



August 2015

Message from the President

CUDA Families –

Summer is almost over and some of our kids have already gone back to school! I sure hope that you are enjoying your time away from the pool. This is a great time to slow down, enjoy the endless energy your athletes have, and spend countless hours as a family together.

Congratulations again to all of you for another successful Long Course season! The CUDAS did great at all the Championship meets (8&under, Districts, State, Senior State, Age Group Zones, and Senior Zones).

As you prepare for the upcoming Short Course season, I would like to share with you what my family is focused on during the break - getting better at fueling our athletes' bodies. It has become more apparent to me that we all need to do a better job paying attention to what we eat and how we fuel our bodies. Please check out this very short article, a great reminder for us all!

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=8992&mid=11780>

Also, the short course season schedule should be up on the website, please check it out and plan accordingly.

Last, but not least, I would like to invite all of you to join us for our annual parents meeting on the 30th of August. I would really like to see more than a handful of parents this year. We will be discussing club intro for new parents, any service hours/fundraising policy changes, 2015/2016 budget, and open Q&A. Hope to see you all there! Thanks and enjoy the rest of your summer.

My best always,
[Vilma Hassert](#)
 Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
August 30th	New Swimmer try-out @ BCC
September 8th	First Day of Short Course Practice @ 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.**

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, September 14, 2015 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!

Account Manager

Parents please make a note on your calendar that electronic registration for the 2015-2016 swim season opens on August 13th and closes August 27th for all returning swimmers. Please email Teri at cudamanager@teamcudas.com if you have any questions about the registration process.

Coaches Corner

Head Coach Andrew



Thanks to everyone for making this a fun summer, it feels like we just got things going, and then it was over! Some of the great things we did to cap the summer off with an exclamation point where...

- Won the Northern Colorado 8 & Under championship meet
- Finished with our highest placing ever at long course state meet (4th overall)
- Took the largest group of swimmers ever to Senior Zones (11) and set six different team records
- Had a swimmer qualify for 2106 Olympic Trials
- Sent six swimmers to Hawaii for Age group zones

Please enjoy your month away from the pool and we'll look forward to improving upon this strong foundation of accomplishments next season!

[Coach Andrew Brand](#)

CUDA Birthdays



August Birthdays

- | | |
|---------|---------------|
| Hannah | Adams |
| Anika | Bandaru |
| Parisa | Hiranyasthiti |
| Hoku | Kawasugi |
| Olivia | Kelsey |
| Jasmine | Li |
| Madison | Lin |
| Makenna | Linderman |
| Courtne | Lingaas |
| Jillian | Martin |
| Meghan | McGowan |
| Delaney | Osborn |
| Talia | Passarelli |
| Georgia | Reidle |
| Anthony | Saenz |
| Ashley | Sprague |
| Sarah | Taylor |
| Hannah | Wang |
| Alivia | Weaver |
| Owen | Wilson |
| Julia | Zemmelman |
| Alvina | Zhang |

Article of the Month

Summer's End Break

News from BCC

Coach Amy



Congratulations to the following BCC Swimmers of the Month:

Silver:

Valerie Xin- Valerie has worked extremely hard this past long course season in Silver Group. She has set her goals and worked hard in practices and meets to achieve them. We have seen huge improvements in her technique which has resulted in impressive races this summer.

Brady Randall- Brady has risen to the challenge of being in the Silver group and given 100% every practice he attends. Brady has learned to slow down during drill work and really focus on what he needs his body to do in order to achieve a stronger, more efficient stroke.

Red:

Harrie Ha- Harrie has shown huge improvements this past season while in Red group! We have seen her improve all 4 strokes and compete in all 4 strokes. Harrie attends every practice with an incredibly positive attitude that never waivers throughout practice.

Alex Zou- Alex has shown to be a great leader of Red group! He demonstrates how what it means to set goals and work to achieve them. He is a positive force for his teammates and never seems to get discouraged, only learns from his mistakes and moves on.

Officials Corner

Richard Wilson



As we start transiting to short course, we are contemplating training the next wave of CUDA officials. I already have a couple of people interested, but we need a couple more in order to set up a class. If your swimmer is active in the sport and you find yourself attending lots of meets, you are an ideal candidate for officiating.

A special thanks to all the officials and timers that worked the Northern Districts and State meets in July.

Congratulations to Lee Lierz for being recognized as the 'official of the year' for Northern Colorado swimming - well deserved.

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, please contact 'Richard Wilson | richnwilson@gmail.com ,or watch the following video - <https://goo.gl/tpzdWE>

* We'll pay for background check, registration fee and custom official's shirt.

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New Team Records:

10 and Under Boys

200 Medley Relay
Feran, Kulbida, White, Barrier



200 Free Relay
Kulbida, Barrier, White, Feran

50 Breast
Max Kulbida

100 Breast Max Kulbida

11-12 boys

200 Breast
Owen Wilson

11-12 Girls

200 Free Relay
Dirks, Swanson, Chandra, Taugner