

FRONT RANGE BARRACUDAS SWIM CLUB



February 2015

Message from the President

We are a month away from our short course championships meets! As our coaches prepare the athletes to swim their best times, we on the dry side, have a lot to prepare for as well. February is a critical time for us to get our athletes and ourselves in the right mindset. If you are a veteran in the sport, please share your knowledge with the newcomers; try to help when you see/hear of someone needing assistance. Put yourselves in their shoes and try to remember your very first 8&Under, Districts, or State experience. Trust your coaches and athletes - they will be ready to compete!

As we get closer, we will send out some meet guidelines/ etiquette reminders to help us all. If you have any questions, please feel free to reach out to your coaches or any of the board members.

Lastly, but most importantly, I want to again recognize and thank all of you for doing your part in making each and every meet we host a success. I am truly proud to be part of the CUDAS!

My best always,

[Vilma Hassert](#)
Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
February 4th	Sign-up deadline for NoCo 8 & Under @ Teamcudas.com
February 11th	Sign-up deadline for NoCo District Champs @ Teamcudas.com
February 14th	NoCo 8 & Under Championships @ Eaton High School
February 16th	Sign-up deadline for Senior Meet @ Teamcudas.com
February 16th	Sign-up deadline for Silver State @ Teamcudas.com
February 21-22nd	NoCo District Championship @ EPIC
February 23rd	Sign-up deadline for 14 & Under State
February 27- March 1st	Colorado Senior Meet
February 27- March 1st	Silver State

**** 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. Board meetings are held every second Monday of the month; next meeting is scheduled on **Monday, February 9th from 7:00 pm to 9pm at VMAC**. We look forward to seeing everyone then!

Coaches Corner

Head Coach Andrew



February and March are the busiest months of year for club swim coaches. It means some twelve hour weekend days and overdosing on chlorine gas on multiple weekends in a row. It sounds miserable, but it actually is a time of year I look forward to most! Honest, true story. We get to watch the swimmers we've been working with since the fall succeed- and we get to pass along the lesson that hard work pays off. I'm proud to say that our championship season meet schedule offers something special for our entire diverse membership. If your swimmer is still relatively new to the sport: 8 & Under Championships and Northern Colorado is a great first championship meet. Silver State, 14 & Under State and Senior State are great stepping stones to meets with national level competition like Far Westerns and Sectionals. Please make sure to have your swimmer signed-up for the meet that fits them best. If you have any questions regarding which meet is best for your swimmer, have a conversation with their group coach.

[Coach Andrew Brand](#)

News from BCC

Coach Amy



Congratulations to the following BCC Swimmers of the Month:

Swimmer of the Month:

Red:

Valerie Xin- Valerie is quiet and focused in practice. When the coaches point out things to focus on she will continue to work on it until she is able to get it. Valerie is a wonderful listener, and an incredibly hard worker. She signs up for as many meets as she can and has started picking harder events for her to participate in.

Mason Wangerin- Mason's enthusiasm is contagious. He is at practice excited to work on any stroke/drill we propose. During the stroke work he will focus incredibly hard at the task at hand and ask if that was correct. His drive to improve and positive attitude is a joy to have in Red group.

Silver:

Ansley Schnelle- Ansley is a dedicated and humble swimmer. She comes to practice with ideas of what she would like to work on. After the completion of each set she will ask if there is anything she can do to improve it. Ansley understands that with hard work, commitment and heart she can achieve her goals.

Ian Wilson- Ian has seen a huge improvement in his strokes since he has been able to attend a larger percentage of practice. It is exciting and fun to watch his improvement and excitement for the sport increase with each week.

Congratulations to Coach Amy on her pregnancy! Coach Amy and her husband are expecting an addition in July 2015! Amy and her husband have nicknamed the baby "Boo" as they discovered "Boo" on Halloween night! We are looking forward to watching our Cuda family grow!



Service Hours

As our Short Course season rapidly comes to a close many of our families turn their attention to completing their service hour obligation for the season. Regardless if you believe you have served all of your hours or if you are planning to work at the upcoming District and State meets, I strongly recommend that every family log into your TeamCuda account and review your service hour history. This helps avoid any surprises on your final bill for the season. To review your account simply go to www.teamcudas.com. Then log into your account using your user name and password. From here, select "My Account" from the menu on the left side of the page. Next select \$My Invoice/Payment from the drop down menu. Click on the Service Hours tab. It is here you will see detailed service hour information.

For families that still have a service hour balance there are still a few remaining opportunities at which you can serve. Our team is always assigned lanes at the Northern Colorado District meet for which we have to provide timers. Timer assignments for this meet, however, are not usually available until the Wednesday or Thursday before the meet. We also have our 14 & Under State Championship meet which is a home hosted meet. Job opportunities for the State meet are currently posted on the website under the State event page. Please make it a point to sign up for a job if you haven't already done so.

Thanks so much to all of you who have been offering your time and talents to help our team run smoothly!



If you are on Facebook, please join our closed group on Facebook. The name of the group is: Front Range Barracuda Parents. This closed group is for all Front Range Barracuda swim parents and swimmers to connect for carpools, equipment sales, photo sharing, and other fun or important messages.

<https://www.facebook.com/groups/852196831470165/>

Events



Skate City Holiday Party

Nearly 100 swimmers, parents and friends took to the roller rink at SKATE CITY on January 18th for the Annual CUDA Holiday Party that had been rescheduled because of weather. Almost all the swim groups were represented but the team that won for "Most Swimmers in Attendance" was the White Group under Coach Alan and they received a special prize of cookies and suckers after practice the following day! Everybody had fun with the dice game, but there was a lot of laughter and giggling when groups of four attempted the limbo game. Most didn't make it under the bar but we did have some limber individuals for the older kids from Black, and a group a three from the Red Group. There were prizes for the games, lots of food and pop and thankfully no one got hurt!

Special thanks to Sheila Moody and Events Committee for a night of fun outside the pool.

CUDA Birthdays



Kaylee	Austin
Samuel	Beaudry
Jordan	Dolan
Paulina	Duque
Deja	Ford
Jasmine	Ford
Abbie	Kehmeier
Anna	Krueger
Vyas	Muralidharan
Ethan	Pace
Macey	Pederson
Krista	Potter
Makenna	Reiner
Johnee	Shields
Cesar	Varela

Article of the Month

[Staying Calm Under Pressure](#)

Officials Corner

Richard Wilson



Congratulations to the following people who are now USA Swimming certified CUDA officials:

- Kelly Dirks
- Andy Martin
- Brandon Taugner

We will be hosting another training clinic in April for anyone that is interested in learning about becoming a USA Swimming CUDA official.

Remember, becoming an active CUDA official has the following benefits:

- No fundraising commitments
- No service hour requirements
- 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