



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

December 2011

### Message from the President

Kennedy Walsh

Hi Cuda's,

There are a couple of new technological updates and features for swim families that I'd like to share with you this month. First, we are upgrading our website. Team Unify, our web program, has done extensive research on effective web design and ease of use for current and perspective Cuda's. Watch for details and an exciting new look after the holidays. Our webmaster, Nikki Gast, is also putting together a team facebook page. I can't wait to see it in the New Year!

Deck Pass is offered thru USA Swimming. I like this because the kids can set goals, track their times, and share their successes with their swimming friends. Once the swimmer has an account established, their coach may award patches. There is a Deck Pass application for smart phones but you can also access it from your computer. Team Unify offers OnDeck Parent. If you have an iPhone, iPod Touch, or iPod check it out.

#### USA Swimming's Deck Pass

- **You do not have to have a smart phone to use Deck Pass.**
- **What is it?** Deck Pass is an online platform that tracks swimmers' times and rewards them with digital incentives. USA Swimming members can track their best times, set goals, check their IMX scores and earn digital patches for their achievements. All swimmers can track their times via the log book and also set personal goals. Deck Pass also allows you to connect with friends and family and you can also share your achievements by connecting your account to Facebook (13yrs + only).
- **How do I get it?** Anyone can register for a Deck Pass account. Just log-in to [www.usaswimming.org/deckpass](http://www.usaswimming.org/deckpass). Once you sign-up, you'll need to connect your account to your USA Swimming membership in order for your times to show up on your Scoreboard. \*\*If you already have an USA Swimming login you will need to link your deck pass to begin
- **Can I have an account if I'm a parent?** Yes! As a parent, you can have a Deck Pass account. You are able to either link your account to your kid's account to follow their swimming progress or you can always create your own Deck Pass page. Right now, due to system constraints, you may only link one swimmer per account.
- The instructions are easy. USA Swimming walks you right thru the process and there is a helpful FAQ section if you need further information.

#### Team Unify's OnDeck Parent

- **Requires an iPhone, iPod Touch or iPad from Apple.**
- Thousand's of swim parents around the globe are experiencing new-found knowledge at swim meets, tracking attendance, viewing their child's best times and comparing them to local and national time standards, viewing news to your team's web site and viewing and signing up for volunteer jobs and all events on the team.
- **Empowering Parents to Easily Know More**  
Today, parents run around swim meets with limited or no information about what events their child is going to swim, they best times and how they are progressing to time standards. Add to all of this, the easing for parents to participate in the jobs sign-up process with OnDeck and without being in-front of a computer is a game changer for team administrators and parents.

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#### Cuda Holiday Wish List

- If you have experience in contracts, contract law, or HR policy and wouldn't mind consulting the BOD, please contact me at [President@teamcudas.com](mailto:President@teamcudas.com).
- **Business Manager:** We would like to start training a new Business Manager before the end of short course

season. If you are reliable, well organized, have good communication & computer skills, and can donate 20 hours a week this it the job for you! The current Business Manager recommends a part-time employee or a stay-at-home parent for the job. The job entails registering new swimmers, responding daily to team emails, overseeing non-billing related swimmer issues, and attending monthly board meetings. As a nonprofit organization, we cannot afford to pay a salary for this position. We would like to express our gratitude by waiving the fundraising fee, volunteer hours, and one swimmer's monthly dues. This is an important board appointed job for the team and we greatly appreciate your consideration. Please contact Coach Andrew or myself if you are interested in the position.

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**BCC New Parent Liaison**

To help alleviate new swim family overload and frustration we have created a new parent liaison. We were all new to the team at one point and understand how tough it can be to process so much information. **Michelle Shauf** is an experienced Cuda parent of several years. She has three athletes swimming in red, grey, and black groups. Please feel free to reach out to her if you have any questions. If Michelle doesn't know the answer, she will know who to direct your question to or point you to the right area of the website. Michelle may be reached at [michelle.shauf@gmail.com](mailto:michelle.shauf@gmail.com).

If you have specific questions regarding any of the following please contact the appropriate person:

- Billing Questions: Lisa Abeyta, Treasurer [treasurer@teamcudas.com](mailto:treasurer@teamcudas.com)
  - Registration & general questions: Kathy Jaschke, Account Manager [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com)
  - Practice or athlete performance: your child's wonderful coach
  - Website, FaceBook: Nikki Gast, Internal Communications [nicolegast@gmail.com](mailto:nicolegast@gmail.com)
  - Volunteer hours or job assignments: Jamie Feran, Volunteer Coordinator: [cudavolunteer@teamcudas.com](mailto:cudavolunteer@teamcudas.com)
  - Ideas, suggestions, compliments, or complaints: Any board member – contact information can be found on the website under the Club Info: Board of Directors tab. My contact information is [president@teamcudas.com](mailto:president@teamcudas.com)
- .....

Have a happy & healthy holiday!

Kindly,  
Kennedy Walsh  
FRBSC President

**Cuda Pentathlon Update**

Thanks to all of our volunteers for helping make **CUDA Pentathlon XXIV** the best pentathlon in team history! We had a record number, 734 swimmers, from teams around the state participate in the meet. **Kailey Morales, Kaylie Wu, Kyle Raskay, James Overberg, Austin Griffith, Connor Hassert, Shannon Feran, Marissa Emoto, Payten Irwin, Logan Sainsbury, Sam Shauf, Noah Shauf, Sidney Trimm, Shelly Drozda, Andrew Jaschke and Anissa Mata** all took home hardware.

**THANK YOU VOLUNTEERS!!**

**Importance of Holiday Practice Time**

**All Coaches**

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 2012.

Believe us, 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.

## 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 2011. I have decided, in no particular order, to list the top 10 CUDA swims of 2011. It was hard to choose just 10, but here they are...

**Shannon Feran** (200 Free at CSI Open in December) – For a girl who normally considers herself a sprinter, this was a breakthrough swim for Shannon as she blew away her heat and lopped off a lot of time in the process.

**Josh Mak** (100 Free at CSST Open in October) – Josh showed what a summer of hard work can do for you as he dropped 4 seconds in his first short course 100 Free of the season.

10 & Under boys (200 Medley Relay at CSI Open in December)– **Sam Hahn, Logan Sainsbury, Noah Shauf, and Sam Shauf** all recorded the best splits of their lives en route to winning the 200 Medley Relay at the CSI Open in December. It was the first time a boys' relay from CUDA had been crowned champs at the meet.

10 & Under girls (200 Free Relay at CSI Open in December) – The team of **Shannon Feran, Marissa Emoto, Payten Irwin** and **Sophie Romero** set the tone for how the weekend would go by winning the first 10 & under event of the meet.

**Shelly Drozda** (200 IM at Long Course State in July)- A week after returning from a successful Sectionals meet in Oregon. Shelly won the 200 IM at state and snagged a junior nationals cut in the 200 IM, the first ever Jr Nationals cut in Cuda history.

8 & Under (100 Medley Relay at Northern Colorado 8 & under champs in July)- This meet was full of fantastic swims, but the 100 Medley Relay of **Austin Griffith, Owen Wilson, Connor Hassert and Issac Ruprecht** was the highlight, winning the event by 21 seconds!

**Sindey Trimm** (50 Free at CSI Open in December) – Led from wire to wire to win the event and set a new team record in the process.

**Ellie Ruprecht** (25 Back at Pizza Meet in October) – Our youngest swimmer to make this list. Ellie sprinted down the pool in lane 1 to win her heat in incredible fashion during our October Pizza meet.

**Megan Wilkins** (100 Free at CSI Open in December) – Megan took her 100 out in what was before that weekend her best 50 time ever, and was able to bring it home strong to drop 9 seconds off of her best time.

**Daniel Bradford** (500 Free @ CSI Open in December) – Daniel came into finals, after already dropping a bunch of time in the morning, as was able to knock off another 6 seconds on his way to a new 11-12 team record in the event.

Honorable Mention- **Sam Hahn** 50 Back @ LC State, **Kanta Emoto** 100 Breast @ CSI Open, **Andy Hahn** 100 Fly @ SC State Finals, **Elysia Hartojo** 200 Fly @ Cuda/Star, **Micheal Truong** 50 Breast @ October Pizza Meet, **Marissa Emoto** 100 Free @ CSI Open, **Payten Irwin** 50 Fly @ Cuda Pentathlon, **Ryan Drozda** 500 Free @ Senior State, **Kailey Wu** 100 IM @ 8 & U Champs, **Kyle Mak** 50 Back @ Northern Colorado LC Champs.

## News from VMAC

### Coach Tom

This past weekend CUDA swimmers made waves at the CSI Open. Nearly every swimmer who participated achieved a personal best time, and for 6 CUDA swimmers those best times also translated into new team records. Breaking individual records were Sidney Trimm in the 11-12 Girls 50 Free and 100 Fly, Daniel Bradford crushing the 11 +12 Boys 500 Free, along with Noah Shauf breaking the 10 + Under 100 Back. The 10+Under boys 200 Free Relay and 200 Medley Relay both consisting of Sam Shauf, Sam Hahn, Logan Sainsbury, and Noah Shauf smashed the team records.

Other highlights included the 10 + Under girls winning both relays with the help of Marisa Emoto, Payten Irwin, Sophia Romero, and Shannon Feran. The swim of the meet may very well have been Kanta Emoto dropping 5 seconds and achieving his first ever individual state qualifying time. These swims just begin to scratch the surface on a great swimming weekend where we have begun to turn some heads with our exceptional performances. Keep up the hard work and great attendance especially through the Holidays so new can continue to swim lights out. Happy Holidays and happy swimming!

**Coach Tom**

**News from BCC**

**Coach Jonathan**

**SWIMMERS OF THE MONTH**

**RED GROUP**

**John Liu** - John earns swimmer of the month for November for his focus at practice and his excellent practice attendance. While at practice John stays focused on the fundamentals coaches tell him to work on and as a result has experience progress in all 4 strokes. Keep swimming smart John!!!!!!

**Lindsey Gracheck** - Lindsey has earned swimmer of the month for November for her dedication and commitment to getting better every day at practice. Lindsey has improved leaps and bounds from the beginning of the season. Staying focused every day on improving her stroke and committing to work on fundamentals has paid huge dividends for Lindsey. So far this season Lindsey has seen huge time drops. Lindsey has potential to drop even more time if she continues to listen to her coaches and work on her kick. Lindsey the coaches are proud to announce you swimmer of the Month!!!!!!! Keep up the good work!!!!!!!

**SILVER GROUP:**

**Matthew Hankinson**- Matt has earned swimmer of the month for his leadership at practice and for working hard at getting better every day at practice. This season Matt has helped solidify an already great group of boys, by keeping everyone on their toes with a racers mentality at practice. The ability for a swimmer to step up and race in practice is a great quality to have, not only does it make you a better swimmer but it creates an atmosphere of competition at practice that makes our entire team better. Thank you Matt for racing hard at practice and helping to challenge your team mates to be the best they can be!!!!!! Keep working!!!!!!!

**Regan Hurst**- Regan has earned swimmer of the month for November for her enthusiasm at practice and her overall great listening, hard work, and angelic behavior at the pool. Regan is a really fun to coach because of her sweet natured personality, and listening ability. I never need to get on Regan's case for not paying attention or for doing the wrong thing. She is always composed and ready to work at practice and those qualities will take her far in all endeavors. As the season progress I will rely on Regan's leadership in teaching new group member how we do things in Silver!!!!!! You are Awesome Regan!!!!!!!

**Officials Clinic**

**Sean Feran**

I'd like to thank Val & Jess Wilkins and Sue Silva for attending the officials class that was held during the Cuda Pentathlon. We held a class at the VMAC for new and returning officials and had a good turn out, with parents from other teams also showing up. It was a valuable learning experience and I look forward to working with our new officials.

I would also like to take a minute to thank our current officials: Ken Emoto, Kennedy Walsh, Aimee Irwin, and Rich Wilson for there commitment to the team. Without our officials, we would not be able to run the quality meets that we are becoming known for. It not only helps the team's reputation, but also generates increased income by increasing attendance.

If you are interested in helping the Cudas out by becoming an official or if you have any questions about the process, please contact me and I will be glad to help.

Sean Feran at VicePresident@teamcudas.com

**Welcome New Swimmers!!**

**DEVELOPMENTAL:**

- Dalton Despain
- Brenna Hrivnak
- Elik Hrivnak
- Kayla Stanley
- Kyle White

**SENIOR:**

- Kaci Stelli

Mark Your Calendar	DATE	EVENT
	December 9-11, 2011	Golden Phoenix Winter Open @ School of Mines
	December 12, 2011	Board Meeting @ VMAC
	December 14, 2011	Far Westerns Informational Meeting @ VMAC
	December 14, 2011	Sign up deadline for Pizza Meet
	December 16, 2011	No Ordinary Pizza Meet @ BCC
	December 19, 2011	Holiday practice starts at VMAC
	December 21, 2011	Sign up deadline for FAST Winter Open
	December 23-26, 2011	No BCC Practice
	December 24-26, 2011	No VMAC Practice
	January 6-7, 2011	No VMAC Practice
	January 6-8, 2011	FAST Winter Open@ EPIC, Ft. Collins
	January 9, 2011	CUDA Classic Entry Deadline @ VMAC

**\*\* Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

**Notes from the CUDA Account Manager**

**Kathy Jaschke**

**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.

**Kathy Jaschke** has taken over as the Account Manager for the team temporarily. As always, if you have any questions regarding your bill, please contact Kathy at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com) or [303-464-1167](tel:303-464-1167).

**Board Meetings**

Upcoming general Board meetings are usually 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 12th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!

**What's New Online**

Over the holiday break we will be upgrading the look and feel of the teamCUDA website. All the information you have come to know and depend on will still be on the website, it just may look a little different. We are also excited to roll out a new CUDA Facebook page. This will be a secret group where you can be added by invite only. We have an externally facing Facebook page as well, but opted to do a secret group on Facebook as a forum for parents to post pictures and communicate internally.

**More information will follow and we will send out an email communication once the upgrade is complete.**

**Practice Schedules**

**BCC Swimmers:**  
280 Lamar Street  
Broomfield

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

Please see the team website under the **Schedule** tab for the most up-to-date practice information for both pools.  
**December 23-26, 2011 – No BCC Practice**  
**December 24-26, 2011 – No VMAC Practice**  
Web site: [www.teamCUDAs.com](http://www.teamCUDAs.com).  
The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

**The VMAC Winter Practice Schedule began on 11/14/2011, please see the website for a printable schedule**

**Happy Birthday**

**CUDA December Birthdays**

Anita Silva  
Kaci Steili  
Alexander England  
Kayla M Griffith  
Logan D Sainsbury  
Marissa Payne  
Noah R Shauf  
Samuel A Shauf  
Rodrigo Gutierrez  
Jocelyn Harris  
Karianna Muller  
Gautam Nambiar  
Emma Kobus  
Sidney Edmonds  
Wilson He  
Sabrina Rachjaibun  
Owen Feran  
Lucas Williams  
Michael Lee Kastner

**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 2011 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 hour's 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](mailto: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!!

**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!

Web site: [www.teamCUDAs.com](http://www.teamCUDAs.com).

### Earn Cash Back with Scrip

The Cuda's 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](mailto: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. The Pentathlon alone is expected to bring in 750 swimmers over two days. 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.