



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

February 2012

Message from the
President

Kennedy Walsh

Swim-A-Thon 2012

Mark your calendars for a night of fun at VMAC for the 2012 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.

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.

Important information:

S-A-T Chairperson: Jennifer Raskay
thehandwritingcoach@hotmail.com
**best way to communicate is via email
303-886-5831

BCC Contact: Bobbie Cunningham
mimesisoflife@yahoo.com

When: Wednesday, April 18, 2012 from 5:00pm – 7:30pm

Where: VMAC (5310 E. 136th Ave. Thornton, CO 80602)

Specifics: A FAQ sheet, pledge form, donation receipts, and a money envelope will be distributed mid March. All checks collected MUST be made out to the team (FRBSC) and we will have electronic donations available again this year. Extra forms will be available to print under S-a-T in the events section on the front page of our website.

Prizes: TBD by a swimmer survey conducted by the coaches. Start thinking about what would be fun to win. Donated prizes are always welcome! We are a 501(c)3 organization and will supply a donation letter for tax purposes upon request.

How can you help?

- This is a big fundraising event for us and an opportunity for our members to interact socially. If you would like to be on the **S-a-T committee** please contact Jennifer and you will be added to the email list. The committee will help determine prizes and help with event and party details.
- The day of the S-a-T event we will host a **hospitality** table for our swimmers. Our aim is to keep food and drinks healthy and swimmer appropriate.
- **Prize Party** – Details and location TBA. The party is open to ALL Cuda's and their families! You do not have to be a grand prize winner to join in the fun.

3rd Annual Chili Cook-off

Thank you to everyone who came out for our 3rd Annual Chili Cook-off last weekend at the Broomfield VFW hall! It was a great success and a lot of fun. We had four prize categories this year and the winners are...

- Best Overall - The Walsh Family
- Best Red - Tara and Taytum Ridgway
- Best Green/Other - Tracy Postal
- Spiciest - The Feran Family

Congratulations to our cook-off and silent auction winners! A special thanks goes out to Coach Tom and Nikki Gast for organizing the event.

If you have any questions or concerns please do not hesitate to contact any board member or myself at president@teamcudas.com

Kindly,
Kennedy Walsh
FRBSC President

Coaches Corner

Head Coach Andrew

We've been playing around with our summer team travel meets the last couple of years. Cudas made the trek out east to Kansas and Missouri for a couple of years. Last year we tried something different, stayed a little closer to home by swimming in Grand Junction; and the result was the largest number of swimmers we've had at a summer team trip. Summer of 2012 we are going to attempt hopefully a new team tradition. We are going to split our squad the third weekend in June (15-17).

I would like every swimmer in group silver and up to attend the meet that is the right fit for them. For travel-trip-newbies we will still be attending the Grand Junction Invite this summer. It's a great starter or intermediate travel meet and a lot of fun! In addition to that meet Cudas will also be adding an invite in Reno, NV. We will have special cuts for swimmers to attend that meet and those will be published with the finalized summer schedule by the end of the month. Please look out for both. Thanks and go Cudas!

Thanks,

Coach Andrew

Long Course Registration

Action Required!!

Long Course Registration will be opening up to all current swimmers next week and will remain open until February 27th. Please go to the website and click Start Registration to continue swimming for March and beyond. At that time you will only need to pre-pay your \$50 Fundraising Commitment. Your monthly dues and additional meet fees will be billed as usual on March 1st.

Look for an e-mail with specific details to be coming to you in the near future.

News from BCC

Coach Jonathan

SWIMMERS OF THE MONTH

RED GROUP

Mia Mraz- Mia deserves swimmer of the month for all her hard work at practice and meets this season. Last week Mia swam with Silver and although she was nervous about swimming in an advanced group, she came to practice with a workers mentality and a big smile. She surprised us all with how fast she swam, not only did Mia keep up with Silver she was holding her own in the middle of the pack. Mia you have improved tremendously this season and I am happy for your successes as a swimmer keep working hard Mia!!!!

Wilson He- I am proud to award Wilson with Swimmer of the Month honors for January. Wilson is a very well behaved swimmer at practice. Wilson is always listening and because of his attentive listening skills he knows the answers to all my swimming related questions at practice. Wilson sets a great example of how all swimmers should listen, behave, and focus at practice and because of this he deserves swimmer of the month.

SILVER GROUP:

Spencer Terry- Spencer surprised even himself with how fast he swam at the Cuda Single Age Meet in January. Shredding tens of seconds of his times, and swimming with aggression and conviction Spencer had a stand out meet. Spencer is now realizing his full potential as a swimmer and I hope he sees that his future is bright! Spencer, you've had a great season and it's been a real joy coaching you. Your improvement is astounding and I know there is only more to come. Keep on working hard!!!!

Madison Lin- Ever since her first day on the team I knew Madison to be an incredibly motivated racer and committed swimmer. I would see Madison and her Dad getting extra workouts on Saturdays, and I noticed Madison to never back down from a good race at practice. These days there aren't too many races Madison looses; all the extra work and racing in practice is starting to pay off and we are seeing it with the huge times drops this season. Next week Madison will be relied on heavily as we go for our 4th consecutive 8 and Under Champs Title. Madison you are a true racer and I love that you love to compete. I can't wait to watch you swim this weekend.

**Notes from the
CUDA Account
Manager**

Kathy Jaschke

Fundraising Credits :

King Soopers and Old Chicago Pizza Palz fundraising purchases made during this season will be credited to accounts at the end of February to everyone who will be continuing into the Long Course Season. If your swimmer will not be continuing with the team, any credits will be forfeited back to the team's fundraising account. You will start a new accumulating credit for the Long Course season in March.

Volunteer Hours:

Charges for unfulfilled volunteer hours will post to your account at the end of the month. It is not too late to volunteer. You can still get in your hours this Friday by helping time at VMAC for the 4A Girls State prelims. Please contact our Volunteer coordinator Jamie Feran at cudamanager@teamcudas.com

As a reminder our Volunteer Program Fee Payment program is as follows: For those families who are unable to commit to the SC Season volunteer hours, we will be requiring a (tax deductible) contribution of a \$20 per hour fee for hours not completed.(\$160.00 for BCC /\$240.00 for VMAC) Those who have not fulfilled your families' volunteer hours you will a charge on your account for your March billing.

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. As always, if you have any questions regarding your bill, please contact Kathy at cudamanager@teamcudas.com or [303-464-1167](tel:303-464-1167).

Mark Your Calendar	DATE	EVENT
	February 10, 2012	February No Ordinary Pizza Meet @ BCC
	February 11, 2012	Northern Colorado 8 & Under @ Brighton HS
	February 13, 2012	Board Meeting @ VMAC
	February 14, 2012	Entry deadline for Silver State
	February 14, 2012	Entry deadline for Senior State
	February 16, 2012	JO Hotel reservation deadline
	February 18-19, 2012	Northern Colorado Championships @ Epic
	February 21, 2012	Entry deadline for JO's
	February 24-26, 2012	Silver State @ DU
	February 24-26, 2012	Senior State @ DU
	March 2-4, 2012	14 & Under State (JO's) @ Epic

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

Welcome New Swimmers!!	DEVELOPMENTAL: Skylar Berman Kelsey Carson Jack Engler Ainsley Harris Caitlin Panicker Mason Solmos Eathan Steele
	SILVER: Ciara Hynes

Officials Sean Feran	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
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Special Happy Belated January Birthday	Ellie Rupprecht AND Austin Griffith
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Happy Birthday CUDA February Birthdays	Sam Beaudry Olivia Cullen Johnee Shields Jordan Dolan Paulina Duque Alix Fields Jane Holton Brenn Hrivnak Sam Kobus Anna Krueger Kailey Morales Vyas Muralidharan Jaden Bensky Brianna Taylor Spencer Terry
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Board Meetings	<p>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, February 13th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!</p>
Practice Schedules BCC Swimmers: 280 Lamar Street Broomfield VMAC Swimmers: 136th Ave & Holly St. Thornton	<p>The practice schedule for the individual groups is listed on the website.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>Web site: www.teamCUDAs.com.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>
Volunteer Policy	<p>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!</p> <p>Volunteer Requirements: 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers) <i>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.</i></p> <p>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 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!!</p>
Team Website Upgrade	<p>If you have been on the teamCUDAs.com website the last week you will notice it has been upgraded! All of the same information is on the site, it just may have moved around a bit. If you are unable to find something specific please contact Nikki Gast at: cudamanager@teamcudas.com</p>
Team Communications	<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>Web site: www.teamCUDAs.com.</p>

Fundraising

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 Soppers 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
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 Soppers and load up your card

Also don't forget to use your King Soppers 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. 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.