



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

February 2011

Message from the Board

Hello CUDA families:

February is an exciting month for the Cuda's! We have quite a few activities, meets, and a volunteer policy change going into effect.

Last weekend we had five swimmers who went to the **High School Girl's State Meet**: Melanie Buckles (Stanley Lake HS), Fiona Dretzka (Legacy HS), Anissa Mata (Broomfield HS), Mackenzie Saenz (Mountain Range HS), and Hailey Spratte (Brighton HS). We also had the **8 and under Northern Colorado Championships!** We want to congratulate all of our swimmers for a job well done!

This weekend promises to be a lot of fun! Friday the 18th there is a **dual pizza meet with Longmont**. Dual meets are a lot of fun and give the BCC kids a chance to unite as a team. If you haven't attended a dual meet before you are in for a pleasant surprise. If you have a BCC swimmer that would still like to participate, registration is open until next Wednesday the 16th.

The **Second Annual Chili Cook-Off** is Saturday the 19th from 1-4p.m. at the VFW hall. If you put off entering the Cook-Off there is still time to enter your Chili. Please email Coach Tom if you would like to participate. Last year we had a fabulous time and won some cool prizes We can't wait to taste all of the Chilies. There will be door prizes and a raffle, too. This event is truly a FUNdraiser.

The **Senior State** and **Silver State** meets are February 25-27. Congratulations to our many qualifiers, we wish you the best of luck.

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Revised Volunteer Policy:

Because of our team's continuing successes, we are in need of revising our current volunteer hour requirements to meet our growing needs. We are expanding the Cuda Classic from one session to five and hosting two additional swim meets in the Long Course season. Beginning with the 2011 Long Course Swim Season (March 15 – July 15), we will be revising our volunteer hours requirement. Our new volunteer hours for the 2011 Long Course (February 16-July 15, 2011) will be as follows:

Developmental, Red, and Silver - 8 hours per family per season
White, Black, Senior, and Elite - 12 hours per family per season

If you would like additional details about the revised volunteer policy, please check the website under Parents:Volunteer
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The next month provides quite a few opportunities for our club to interact socially. The board would like to encourage everyone to introduce himself or herself and to make some new friends over the next several weeks. We sincerely look forward to getting to know more Cuda families.

Kennedy Walsh and The Board of Directors

If you have any questions or concerns please feel free to contact Kevin Mackey, FRBSC President, CUADAPresident@gmail.com or any of the other board members or coaches.

Coaches Corner

Head Coach Andrew

February is the month when the coaches get together and come up with our list of kids to promote. Some of our swimmers that have been working hard since September will begin swimming in a different group in March, and maybe even a different pool. When your swimmer moves up, the group they enter will be slightly more advanced. Don't fret! The way we structure our club's seven groups, is done in a way that makes the transition from one group to the next as

	<p>seamless as possible. Most of the new skills or drills will be building off of what they've already learned. In most cases your swimmer will move up with a group of their peers and friends too. If your swimmer was notified of a group change and you have any questions feel free to e-mail coachandrew@teamcudas.com regarding the change. Best of luck in your new group!</p> <p>Coach Andrew</p>																
<p>News from BCC</p> <p>Coach Tom</p>	<p>January Swimmers of the Month</p> <p>RED:</p> <p>Girl- Alicia Chaires</p> <p>Alicia has begun to find her stride in swimming, and her continued improvement at nearly every meet is concrete proof. At the CUDA Classic Alicia again beat all her best times, keep it up Alicia!</p> <p>Boy- Sean Crumplar</p> <p>Sean has really stepped up in practice this season, and his hard work is paying off. Sean swam all best times at the CUDA Classic, and then continued his tear at Winter Districts the next weekend by again achieving all personal bests. Great Job Sean!</p> <p>SILVER:</p> <p>Girl- Riley Walsh</p> <p>Since her arrival in Silver Riley has shown a new found work ethic, and her hard work continues to pay off. Riley had a fantastic Silver Districts meet by competing in a lot of events for the first time, and achieving all personal bests. Awesome swimming Riley!</p> <p>Boy- John Schultz</p> <p>John has really stepped up his work ethic of late, and has started to become a leader of the Silver group. I look forward to seeing the continued improvement from the hard work that John puts in the pool, congratulations!</p> <p>Thanks for all your hard work! Coach Tom</p>																
<p>Mark your Calendar</p>	<table border="1"> <thead> <tr> <th data-bbox="355 1415 518 1444">Date</th> <th data-bbox="518 1415 1541 1444">Meet</th> </tr> </thead> <tbody> <tr> <td data-bbox="355 1478 518 1507">Feb 18</td> <td data-bbox="518 1478 1541 1507">—Pizza meet with Longmont</td> </tr> <tr> <td data-bbox="355 1507 518 1537">Feb 19</td> <td data-bbox="518 1507 1541 1537">—2nd Annual Chili Cook-Off</td> </tr> <tr> <td data-bbox="355 1537 518 1566">Feb 25-27</td> <td data-bbox="518 1537 1541 1566">—Senior State Meet</td> </tr> <tr> <td data-bbox="355 1566 518 1596">Feb 25-27</td> <td data-bbox="518 1566 1541 1596">—Silver State</td> </tr> <tr> <td data-bbox="355 1596 518 1625">March 4-6</td> <td data-bbox="518 1596 1541 1625">—Colorado 14 and under State Championship</td> </tr> <tr> <td data-bbox="355 1625 518 1654">April 20</td> <td data-bbox="518 1625 1541 1654">—Cuda Swim-A-Thon 2011 at VMAC</td> </tr> <tr> <td data-bbox="355 1654 518 1684">June 16-19</td> <td data-bbox="518 1654 1541 1684">—Grand Junction Long Course—Mark your Calendars</td> </tr> </tbody> </table>	Date	Meet	Feb 18	—Pizza meet with Longmont	Feb 19	—2 nd Annual Chili Cook-Off	Feb 25-27	—Senior State Meet	Feb 25-27	—Silver State	March 4-6	—Colorado 14 and under State Championship	April 20	—Cuda Swim-A-Thon 2011 at VMAC	June 16-19	—Grand Junction Long Course—Mark your Calendars
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Cuda Swim-a-Thon

Wednesday April 20, 2011

5:30 pm -7:30 pm

Veterans Memorial Aquatic Center

Mark your calendars for a night of fun at VMAC for the 2011 Cuda Swim-a-Thon! Swim-a-Thon is a fundraiser in which all FRBSC members earn money for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first.

Fun:

Ask any veteran swimmer on the team and one of their favorite events is the Swim-A-Thon. They'll remember the first time they were able to swim 200 lengths within the two hours. As they get older this test of endurance is an effort to beat their time (and their friends). Most of them know how long it took to swim 200 lengths last year. Once they finish they eat some snacks and start cheering on the other swimmers, encouraging them to keep going. Meets show the kids how fast they swim. The Swim-A-Thon lets them see how strong they are in the endurance department.

Prizes:

Swimmers who bring in the most money in fundraising are eligible for prizes. The coaches will hand out a prize idea survey during practice the last week of March. Once we have swimmer input, we will put together the Swim-A-Thon prize list.

Fundraiser:

Participants get pledges from businesses, family, neighbors, etc. prior to swimming. Swim-a-Thon does accept corporate matching programs with full credit going to the swimmer for prize consideration. Some swimmers choose to get pledges and money prior to swimming while others get pledges per length and collect the money following the Swim-a-Thon.

Distribution of pledge forms, receipts, and money envelopes will be at the beginning of April. All money is due by May 4 to be eligible for prizes. All prizes will be presented at an awards event. Top fundraisers choose first from the prizes, working our way from top to bottom. Swimmers will need to be present to have a choice in the prizes if they are eligible

Please watch the website for additional details and volunteer opportunities. Swim-A-Thon co-chairs Jackie Hahn (VMAC) and Kennedy Walsh (BCC) will be sending out e-mails with specifics, volunteer requests, prize information and fundraising information.

Practice Schedule

BCC Swimmers:
280 Lamar Street

Developmental:

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

<p>Broomfield</p> <p>VMAC Swimmers: 136th Ave and Holly St. Thornton</p>	<p>Red: Monday - Thursday 5:45 – 6:30 @BCC Friday 4:00 – 5:00 @BCC</p> <p>Silver: Monday - Thursday 5:00 – 6:00 @BCC Friday 5:00 – 6:30 @BCC</p> <p>White: Monday - Friday VMAC schedule is posted on the website</p> <p>Senior: Monday - Thursday Tentative Summer Schedule for VMAC now posted! Friday Saturday</p> <p>Elite: Monday - Friday Saturday</p>												
<p>Notes from the CUDA Treasurer</p>	<p>Dues and Payment Options 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>DUES AND MEET FEE PAYMENT POLICY: 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 1st day of the following month will necessitate non-participation for the swimmer(s) in practice and all meets until payment is made. Late Fee: If dues are not paid by the 1st (check, CC, ACH), a \$15 late fee will be assessed and the swimmer(s) will not be allowed to practice.</p> <p>Returning swimmer(s): Thank you for completing the on line registration.</p> <p>Family Information & Demographics: 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 cudamanager@gmail.com.</p>	Developmental	\$55/month	Red	\$71/month	Silver	\$82/month	White	\$104/month	Senior	\$125/month	Elite	\$142/month
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<p>Board Meetings</p>	<p>Upcoming general Board meetings are usually scheduled for the second 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, February 21st from 7:15 pm-9:00 pm at CB Potts on 120th Ave. Hope to see you there.</p>												
<p>Call for Officials</p>	<p>The CUDAS want YOU!!! 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>If you are interested or if you would like more information, please send an e-mail to CoachAndrew@teamcudas.com.</p> <p>Thanks, Coach Andrew</p>												
<p>Volunteer Policy</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>												



- 8 hours per Season—Developmental, Red, Silver
- 12 hours per Season—White, Black, Senior, Elite

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. All volunteer job postings (meets, CUDA events, etc.), descriptions and job sign-up is done on the www.teamcudas.com 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.

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 done via email. Web site: www.teamCUDAs.com.

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