



FRONT RANGE BARRACUDA SWIM CLUB



February 2014

Message from the President

Sean Feran

I would like to thank all of the parents that helped to make the Cuda Classic a huge success. We had a lot of swimmers with incredible swims and best times. With all of the hard work and time invested, it sure is nice to see it pay off for our athletes. We also could not have done it without our excellent coaching staff or the supportive parents. Their dedication to their athletes is second to none.

The Classic was also an excellent test run for our upcoming Short Course State Meet at the VMAC. We are so excited to be having State as a home meet. It allows our swimmers to be more comfortable, our coaches get to sleep in their own beds, our parents get extra opportunities to help the team with service hours, and the team makes a little extra money to spend on programs to help our athletes.

As we wrap up the season, we hope that we have met the needs of your swimmer and their family. If you have any suggestions or concerns, please feel free to let us know. We are a parent-run team and are always looking for help in making our team the best it can be.

Thank you,

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



This March is the first time we've ever hosted the Colorado state meet, and obviously we'd love to make a good impression on teams around the Centennial state. In order to make the meet run smooth it has to be a team effort, and we need a lot of help; it's a daunting but certainly manageable task. I'm excited and I think we're up for it. The nuts and bolts are: We need to fill over 300 hours of volunteer spots March 7-9. We will not be able to do this unless we have parents from all of our groups helping out. The perks of being a timer is you get a front row perspective to the fastest 14 & under meet in the state. You'll get to time during finals! You'll probably see some state records fall, and you'll definitely see some state champions crowned. If you have any questions regarding the meet. Please e-mail me. Thanks in advance for your support!

[Coach Andrew Brand](#)

Article of the Month

[Y is For Young Athletes](#)

Records Broken Recently

[Cuda Records](#)

Connor Hassert
Cuda Boys 10 & Under 50 Backstroke - 33.08

Shelly Drozda swam in a high school meet at VMAC, and broke a decades old (since about 1980) Adams 12 District, 50 free record by .01! - 24.31 is the new Adams 12 District record.

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Sabrina Rachjaibun- Sabrina has had an incredible month to kick off 2014. Each practice she shows up ready to work and loaded with questions on how to improve her strokes and speed. Sabrina has taken huge steps to improve her technique and focus in practice. Her hard work has shown through. Sabrina was Toostie Roll Champion, and she reset the Tootsie Roll Record for the 100 Free.

Gautam Nambiar- Over the past month Gautam has refocused and dialed in his technique. He has taken on the role of lane leader and acting as a leader through positive behavior and focus.

Silver Group

Daryn Delescinskis- Daryn started off the short course season as a 2 sport athlete, and once soccer ended she has been attending close to 100% of the practices available. She comes in ready to help get the pool set up for practice and catch up with her team mates. You will always find Daryn with a smile on her face, working hard and encouraging her teammates no matter what lane they are in.

Jeffrey Li- As Jeffrey's first season in Silver he has really stepped up to the plate, to the expectations and increased practice load with strength and confidence. He shows up to the majority of his practices with 100% focus and ready to work. His focus and dedication to improving in his sport.

Mental Toughness Clinics

Due to popular requests, we are hosting 3 Mental Toughness Sessions for **10 yrs old and Up** @ VMAC Meeting Room for the CUDAS. In order for the clinic information to be timely and most effective for retention, please sign up at the following event pages on www.teamcudas.com

February 19th – Swimmers Only Attending Northern Colorado Districts [NCS Clinic](#)

February 26th – Silver State or Senior State Qualifiers [Silver & Senior State Clinic](#)

March 5th – State, Far Westerns, Sectionals Qualifiers [State, Far Western & Sectionals Clinic](#)

In each session, my goal is to help the athletes CHANGE THEIR THINKING AND IMPROVE THEIR PERFORMANCE.

Link for more information about Coach Gail Royce: <http://www.mentaledgecoaching.net/aboutcoachgail.html>

Notes from the CUDAS Account Manager

Teri Romero

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.

Teri Romero has taken over as Account Manager. If you have any questions regarding your bill, please contact **Teri Romero** at cudamanager@teamcudas.com.

Mark your Calendar



DATE	EVENT
February 3	8 & Under Championship sign-up deadline at teamcudas.com
February 10	Northern Colorado Districts sign-up deadline at teamcudas.com
February 15	8 & Under Championship at Eaton HS
February 17	Silver State sign-up deadline at teamcudas.com
February 17	Senior State sign-up deadline at teamcudas.com
February 19	Mental Toughness Clinic for NCS only swimmers at VMAC
February 22-23	Northern Colorado Districts at EPIC
February 24	14 & Under State Meet sign-up deadline at teamcudas.com
February 26	February Pizza Meet sign-up deadline at teamcudas.com
February 26	Mental Toughness Clinic for Silver & Senior State swimmers at VMAC
February 28	February Pizza Meet at BCC
Feb 28- March 1 (mornings)	Silver State at DU
Feb 28- March 1 (afternoons)	Senior State at DU
March 5	Mental Toughness Clinic for State, Far Westerns & Sectionals swimmers at VMAC
March 7-9	14 & Under State Meet 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.**

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 February 10th, from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

CUDA Birthdays



- | | |
|-----------|--------------|
| Kaylee | Austin |
| Samuel | Beaudry |
| Jordan | Dolan |
| Ryan | Duncan |
| Paulina | Duque |
| Anna | Krueger |
| Vyas | Muralidharan |
| Ethan | Pace |
| Angeline | Pereira |
| Krista | Potter |
| Makenna | Reiner |
| Carlee | Royal |
| Alexandra | Sears |
| Johnee | Shields |
| Cesar | Varela |

Officials Corner

Richard Wilson

Thanks to all the officials and timers that participated in the Cuda Classic last month. Without your dedication and commitment, the swimmers times would not have counted - thank you.

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. I currently have two parents eager to attend, so if anyone else is interested please let me know immediately. Please contact Richard Wilson at richnwilson@gmail.com if you're interested in attending a clinic or learning more about officiating with the CUDAs.

[Richard Wilson](#)
Officials Coordinator

Service Hours FAQs

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](#)

Service Hour FAQs:

What are the service hour requirements for my child's group? Developmental = 4 hours per season, Advanced Developmental/Red/Silver = 8 hours per season, White/Gray/Black/ElitePrep/Elite = 12 hours per season, Girls High School only swimmers= 6 hours for Short Course and 12 hours for Long Course, Boys High School only swimmers = 12 hours Short Course and 6 hours Long Course

How do I check my service hour balance? 1st) Log onto the Cuda website using your account name and password. 2nd) Click on "My Account". 3rd) From this drop down menu select "\$My Invoice/Payment". 4th) In the box that opens in the middle of the page you will see 3 tabs. 5th) Select the "Service Hours" tab. This is the far right tab. You will find your detailed information here.

What opportunities are available for completing service hours? The number one way to fulfill your service hour obligation is by volunteering at home meets. There are a lot of opportunities ranging from program vendor to timer. There are occasionally other opportunities such as swim-a-thon during long course or committees such as the Chili Cook-off committee, but these are not regular activities. When these opportunities come available they will be announced on the Cuda website, in the newsletter, or through an email blast.

I have surpassed the number of service hours that I am obligated to serve. Will my hours roll over to the next season? Service hours do not roll over from one season the next. Because each new season brings with it a new set of needs, we need our Cuda families to be able and willing to work throughout both Short and Long Course seasons.

Can I give my extra hours to another family/Can my friend give me their extra hours? Service hours are not able to be transferred from one account to another. You are welcome to work for someone else or have someone else work for you, but whomever is the family that is receiving service hour credit needs to be the one who is signed up on the event page.

What happens if I do not fulfill my service hour obligation? At the end of the season (March 1st & August 1st), any account that has a remaining balance of service hours will be charged \$20 per hour.

Why was I required to time during last year's District meet when I had already fulfilled my service hour obligation? There are several "away" meets at which the Cudas are required to supply timers. This typically occurs at the Northern Colorado District meet, Silver State and State meets. If your swimmer is competing at any one of these meets, you may be required to time regardless of your current service hour balance.

Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com

Fundraising

[ShopWithScrip Program](#)

Did you know that once you are signed up for the ShopWithScrip program, you can purchase ScripNow certificates while you are out shopping AND use them on the spot? For example if you are at Macy's and you have \$100 worth of merchandise, you can purchase a \$100 ScripNow certificate to pay for your merchandise right before you check out. The processing time only takes a couple minutes and the cashier can take the certificate numbers off your smart phone. At the same time you shop, you can be earning back your Cuda Fundraising Commitment. It's that easy!

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.

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

[Fundraising Policy](#)