



# Front Range Barracudas Swim Club



COLORADO  
SWIMMING

Front Range Barracudas Swim Club Newsletter

December 2010

## Message from the President

Thank you for your continued support of the FRBSC. You may contact me directly if you have any questions or concerns. [CUDAPresident@gmail.com](mailto:CUDAPresident@gmail.com)

Kevin Mackey, FRBSC President

## Coaches Corner

### Head Coach Andrew

As our team grows and our success increases, we need help to ensure that the club continues to run smoothly. This month we will post a list of volunteer positions along with descriptions of each job, on [teamcudas.com](http://teamcudas.com). In order for us to run like a well oiled organization, these are jobs that would ideally be filled. Please take a look at the website this weekend, and see if any of the openings looks like something you'd like to help the coaches with. Below is a list of the positions we have. Some are filled, but some of them need energetic parents like you to help fill a void. If you feel like you are interested in any of the positions below. Please e-mail Coach Andrew. Descriptions will be posted on the website this weekend. Thanks in advance for you support!

- Team Event Planner
- Apparel Coordinator
- Fund raising Chair
- Swim-A-Thon Coordinator
- Officiating Chair
- Volunteer Coordinator (currently filled)
- Newsletter Editor (currently filled)
- Meet Director (currently filled)
- Webmaster (currently filled)

Coach Andrew

## News from BCC

### Coach Tom

It's that time of the year again! As quickly as it seems to come around, the holiday season is breezing through and will be over before we all know it. With our kids being in the "meat and potatoes" part of the season it is important for all involved to try and not let swimming fall to the wayside. Unfortunately, swimming isn't a sport that is well cross trained. To maintain current swimming levels, which everyone has worked very hard to attain, it is important that your athlete stays to their current practice attendance schedule. As always, swimmers are encouraged to come to their offered practices as often as they would like. What is important for us as coaches is that we don't want to not see your child on the pool deck till 2011.

Believe me, we understand the upcoming homework, shopping, and family trips, all we ask is that everyone does their best to take their commitment to swimming into account. We are currently experiencing great success as a team, and as all our rookie families make the transition to veterans, we would like to see this success continue. That really starts with making sure everyone comes to as many practices as they can throughout the hectic holiday season. All the best, and season's greetings!

Coach Tom

### November Swimmers of the Month

#### Red Group

##### Girl~ Kaylee Wu

Kaylee consistently has the best practice attendance, as well as a great work ethic. This paid off for Kaylee as she was one of the top 7 year olds competing at our Pentathlon, and she achieved all best times, great job!

##### Boy~ Dylan Raskay

Dylan has been continuously improving since his first day, and it showed at both the Eaton meet, and our Pentathlon where Dylan received the 16<sup>th</sup> place trophy. Congratulations Dylan!

**Silver Group**

**Girl~ Payten Irwin**

Payten had a breakthrough month in her swimming career. First, she achieved her first Silver State time in the 100 IM and finished 3<sup>rd</sup> overall at our Pentathlon. She continued her torrid pace by achieving 3 more this past weekend at the CSI meet. Great job Payten!

**Boy~ Austin Griffith**

Austin has been steadily improving since he came to Silver group and his improvements have been showing . Austin had a great meet in Eaton, and ended up finishing 9<sup>th</sup> at our Pentathlon, keep up the hard work!

**Mark your Calendar**

**Date Meet**

- Dec 11-12—Winter Open Swim Meet
- Dec 19—Suburban Distance Meet
- Dec 23-24—No practice BCC
- Dec 24-25—No practice VMAC
- Dec 27—VMAC groups will practice at BCC—times TBD
- Dec 27—No practice BCC
- Dec 31—No practice BCC
- Jan 7-9—FAST Winter Open

**Practice Schedule**

**Developmental:**

Monday - Thursday 5:00 – 5:45 @BCC  
Tuesday/Thursday 6:30 – 7:15 @BCC  
Friday 4:00 – 4:50 @BCC

**Red:**

Monday - Thursday 5:45 – 6:30 @BCC  
Friday 4:00 – 5:00 @BCC

**Silver:**

Monday - Thursday 5:00 – 6:00 @BCC  
Friday 5:00 – 6:30 @BCC

**White:**

Monday - Friday VMAC winter schedule is posted on the website.

**Senior:**

Monday - Thursday  
Friday  
Saturday

**Elite:**

Monday - Friday  
Saturday

**BCC Swimmers:**  
280 Lamar Street  
Broomfield

**VMAC Swimmers:**  
136th Ave and Holly  
St. Thornton

<p><b>Notes from the CUDA Treasurer</b></p>	<p><b>Dues and Payment Options</b></p> <p>Below is the dues structure (11-month billing cycle):</p> <table border="0"> <tr> <td>Developmental</td> <td>\$55/month</td> </tr> <tr> <td>Red</td> <td>\$71/month</td> </tr> <tr> <td>Silver</td> <td>\$82/month</td> </tr> <tr> <td>White</td> <td>\$104/month</td> </tr> <tr> <td>Senior</td> <td>\$125/month</td> </tr> <tr> <td>Elite</td> <td>\$142/month</td> </tr> </table> <p><b>DUES AND MEET FEE PAYMENT POLICY:</b> All dues and meet fees are billed on the 21st of the month with payment due by the end of that month. Non-payment of all dues/fees past the <b>1st day</b> of the following month will necessitate non-participation for the swimmer(s) in practice and all meets until payment is made. <b>Late Fee:</b> If dues are not paid by the 1st (check, CC, ACH), a <b>\$15 late fee</b> will be assessed and the swimmer(s) will not be allowed to practice.</p> <p><b>Returning swimmer(s):</b> Thank you for completing the on line registration.</p> <p><b>Family Information &amp; Demographics:</b> Please edit any demographics that are not current in your swimmers account on the website, email address, phone numbers, etc. It is very important that all info is current and correct.</p> <p>As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at <a href="mailto:cudamanager@gmail.com">cudamanager@gmail.com</a>.</p>	Developmental	\$55/month	Red	\$71/month	Silver	\$82/month	White	\$104/month	Senior	\$125/month	Elite	\$142/month
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<p><b>Board Meetings</b></p>	<p>Upcoming general Board meetings are generally scheduled for the third Monday of each month, from 7:00 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, December 13<sup>th</sup> at 7:00 pm-9:00 pm at CB &amp; Potts on 120<sup>th</sup>.</p>												
<p><b>Call for Officials</b></p>	<p><b>The CUDAS want YOU!!!</b> Want an easy way to accrue volunteer hours? Become an official for USA swimming! You will learn the technical side of the sport and help the Cudas in a huge way. Officials play a critical role in making each meet count for times; without this role, meet times can not be entered into USA swimming results. You do not need to have previous swimming experience, just the joy of seeing your child from the front row.</p> <p>There is a clinic scheduled for Saturday, November 13 taking place during the Pineapple meet. If you are interested in attending the clinic, or if you would like more information, please send an e-mail to <a href="mailto:CoachAndrew@teamcudas.com">CoachAndrew@teamcudas.com</a>.</p> <p>Thanks, Coach Andrew</p>												
<p><b>Volunteer Policy</b></p>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. Other teams have much higher volunteer hours required. We offer many volunteer opportunities so you are able to complete your 4 hours/family/season. Volunteer hours are 4 hours/family/season-</p> <ul style="list-style-type: none"> <li>• 4 hours for Short Course (Sept 1-Feb 15)</li> <li>• 4 hours for Long Course (Feb 16-Aug 5)</li> </ul> <p>4 hours must be completed by the end of Short course (or LC), otherwise your swimmer's account will be charged \$25/hour for hours not completed. All volunteer job postings (meets, CUDA events, etc.), descriptions and job sign-up is done on the <a href="http://www.teamcudas.com">www.teamcudas.com</a> site. This enables real-time sign-up, reporting, and volunteer hours tracking. Volunteer duties include: Each volunteer (parent/guardian) is responsible for signing up for a volunteer job (done online). 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.</p>												
<p><b>Team Communications</b></p>	<p>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 done via email. Web site: <a href="http://www.teamCUDAs.com">www.teamCUDAs.com</a>.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>												