



FRONT RANGE BARRACUDA SWIM CLUB



December 2013

Message from the President

Sean Feran

This year, the CUDAs have so much to give thanks for that it would be impossible to name them all. Here are the three that we are most thankful for this year.

- First off, we are so thankful that you have given us the honor of coaching your children. We know that they are your most valued treasures, and we thank you for choosing the CUDAs as their swim club.
- Second, we are thankful for our coaches. We have an amazing group of coaches who have chosen improving the lives of children as their career. Every one of them is amazing to us, and we would be nowhere without them.
- Third are our parent volunteers. Being a parent-run team, there are always tasks that require parents to go above and beyond what a normal volunteering position would entail. Yet we always seem to find someone that is willing to do it. Without these parents, our team would either be too expensive, or we would have burnt out coaches from having to do their jobs as well as those tasks.

We hope that you all have a wonderful holiday season, and thank you for all that you do!

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



The forecast says it's going to be the coldest week of the year and summer is half a calendar away, but why not look ahead to those dog days? Every year we put together a mid-summer travel meet. The past two years we've added an in-state travel meet as well to encourage our newer and younger swimmers an opportunity to experience a meet while sleeping in a hotel without crossing state lines. Summer 2014 we will be targeting the weekend of June 27-29. Our BCC swimmers will head south to Colorado Springs to swim at the Rocky Mountain State Games, held at the Olympic Training Center. VMAC swimmers will go the heart of the Midwest and attend a meet hosted by Midway Aquatics at the beautiful new **Myers-McLoraine Swimming Pool** on the University of Chicago campus. Please stay tuned as we will post more information as we get closer to these meets.

[Coach Andrew Brand](#)

Article of the Month

[Why is Swimming a Year Round Sport?](#)

Team Records Broken Recently

[Team Records](#)

Congratulations to our CUDA swimmers who recently broke team records!

Connor Hassert- Boys 10 and Under 50 Fly
Payten Irwin - Girls 11-12 50 Fly

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Gracie Shauf- The month of November was a big month for Gracie! She earned the Tootsie Roll Record for girls 100 Free with a 1:30, a very exciting accomplishment. Gracie also took part in CMA meet dropping times in all her events while cheering on her teammates. She would come to practice ready to lead her lane, help out her teammates while working diligently to improve her technique and times.

Miles Newsham- Miles has always been a hard worker in practice, however this past month he upped his game! The focus and dedication Miles brought to practice for the month of November is the key to his recent success and improvement.

Silver Group

Edie Simecek- Edie brings enough energy for the entire Silver team to feed off of! She arrives at practice ready to go, helping with lap lanes, and is usually the first one in the water starting her warm-up. Edie has participated in every meet ready to try any event! Her hard work, positivity has been a direct result of her placing in the pentathlon and seeing her Tootsie Roll Tuesday time continuously drop.

Max Kulbida- Max has been doing two sports through the month of November, occasionally doing two a days so that he could get in all of his swim practices. Max has only been apart of Silver for a few months but he continues to show that he belongs there. He knows how to position himself in the lane to help him focus so that he can get the most out of each practice he attends.

Pentathlon Food Drive Update

The food donated at the CUDA Pentathlon has been dropped off at Broomfield FISH food bank. Your help & care for those in need collected **671 pounds of food!** Thanks to all the families who donated! Way to go CUDAs!

Holiday Break Celebration for BCC Swimmers

Due to a High School Meet on **December 20th** at the BCC, we will be having a special holiday "practice" that evening. All BCC swimmers and their families are invited to a craft and movie night from **4-6 PM** in the Kiva room (for crafts) and the Gold room (for the movie and snacks) at the BCC. This is an informal event for BCC families to get to know one another and spend a fun night together before the BCC holiday swim break. **If your swimmer's name ends in A-M, please bring a healthy snack to share. If it ends in N-Z, please bring a drink to share.** Coaches Amy and Sarah look forward to seeing you there. If you have any questions, please contact Coaches Amy or Sarah or the Events Committee at events@teamcudas.com.

Mark your Calendar



DATE	EVENT
December 6th	Sign-up deadline for CUDA/FST Dual Meet at teamcudas.com
December 6-8	CSI Pioneer Open at Denver University
December 12-14	Junior Nationals in Greensboro, NC
December 15th	CUDA/FST Dual Meet at VMAC
January 6th	Sign-up deadline for CUDA Classic at teamcudas.com
January 17-19	CUDA Classic at 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.**

<p>Officials Corner</p> <p>Richard Wilson</p>	<p>Thank you to all the officials and timers that helped make the CUDA Pentathlon such a success - your commitment is much appreciated.</p> <p>While we don't have any scheduled officials training clinics coming up, if there are at least three parents interested, we can put one together as necessary.</p> <p>Please contact Richard Wilson at richnwilson@gmail.com if you're interested in attending a clinic or learning more about officiating with the CUDAs.</p> <p>Richard Wilson Officials Coordinator</p>
<p>Board Meetings</p>	<p>Upcoming general Board meetings are typically scheduled for the second Monday of each month, however this month the date has been adjusted due to the meet weekend prior. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Tuesday December 10th, from 7:15pm – 9:00pm at VMAC in Thornton. Hope to see you there!</p>
<p>January Team Holiday Get-Together</p>	<p>Calling ALL CUDAS! Save the date for Thursday, January 23rd at 6 PM for a night of fun and laughter at the MadCap Theater in Westminster! (There will be no swim practice this evening.) The Theater is located at 10679 Westminster Boulevard in the Westminster Promenade Center. Since the swim schedule for our VMAC groups is extremely busy this December, we have elected to do this fun holiday event in January.</p> <p>Here is a link for more information about MadCap and the shows they perform: MadCap . They have a "clean performance" policy and know the CUDAS will be the only group in attendance this evening. The doors open at 6 PM. The show starts promptly at 6:30 PM and will end around 8 PM. If you are dropping off your swimmer for the show, please be sure to arrive a little before 8 PM for pick-up, so we can clear out quickly, as this is a school night for most of our swimmers. The cost will vary depending on how many people sign up. If we sell up to 85 tickets, the price will be \$25 per person, 86-115 will be \$20 per person and 116-149 will be \$15 per person. Your swimmer account will be charged once we have a final head count in January.</p> <p>Cuda Coaches will be present at the show, but will not be responsible for watching children. Please keep this in mind when you sign up.</p> <p>Since this event is limited to 149 participants, we are taking reservations on a first come, first served basis. We will notify you of the sign-up date as we get closer to the event date. No outside food or beverages are allowed. While food is available to purchase, it might be beneficial to have dinner before attending the show. If that is not an option for your swimmer, here's a link for food and beverage items and their costs if you plan on purchasing food and/or drinks: MadCap food & drink menu (Taxes and gratuities on food/beverage purchases are extra as well.) If you have any questions, please contact the Events Committee at events@teamcudas.com.</p>
<p>Notes from the CUDA Account Manager</p> <p>Michelle Shauf and Teri Romero</p>	<p>Reminder – Please keep your AutoPay billing information up to date. If your credit card is expiring soon and you receive a new card, please make sure to update your AutoPay with your new credit card expiration date.</p> <p>Since the Shauf family will be moving, Teri Romero will be taking over as Account Manager in late-December. If you have any questions regarding your bill, please contact Michelle Shauf and Teri Romero at cudamanager@teamcudas.com.</p>

Fundraising



[ShopWithScrip Program](#)

It's the time of year to spread some holiday cheer to All! (Employees, customers, business associates, family and friends!) Scrip gift cards are a great way to say "Thank You!" Stuff their stockings with perfectly sized gifts! Don't Forget the Teacher! Show your appreciation for the dedicated teachers in your child's life!

Families purchasing gift cards will receive 1/2 credit for all gift card purchases towards their Fundraising account, so visit www.ShopwithScrip. There are 1000's of types of gift card and ScripNow® eCards., including our current King Sooper's scrip cards and Old Chicago Pizza Palz in this new program.

We will be running a special order on December 10th to get those cards in time for the Holidays! Place your order today!

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

[Fundraising Policy](#)

CUDA Birthdays



Madeline	Chancellor
Alexander	England
Owen	Feran
Rodrigo	Gutierrez
Jocelyn	Harris
Wilson	He
Nandana	Kannaiyan
Michael Lee	Kastner
Raman	Mitsulia
Hector	Mu
Guatam	Nambiar
Marissa	Payne
Sabrina	Rachjaibun
Logan	Sainsbury
Noah	Shauf
Sam	Shauf
Kaci	Steili
Lucas	Williams
Ian	Wilson

Service Hour Policy

The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. To view the most up-to-date Service Hour Policy, please visit our website:

[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