



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

December 2012

Coaches Corner

Head Coach Andrew

December is often a time for reflection, and it's when a lot of "top 10" lists appear in the news. Whether it's top 10 movies of the year, or top 10 albums of the year. These lists represent the best of the best of the year 2012. I have decided, in no particular order, to list the top 10 CUDA swims of 2012. It was hard to choose just 10, but here they are...

Issac Rupprecht (200 Free @ CSI Open in December) – Issac had a breakthrough swim while winning his heat at CSI Open, oh yeah, he also dropped 9 seconds from his best time ever.

Owen Feran (November Pizza Meet) – This one was a group of more races. Owen went four for four on heat winners at the meet and Owen might have been more proud of his four free Frosty coupons than he was about his four victories.

Daniel Bradford (500 Free @ CSI Open in December) – Daniel managed to drop 16 seconds from his best time, a time that was set only 6 weeks earlier at our meet in Lakewood. He was extremely consistent with splits hitting between 32.3-32.6 for his middle 300.

Candice Chandra (100 IM @ Cuda Pentathlon XXV) Candice clocked in at a swift 1:31.13 at her final race at the CUDA Pentathlon. The race was a great swim, made even more impressive when you realize she dropped nearly half a minute off her 100 time at the previous year's pentathlon.

Payten Irwin (100 Free @ Westerns Zones) Payten dropped over a second of her personal best from a month earlier to lower the CUDA team record to 1:07.48!

Abby Zadoronzy (100 IM @ Longmont Pumpkin Open) Along with having perhaps the best scrabble last name on the team, Abby swam her first ever 100 IM under 2 minutes, and was able to have legal strokes and turns on every wall. An impressive feat from any Red group swimmer!

Andrew Otterson (200 Breaststroke @ Short Course State) Andrew went from barely qualifying for the meet in this event to a swim that made it back to finals and scored. He certainly stepped up on the big stage dropping almost 10 seconds in his premiere event.

Marissa Emoto (100 IM @ Longmont Pumpkin Meet) Marissa surprised everybody in the fastest heat of 11-12 girls by winning the 100 IM from lane one. She dropped 3 seconds off of her previous best time!

Shelly Drozda & Sidney Trimm (100 Free @ Long Course State) Since both races happened in the same heat, it's fair to compile them together there. In her last 100 Free as a 13-14 year old Shelly touched first in the state, followed shortly after by Sidney Trimm who finished third in her first 13-14 year old state meet.

Connor Hassert (50 Fly @ Reno Summer Splash) After having aging up only a week earlier and having to swim with 9 and 10 year olds. Connor won the meet in that age group and managed to go under 40 seconds in LC for the first time ever.

Coach Andrew

VMAC News

Coach Tom

Congratulations to **Payten Irwin** and **Connor Hassert** for qualifying to represent the CUDA's on this years 14 and Under Colorado All-Star Team. The top 10 boys and girls in each age group for 14 and Under were selected to go compete as Team Colorado in Lawrence, Kansas during the weekend of January 12th. We wish these swimmers the best of luck, and know they will represent the CUDA team, as well as the state, to the best of their abilities.

BCC News

Coach Amy

BCC Swimmers of the Month

Red Group:

Elik Hrivnak: Elik pushes himself very hard at practice and expects perfection from himself. However, even when he falls short of that perfect Tootsie Roll Tuesday time he is able to shake it off and continue to work hard in practice.

Olivia Potter: Olivia has shown great determination and triumph over the past month. She had a rough start at the Cuda Pentathlon and thought briefly about not doing her last 2 events. But instead she stepped back up onto the blocks and proceeded to swim personal bests, finish with a smile, and shake her competitor's hand.

Silver Group:

Kalani Gilman: Kalani has shown a great refocus on her strokes and commitment at practice. She swam incredibly well at our November meets and has now applied that success to her practice with the goal to continue reaching personal best and possibly Silver State cuts this season.

Evan Johnson: Evan has improved so much over the past month. This is due to his consistent positive attitude, defined and reachable season goals, and improved attention/ dedication at practice. Because of these changes Evan's strokes have greatly improved and he is now a huge asset to leading his teammates in practice.

BCC Christmas break is December 24- Jan 1. Practice resumes on January 2nd.

Thanks!
Amy

**Chili Cook-off
Help Wanted**

Chili Cook-off Help Wanted

We are looking for people to help organize our Annual Chili Cook-off! This is an incredibly fun and tasty event that typically takes place the first weekend in February. In the past we have hosted a silent auction and provided cash prizes and amazing trophies. Please contact Kennedy Walsh if you are interested in this project.

This event has become so popular that we may need to find a larger venue. If you have affordable venues suggestions please let us know. The American Legion Hall in Broomfield has been suggested. Please let me know if you are a member and could help us out with a member rental discount.

CUDA Officials Corner

Richard Wilson

I would firstly like to thank all our officials, both certified and those in training (Jess and Val Wilkins, Kennedy Walsh, Aimee Irwin, Terri Lucero, Sean Feran, Amber Bratt, Elena Irisova, Jill Zudorozny, Misti Thueson and Willie Dozier) for their commitment to the team.

I'd also like to thank all those volunteers that work as timers during meets - whether you know it or not, you are part of the officiating process - thank you.

Without our officials and timers, we would not be able to run the quality meets that we are becoming known for.

We have just re-activated the **Officials Corner** menu link, available once you sign in to the CUDA website. I'll continue to add content to this - at the moment it includes information for timers, an officials calendar and details on what's involved in becoming an official.

As a lot of you may know, Ken Emoto moved out of state last month and I'd like to take this opportunity to thank him for his dedication to CUDA officiating and wish him and his family the best in their new surroundings.

For parents interested in either learning more about the Officials process or have questions about the swimming stroke and turn rules, I'm available both at the BCC and the VMAC during the week. Feel free to email me ahead of time and I'll do my best to make myself available.

Richard Wilson
Officials Coordinator
richwilson@gmail.com

Mark your Calendar!

Holiday Bowling Party

Sunday
December 16

1:00pm – 3:00pm

Cuda Holiday Bowling Party

Sunday, December 16

1:00pm – 3:00pm

Who: All Cuda's and their families
Where: Chipper's Lanes: 100 Nickel St., Broomfield, CO
When: Sunday, December 16
Cost: \$15 per person

- 2 games & shoes
- 2 slices of pizza and a large soda
- Prizes throughout the party!

RSVP: By **December 8** so we reserve enough lanes!
Register under Holiday Bowling Party on the events page.
Please indicate how many bowlers will attend and we will apply the fee to your account.

Secret Santa

- We will hold an oversized candy bar Secret Santa exchange.
- Bring one wrapped candy item (oversized) per participant.
- Price limit \$5.00 per person.
- Don't forget to get your hand stamped when you check in to participate in the Candy Bar Secret Santa exchange.

2013 Time Standards Posted

Time standards for the 2012 – 2013 Short Course Season are now posted the website, you can find the time standards here:

https://www.teamunify.com/SubTabGeneric.jsp?team=csbbbsc&_stbid_=30150

****FAR WESTERN time standards have been added****

CUDA Hospitality Recommendations Needed

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.

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 **CUDA Classic – January 18-20**.

Mark Your Calendar

| DATE | EVENT |
|---------------|--|
| December 7 | December Pizza Meet @ teamcudas.com |
| December 9 | FST-CUDA Dual Meet (Kanta Klassic) @ VMAC |
| December 10 | December Board Meeting @ VMAC |
| December 14 | BCC Fun Practice @ Paul Derda Rec |
| December 16 | Holiday Bowling Extravaganza @ Chippers Lanes |
| December 20 | Entry Deadline FAST Winter Open @ Teamcudas.com |
| January 4 - 6 | FAST Winter Open @ EPIC |
| January 7 | Entry deadline CUDA Classic @ Teamcudas.com |

**** 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.**

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 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, December 10th 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

Payment On Demand

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

This is a new function that allows you to pay your bill at anytime of the month. As you know, the system is now set up to charge on the 1st 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 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 or 303-410-4999.

Thank you,
Michelle Shauf
Cuda Manager

Happy Birthday

CUDA December Birthdays

Colin Birkemeyer
Madeline Chancellor
Alexander England
Owen Feran
Kayla Griffith
Rodrigo Gutierrez
Jocelyn Harris
Wilson He
Michael Kastner
Ava Kuszak
Gautam Namblar
Katelyn Paredes
Marrisa Payne
Sabrina Rodriguez
Logan Sainsbury
Noah Shauf
Sam Shauf
Anita Silva
Kaci Steili
Elena Wheeler
Mason White
Lucas William
Ian Wilson

Practice Schedules

BCC Swimmers:

280 Lamar Street
Broomfield

VMAC Swimmers:

136th Ave & Holly St.
Thornton

**** VMAC practice schedules shift a little starting Friday, November 9th because of the High School swimming season.**

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.

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

**** This information is subject to change so keep checking back for the most current information.**

Volunteer Policy

Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2012 Season is bringing about many opportunities for you to volunteer and to help us host some exciting meets, please check out the website to sign up early!

Volunteer Requirements:

8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers)

All hours must be completed by the end of the season, otherwise your swimmer's account will be charged \$20/hour for hours not completed.

Reporting & Tracking of Volunteer Hours:

To simplify the recording of hours volunteered: you will sign up online for events, check in at the event, your hours are then verified and confirmed by the volunteer coordinator, and lastly your hours will be updated to your online account so you can view your hours completed and/or outstanding balance. After the job sign up is closed (approx. 3 days before meet) if you are unable to fulfill your volunteer duties, you are responsible for finding your replacement. Your replacement

needs to email the volunteer coordinator to notify her of the change prior to the day of the meet/event. Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com
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!!

Fundraising

Earn Cash Back with Scrip

The CUDAS have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

1. Contact: Scott Bratcher via email at 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, or to purchase gift cards! It adds up really fast!!

Other easy opportunities to meet your fundraising goal:

Advertising within the CUDA family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

- ⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!
- ⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the CUDA website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the - **advertise here** button on the bottom left side of the Cuda's home page.