebate gets split 50/50 with the team. With scrip fundraising, families can easily earn their \$50 fundraising commitment while they shop. Simply use scrip gift cards for everyday purchases, and earn a rebate on each one at no additional cost.

It is easy to register

Create your free ShopWithScrip account in just a few easy steps.

**Go to [www.shopwithscrip.com](http://www.shopwithscrip.com) and click on Enroll.**

**The Barracudas enrollment code is:89A6D31B14921**

**SWS Coordinator Email: [scripsales@teamcudas.com](mailto:scripsales@teamcudas.com)**

Once you are enrolled, sign up for Presto Pay. We do not accept checks for this program.

Receive confirmation that your PrestoPay has been set up and confirmed. (You will receive a 4 digit code, which must be



sent to the coordinator to finalize your enrollment.)

Now, you are ready to SHOP!

All purchases will be made directly through the ShopWithScrip website. Twice a month on the 1st and 15th, we will gather all the orders for processing and place the order. Your card(s) will be delivered to the Scrip Coordinator who will make arrangements with you to give you your scrip.

You will be able to track all your purchases and your swimmer accounts will be credited at the end of the season any credits that are due.

**The Scrip Coordinator, Jackie Poor Hahn, can be reached at [ScripSales@teamcudas.com](mailto:ScripSales@teamcudas.com). Contact her with any questions or concerns.**

Five types of gift cards you can purchase

#### **King Soopers Cards**

King Soopers cards can be purchased through the program. You would purchase a \$25 gift card for \$25. The cards are reloadable at King Soopers.

*I keep my King Soopers gift card with me in my wallet. When I get to the register I take a quick look at my cart and determine how much I think it will cost. Before the cashier begins ringing up my order I hand her the gift card and ask her "can I put \$200 [or whatever amount you choose] on this card?" The cashier takes the card and rings it up like a regular order. You can pay with your debit card or you can pay with your credit card. The cashier then rings up your food like normal. You use the King Soopers gift card to pay for the food. If the card doesn't have enough funds on it you can pay the rest in cash, check or charge. If you have extra money on the card it stays on the card until you use it. The King Soopers gift card can also be used for gasoline.*

*Each time you reload the King Soopers gift card there is a 5% rebate from King Soopers. Many families received hundreds of dollars in rebates just from using the King Soopers cards. You do not need to keep track of your reloads. King Soopers sends a report to the Scrip Coordinator, who then adds the rebate to your account on ShopWithScrip.*

*- Cuda Scrip-using Parent*

#### **Physical Gift Cards**

You can purchase physical gift cards from ShopWithScrip. This is similar to purchasing a gift card at a store. You purchase a gift card for the value of the gift card. ShopWithScrip.com has 100's of types of gift cards you can purchase. Each card gives a rebate. When you click on the store it will show you the rebate you would get. Rebates range from 3% to 16%. There is a handy feature to show you the companies that offer more than 9% rebates.

#### **Reloadable Gift Cards**

A reloadable card is a card you can reload on the ShopWithScrip.com site. For example, you purchase a Subway gift card. You can reload that physical card with more funds. You don't have to keep getting plastic cards, or waiting for them to come in. Reload it on your computer and you get the funds within a few minutes. This is handy for parents with kids in college.

#### **ScripNow**

ScripNow allows you to purchase electronic gift cards right on your phone or electronic device. Perhaps you don't want to buy a number of gift cards to restaurants because you never seem to have the card when you go to the restaurant. With ScripNow you can order your meal at Buffalo Wild Wings, or California Pizza Kitchen or a number of other restaurants, and order a gift card to purchase the meal on your phone, while you eat. Many restaurants give 8-9% back in rebates. This works well for a last minute trip to Lowes (4%), AMC (8%), The Gap, Old Navy or Banana Republic (14%).

*I buy ScripNow for Starbucks to get the 7% rebate. I then load those onto my Starbucks Rewards Card. That way I get the 7% back to my swimming account in addition to the Starbucks rewards.*

#### **PizzaPalz**

PizzaPalz are gift cards for Old Chicago. You purchase the card for \$11. You can use the card to purchase a pizza with a value of up to \$22. The rebate is \$5. So, you buy a card for \$11, use it for a \$22 pizza and you get \$5 back as a rebate.