



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

February 2013

Message from the President

Kennedy Walsh

If we did all the things we were capable of, we would astound ourselves.

I would like to thank all of you that have stepped up to help the team this season! I am proud to be a part of a team that is innovative and passionate about our success. As you know, we rely on service hours not only to run successful swim meets but to implement events and programs that benefit our members. I am inspired by the number of people that have come forward with constructive criticism, ideas and suggestions for potential solutions. From the parents at meets who seek out a board member to chat with to the parents that attend group, team, & board meetings – Thank You! Your involvement is what makes the Cuda's more than a swim team, we are a family.

Last month, we had two Committee Chairs and several parents attend the Board Meeting. While only Board Members may vote, everyone has a voice. One of our topics was volunteer hours. The Board voted and approved the reduction of Developmental service hours from 8 to 4 per season. We believe this is adequate for a level that mostly competes in Pizza Meets. This does not prevent Developmental swimmers from participating in other meets. Red and Silver groups will remain at 8 hours per season. This is effective as of the start of Long Course 2013.

The Board also discussed reducing the number of service hours required for those swimming for their high school and the Cuda's at the same time. The vote was tabled as many questions came up that we did not have time to consider fairly during the meeting. Since then there has been a lengthy discussion amongst Board Members and the reduction of hours for our high school swimmers is approved effective immediately. The team has a reduced requirement for practice, dues, and meet attendance for those Cuda swimmers that also swimming for their high school for the season only. We will now reduce service hours by half. This will apply to girls during Short Course and boys during Long Course. High School swimmers may attend Cuda meets with the permission of their coach. *Please note: this vote was for high school swimming only and does not apply to any other sports or age groups.*

Our next Board Meeting is **Monday February 11** in the VMAC Hospitality Suite 7:15 pm – 9:00 pm. We will meet nominees for the Board and potential Chairs for the Events Committee. Please contact the [Secretary](#) if you would like a copy of the agenda. I look forward to seeing you there.

Kindly,
Kennedy Walsh
FRBSC President
President@teamcudas.com

Coaches Corner

Head Coach Andrew

This past January we voted as a board to create a travel assistance reimbursement fund to help Cuda swimmers who attend qualifying meets outside of the state of Colorado. The meets that qualify are: Short Course Junior Nationals, Short Course Western Sectionals, Far Westerns, Long Course Junior Nationals, Long Course Western Sectionals and Western Zones. The meets have very challenging qualifying standards and take hard work and dedication from our swimmers for these times to be earned. The last thing we want as a team, is for these swimmers to not be able to attend because of financial restrictions. We will use part of our Swim-A-Thon earnings to help create a pot that will distribute no more than \$200 in travel reimbursement to swimmers attending these meets. With airline tickets, hotel, car rental, meet entry fees and miscellaneous travel expenses being what they are; this obviously will not cover everything, but it should hopefully make the trip possible for all of our hard working athletes!

<p>BCC News Coach Amy</p>	<p style="text-align: center;"><u>BCC Swimmers of the Month</u></p> <p><u>Red Group:</u></p> <p><u>Michael Barella-</u> Michael is always early to practice and ready to help set up for practice or assist the coaches. He comes to practice excited, happy and prepared to work hard.</p> <p><u>Abigail Zadoronzy-</u> Abby has worked very hard over the past month to improve her short axis strokes and to make them legal. She is a wonderful lane leader for her teammates. Abby is able to patiently and confidently able to explain the set to her teammates if they don't understand.</p> <p><u>Silver Group:</u></p> <p><u>Pax Armon-</u> Pax has gone above and beyond over the past month to improve his strokes, technique, and times. He consistently would speak to me before, during and after each practice on what/ how he can improve. Pax has realized that technique is what counts and has been willing to slow down his strokes and go at the end of his lane line.</p> <p><u>Lauren Parker-</u> Lauren is a multi-sport athlete and comes to practice as often as she can. No matter how tired and sore she might be from her other sports she continues to push herself at practice and ask for tips on how to improve her strokes. Lauren continues to improve her technique and endurance within all of her events.</p>
<p>Nutrition Importance Coach Amy</p>	<p>As we move into the last few weeks of the Short Course season all Cuda swimmers are making sacrifices and working hard to be at their best for the closing meets of the season. That meet might be the 8 & Under Championships, Districts, Silver State, Short Course State or even Sectionals.</p> <p>While the hours spent training in the water are critical to success; it is also important to pay attention to nutrition.</p> <p>Please take a few minutes to read up on how you can help your swimmer perform at their best by making sure they are fueling their bodies for success.</p> <p>Please login to the Cuda Website, then go to menu items 'Parents – Articles'. You will see the article at the top of the page.</p> <p>Thanks to Coach Amy Meyers for this article.</p> <p style="text-align: center;"><u>You Can't Out Train a Poor Diet</u></p>
<p>Chili Cook-off Help Wanted</p>	<p style="text-align: center;"><u>Chili Cook-off Help Wanted</u></p> <p>We are looking for people to help organize our Annual Chili Cook-off! This is an incredibly fun and tasty event! Please look for it to be sometime in May, as soon as we get a date we will make sure to announce it.</p> <p>In the past we have hosted a silent auction and provided cash prizes and amazing trophies. Please contact Kennedy Walsh if you are interested in this project.</p>

CUDA Officials
Corner

Richard Wilson

SERVICE HOURS OPPORTUNITY

Monday, February 18th

We will be holding a three hour Officials 'Stroke and Turn' training clinic on Monday, February 18th from 5pm to 8pm in the hospitality room at the VMAC [<http://goo.gl/maps/dGz8y>].

Anyone attending the entire session will be credited four hours towards their service hours time.

This is a great opportunity for those interested in taking the first step towards becoming a USA Swimming 'Stroke and Turn' official, or for those who want a better understanding of the swimming rules and officiating process.

Since we have a limited amount of space in the hospitality room, we'll be using a '**first come, first served**' policy. To reserve a spot, please email me [richnwilson@gmail.com] as soon as possible with your contact details (name, phone number and email address).

Materials will be provided on the day, but I recommend bringing a pen and paper just in case. We'll provide pizza and drinks for everyone.

A big thanks to all the CUDA officials and timers that worked at the CUDA Classic meet in mid January. Your efforts ensured we had a very successful meet.

Richard Wilson
Officials Coordinator
richnwilson@gmail.com

**Long Course
Registration 2013**

ALL SWIMMERS MUST REGISTER!

Look for Long Course Registration information to come shortly.

Long Course Registration will be opening up to all current swimmers next week and will remain open until after the 14 & Under Short Course Championship. We will send an email blast when the link is ready. You will only need to register and pre-pay your \$50 Fundraising Commitment. Your monthly dues and additional meet fees will be billed as usual on March 1st.

DATE	EVENT
February 11	Northern Colorado Registration Deadline @ Teamcudas.com
February 14	Senior State Registration Deadline @ Teamcudas.com
February 14	Silver State Registration Deadline @ Teamcudas.com
February 15	February Pizza Meet @ BCC
February 18	Stroke and Turn Training Clinic 5pm-8pm @ VMAC email Rich Wilson to reserve your spot!!
February 23-24	Northern Colorado Districts @ EPIC
February 25	14 & Under State Meet Registration Deadline @ Teamcudas.com
March 1-3	Senior State @ EPIC
March 1-3	Silver State @ DU
March 8-10	14 & Under State @ EPIC

**** Dates are subject to change. Please refer to the Events section on the home page of TeamCudas.com for the most up-to-date information.**

2013 Swim-A-Thon

Save the Date

2013 Swim-A-Thon

Wednesday, April 17 at VMAC

Team Goal \$125 per swimmer

Mark your calendars for a night of fun at VMAC for the 2013 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. Outside of swim meets, S-A-T is our team's biggest fundraiser!

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 healthy 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.

The coaches will request prize ideas for the top earners as we get closer to S-A-T. Start thinking about what you would like to win! Don't forget that earning \$100+ will win you **TWO** personalized Cuda swim caps only available thru S-A-T. If you know of a company that would be willing to donate prizes please contact Kennedy Walsh.

Fundraising Tips from Prior Prize Winners:

- Remind sponsors that we are a 501c3 non-profit organization and we can provide receipts for tax purposes.
- Ask local businesses you frequent to sponsor you.
- Throw a fundraising party and ask to receive proceeds rather than merchandise as your "hostess gift" (jewelry, candles, food, wine, scrapbooking, toys, books, etc....). That way your sponsors receive something they want while helping you at the same time.
- Check with your employer for company matching. The team will count your entire S-A-T contribution towards your prize.

Big Team Prize for Achieving Team Goal

*** \$25,000 is only \$125 per swimmer ***

**** Olympic Level Swimmers at a Day Long Cuda Swim Clinic ****

All participants raising \$100 or more will receive TWO personalized Cuda swim caps!

Where does the money go?

S-a-T 2013

- **5% goes to USA Swimming to further develop the sport of swimming:**
 - build the base, promote the sport, and achieve competitive success
- **95% of the proceeds go directly to the CUDA's**
 - Helps cover pool costs, keeping up-to-date with team equipment, helping cover coach costs to travel to out of state meets, coaches costs to travel to out of state swim clinics, etc...
 - Starting this year, a portion of the proceeds will go towards the Cuda Athlete Assistance Fund. Cuda's supporting Cuda's in times of need and success!
 - Please note: S-a-T does **NOT** count towards LC fundraising.

<p>CUDA Hospitality</p> <p>Recommendations Needed</p>	<p>The CUDAS are responsible for providing snacks, meals, and beverages for officials and coaches at our home meets. We are looking for restaurants that may be willing to donate a meal (breakfast, lunch, or dinner) for our home meets. If you have a favorite restaurant that may be interested please contact our Marketing Chair, Vilma Hassert at vnhassert@yahoo.com.</p> <p>The team is happy to provide complimentary heat sheet advertising for any restaurant that contributes to our team and helps keep our expenses down. If a donation is made, secured and delivered, exceeding \$50, we will credit your family's fundraising fee for the season.</p> <p>The next meet we are trying to secure meals for is the Steve Drozda Long Course Shotgun – May 3-6.</p>
<p>Notes from the CUDA Account Manager</p> <p>Michelle Shauf</p>	<p>Reminder - Please set up AutoPay - You can pay in two ways...</p> <p>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.</p> <p>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.</p> <p>If you have any questions regarding your bill, please contact Michelle Shauf at cudamanager@teamcudas.com or 303-410-4999.</p>
<p>Board Meetings</p>	<p>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 11 from 7:15 pm-9:00 pm at VMAC in the hospitality room. Hope to see you there!</p>
<p>Team Communications</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 posted on the website. We also send out updates via email so make sure your information is up-to-date!</p> <p>Website: www.teamCUDAs.com</p>
<p>Payment On Demand</p>	<p>We have launched the new "PAYMENT ON DEMAND" feature on our website.</p> <p>This is a new function that allows you to pay your bill at anytime of the month. As you know, the system is now set up to charge on the 1st of every month.</p> <p>Please note: if you do take advantage of this "ON DEMAND" feature, you will be resetting your auto pay account with that credit card moving forward. In other words, you can only have ONE account set up at a time, and that PAYMENT ON DEMAND overrides the current credit card or bank account on file.</p> <p>There will be a \$2.00 processing fee when using this feature.</p> <p>To learn how to use this feature, there are two options:</p>

1. Go to teamcudas.com and login to your account. Under your Account you will see a tab called 'My Tutorials'. Within this tutorial you will need to go to the tab 'Understanding your Billing' and select the On Demand Payment tutorial.
2. OR go to this direct link - <http://teamunify.wistia.com/m/9z77WQ>

If you have any questions, please contact me at cudamanager@teamcudas.com or 303-410-4999.

Thank you,
Michelle Shauf
Cuda Manager

Happy Birthday

CUDA February Birthdays

Samuel	Beaudry
Jaden	Bensky
Jordan	Dolan
Paulina	Duque
Celeste	Haverstick
Jane	Holton
Brenna	Hrivnak
Anna	Krueger
Vyas	Muralidharan
Krista	Potter
Carlee	Roybal

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

Web site: www.teamCUDAs.com.

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

**** With the popularity of the VMAC pool, this schedule will change so keep checking back for the most current information.**

Service Hour Policy

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.

To view the most up-to-date Service Hour Policy, please visit our website:

[Volunteer Policy](#)

Reporting & Tracking of Service Hours:

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

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

Fundraising Policy

Steps to obtain your CUDA King Soopers card:

1. Contact: Scott Bratcher via email at 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!!