

# FRONT RANGE **BARRACUDAS** SWIM CLUB



April 2016

## Message from the President



Hello CUDA families ~

Congratulations again for a great short course season!

This month kicks off the long course season... I found the attached picture from Hilary Phelps' Instagram post appropriate for our newsletter message.

April is the month to re-connect with your coaches and set new goals and communicate proper expectations.

Say hello to today and live it in the moment; celebrate the past for good memories and learn from any mistakes, then forget them; today is here and future is there for you to tackle!

The board and coaches do believe in every single one of our kids; our club is not perfect, but our vision is to continue to improve! Let's all reset and do it together and make LC 2016 an impactful starting point...

YOU CAN'T START  
THE NEXT CHAPTER  
OF YOUR LIFE  
IF YOU KEEP  
RE-READING  
THE LAST ONE

Go CUDAS!  
My best always,

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

## Mark your Calendar



DATE	EVENT
April 18 <sup>th</sup>	Elite Group Meeting @ VMAC
April 18 <sup>th</sup>	Red and Silver Group Meeting @ BCC
April 18 <sup>th</sup>	Steve Drozda Shotgun Sign-up Deadline @ Teamcudas.com
April 19 <sup>th</sup>	Gray Group Meeting @ VMAC
April 19 <sup>th</sup>	Developmental and Adv Dev Meeting @ BCC
April 20 <sup>th</sup>	Black Group Meeting @ VMAC
April 20 <sup>th</sup>	Elite Prep Group Meeting @ VMAC
April 20 <sup>th</sup>	Senior Group Meeting @ VMAC
April 21 <sup>st</sup>	White Group Meeting @ VMAC
April 27 <sup>th</sup>	April Pizza Meet Deadline @ Teamcudas.com
April 29 <sup>th</sup>	April Pizza Meet @ BCC
May 6- 8 <sup>th</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.**

## Board Meetings

All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. The next meeting is scheduled on Monday, May 9, 2016 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!

## Article of the Month

[Support Team Travel](#)

## Coaches Corner

### Head Coach Andrew



Head Coach

The USA Swimming fee of \$64 might be an afterthought when you register your athlete annually. It does provide insurance for athletes and insurance for clubs when renting facilities. So it absolutely gets used in an efficient manner. Another benefit that I enjoy is having access to the tools and numbers on USA Swimming's website. The data allows us to evaluate how we're doing from a number of different angles. There are metrics ranging from the number of registered meet officials Cuda has to the number of AAAA time standards our swimmers have achieved; and data points everywhere in between.

Many of the metrics on the USA Swimming page for the Cuda's are positive, but one that really stands out is our 2016 retention rate percentage of 75.2%. We are at the highest point that that number has ever been and it outpaces the average retention rate for teams in Colorado. The 2016 state wide number sits at 69.0%. Now, you're unfortunately never going to get as close as we would like to 100%. Some athletes will try swimming for a couple of months before moving on to soccer and then basketball, etc... Some families might move. There are many fluid factors, and those athletes count against our rating. But seeing the Cuda number sit a decent percentage above the state average is comforting knowing that the product we are providing is a good one and the parents and athletes are loyal to the staff and team. Thanks all!

[Coach Andrew Brand](#)

## News from BCC

### Coach Amy



### BCC Swimmer of the Month

#### **Silver Group:**

Gia Reidle- Gia shows incredible dedication and heart to improving her swimming. I am consistently impressed with how hard she works and carries a positive attitude.

Hoku Kawasugi- Hoku has improved so much over the past season, all due to his dedication and perseverance. He brings a lot of fun and laughter to the group.

#### **Red Group:**

Elizabeth Allison- Elizabeth works hard and quietly in the red group. She always has a smile on encouraging her teammates and telling her coaches fun stories.

Tyler Mills- Tyler has been showing that he can slow down and focus on his technique. He has a great turn over for his strokes but now is figuring out how to apply quality technique to his strokes.

## Officials Corner

### Richard Wilson



Congratulations to Jerry Bishop on becoming a certified USA swimming official - welcome to the team.

We currently have a couple of parents interested in attending an officials clinic, but we'd need a few more to warrant setting one up at a CUDA location.

Remember, becoming an active CUDA official has the following benefits:

- No fundraising commitments
- No service hour requirements
- Officiating expenses covered\*
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

If you're Interested in finding out more information or attending a clinic, please contact Richard Wilson | richwilson@gmail.com ,or watch the following video - <https://goo.gl/tpzdWE>

\* We'll pay for background check, registration fee and custom officials shirt.

If you're Interested in finding out more information please contact 'Richard Wilson | [richwilson@gmail.com](mailto:richwilson@gmail.com)

## New Team Records



### 10 and Under Boys

Teagan Barrier

50 Fly

200 IM

Sam White

50 Back

### 11-12 Girls

Abby Taugner

50 Free

100 Free

## CUDA Birthdays



### April Birthdays:

Pax	Armon
Elizabeth	Boon
Owen	Cunnington
Riley	Glass
Aiden	Gu
Harrison	Lierz
John	Liu
Madelynn	Martinez
James	Richey
Ariella	Romero
Blanca	Saju
Emily	Soesilo
Alecia	Sprague
Nathan	Steeves
Isabel	Swarr
Marin	Wheeler