

FRONT RANGE BARRACUDAS SWIM CLUB



December 2015

Message from the President



Hello CUDA families ~

First, congratulations to all our CSI Pioneer Open Swimmers for a great performance this past weekend! Athletes, your daily efforts and dedication to the CUDAS is very much appreciated.

As the holiday season and the end of 2015 approach, please allow me to send my very best wishes from my family to yours. This is definitely an exciting time for all of us, especially because I feel that the CUDAS are experiencing success and growth in a lot of areas: college signing, best times, beating records, improved technique, better mental toughness, and most importantly, more fun!

Measuring one's success in competitive sports is definitely something to be proud of, but the true meaning of success in life is measured by our relationships with family and friends. This is the time of year to acknowledge these relationships, and give thanks for what we have, and remember all the rest of the world around us who do without the basics every day! This holiday season; please reach out to our community and give to those that have very little...

On behalf of the coaches and the board, we wish you and your family a very merry Christmas and the most wonderful holiday season!

JOY, PEACE, and LOVE,

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

Mark your Calendar



DATE	EVENT
December 22, 2015	BCC Holiday Party 5 – 6:30 PM @ BCC
December 20, 2015 – January 1, 2016	Holiday Schedule- check website for practice times!
January 15- January 17th	CUDA Classic @ 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, December 14, 2015 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!

Coaches Corner

Head Coach Andrew



Head Coach

At the recent CUDA Pentathlon, we had too many best times to count; a bunch of new state times and many of our swimmers now have large trophies on their dressers at home. Perhaps the thing that made me most proud to be a coach for this team (and I can confidently speak for the entire staff) was the amount of pink caps that our swimmers were wearing. It was great to see our team come closer together for a great cause. Thank you to all who contributed in helping to make the purchase of a commemorative bench for Nora that much closer to possible. Out of 300 caps, we only had about a dozen left, and we were able to sell the rest! If you want one of the remaining, please e-mail me. But again, thank you for proving that the Cudas are more than just a team, but also a fantastic community as well.

Thanks and go Cudas!

[Coach Andrew Brand](#)

News from BCC

Coach Amy



BCC Swimmer of the Month

Red Group:

Macey Pederson- Macey works hard under the radar. She doesn't need external encouragement to perform and work hard, she has a great internal driving force which is a very unique trait! When she receives both she is unstoppable. It has been fun to see her improvement over this season.

Riley Glass- Riley loves feedback on how to improve his technique. It is impressive on how can process feedback in a positive way. Riley works so hard and creates a fun positive environment in Red Group.

Silver Group:

Julia Raskay- Julia had her arm in a cast for the beginning part of the season, she continued to come to practice and work hard. In the month of November she worked hard to regain her strength and technique. Her hard work and positive attitude is paying off. She had great races at the Pentathlon and is looking forward to the upcoming meet.

Hector Mu- Hector is positive force in practice. He makes all of his teammates rise to the challenge of working harder, swimming faster and improving their technique. On Tootsie Roll Tuesday, everyone wants to chase Hector because they know that they will have a better swim trying to keep up with him.



BCC Holiday Party- Tuesday, December 22nd 5-6:30pm at BCC. Decorating gingerbread houses and other crafts.

Article of the Month

[Swimming Tired](#)

Officials Corner

Richard Wilson

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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**CUDA Birthdays
November**



December Birthdays

Elizabeth	Allison
Brooklyn	Cardenas
Kylie	Dirks
Avery	Dotson
Owen	Feran
Nandana	Kannalyan
Michael	Kastner
Allison	Lamont
Andrew	Liu
Raman	Mitsulia
Hector	Mu
Sanjay	Mudukutore
Marissa	Payne
Sabrina	Rachjaibun
Alexandra	Remaklus
Fletcher	Slavik
Stephanie	Tymoszuk
Lucas	Williams
Ian	Wilson



New Team Records:

10 and Under Boys:

200 MR Feran, Kulbida, Barrier, White

200 FR Kulbida, White, Barrier, Feran

50 Breast Max Kulbida

100 Breast Max Kulbida

11-12 Girls:

50 Free Abby Taugner

100 IM Abby Taugner