

# FRONT RANGE BARRACUDAS SWIM CLUB



February 2016

## Message from the President



Hello CUDA families ~

Congratulations, CUDAS, we are now ranked as a Level 3 USA Swim Club! Simply put, USA Swimming recognizes our commitment to long term club growth, development, and stability. A special thanks to Lee Lierz and Coach Andrew for managing this process for us and getting it to the finish line.

I can't believe how close we are to end of short course season, time is flying by fast! Age Group State is 10 days away and we still have some job slots to fill. If you haven't fulfilled your service hours requirement yet, please consider serving at the state meet. We would much rather have your help and presence at the sessions than have you pay \$50 per unfulfilled hour. Thank you in advance for volunteering!

November is also fast approaching; we have a few of the board positions, (2 of which are executive board positions), terming out. In order to successfully transition these critical positions, we would like any parent's interest in the next 30 days be known to the coaches or the board. The success of the club is dependent on parent board participation. Please let one of the coaches or current board members know of your interest so we can discuss needs, roles, and availability.

Lastly, huge congratulations to everyone who swam at the HRA Meet this weekend! Your efforts did not go unnoticed... You all swam with heart and vigor! It was so fun to watch you all swim with such determination.

Keep your eye on the next meet events, Senior and Age Group State, CUDAS!

My best always,


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

## Mark your Calendar



DATE	EVENT
February 19-20 <sup>th</sup>	Senior Meet @ Arapahoe High School
February 26-28 <sup>th</sup>	14 & Under State @ VMAC
March 2 <sup>nd</sup>	Deadline for March Pizza Meet @ teamcudas.com
March 4 <sup>th</sup>	March Pizza Meet @ BCC

**\*\* 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.**

<p><b>Board Meetings</b></p>	<p>All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. The next meeting is scheduled on Monday, March 14, 2016 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!</p>
<p><b>Article of the Month</b></p>	<p style="text-align: center;"><a href="#"><u>Watching Your Child at Swim Practice</u></a></p>
<p><b>Coaches Corner</b></p> <p><b>Head Coach Andrew</b></p> 	<p>Head Coach</p> <p>Depending upon group, and time of year, we offer between two and nine practices a week. I'm very pleased with how we break down our ten groups as stepping stones for our swimmers to progress as they get older and more experienced. Some practices are 45 minutes, some are two and a half hours. These times are all planned thoughtfully with the swimmers' age, ability, endurance, etc... dictating what we view is best for their progression.</p> <p>I've had a couple of parents ask, 'what more can I do to make sure my swimmer gets better?' My simple answer every time: Make sure they're attending their practices. Our coaching staff creates season and weekly practice plans for our groups that are an interwoven tapestry. Some days it might be threshold training, some days anaerobic. One day might be almost exclusively starts and turn techniques or primarily butterfly or mostly breaststroke. Practices are designed for the athlete who will be at every practice. Now, missed practices occur at every level; be it illness, a massive pile of homework on a given night, etc... But the athlete who is at our scheduled practices on a daily basis will see success over time.</p> <p>All of our staff either consistently does or has at some point offered private lessons as a supplemental means of getting better. These provide additional coach time in a one-on-one setting that can be valuable. We want to be clear though, that at times a separate lesson can be a fantastic supplement, but don't feel that it needs to be a replacement for what we're doing between the start of practice and the end of practice every day. These are best scheduled during an athlete's off day from practice, but should never be scheduled during or in place of their daily practice. If you have any questions about our practice schedules, why they're set up the way they are or private lessons as supplemental work, always feel free to e-mail me.</p> <p>Thanks and go Cudas!</p> <p><a href="#"><u>Coach Andrew Brand</u></a></p>
<p><b>Service Hours</b></p>	<p>Hello Cudas!</p> <p>The jobs for the 14 &amp; Under State meet are s l o w l y filling up, but we still have a lot of open slots!</p> <p>For those of you who haven't yet signed up, PLEASE consider working the remainder of your service hours at this meet.</p> <p>Our Service Hour Policy exists to ensure that we have involvement of our entire membership. We need all hands on deck to continue hosting high quality meets that the entire Front Range community has come to anticipate and appreciate! Hosting the State meet provides so many benefits to our families and their swimmers (financial - for the club and the families as we don't have travel costs, home pool advantage - this is our facility which our swimmers, parents, and coaches are familiar with), Please remember there is a \$50 per hour penalty charge for every hour that goes unfulfilled.</p> <p>Again, this is in place to help ensure we are getting involvement from all and not just a few. We much prefer your offer your time rather than your money.</p>

**News from BCC**

**Coach Amy**



**BCC Swimmer of the Month**

**Red Group:**

Abby Moore- Abby has been such a positive energy in the red group practices. Abby is an incredibly hard worker and an encouraging teammate.

Lincoln Marschner- Lincoln attacks each practice with all his energy. He enjoys swimming fast, but knows when to slow down and focus on his technique.

**Silver Group:**

Ellie Foulke- Ellie is an incredibly hard worker! She brings out the best in her teammates as they all try to match her effort. She challenges herself at every practice and with the events she picks.

Caden Mahonchak- Caden has set goals for himself to achieve each practice, and long term goals. He is a hard worker and tries is best at each practice.

**Officials Corner**

**Richard Wilson**



A special thanks to all the CUDA officials and timers/volunteers that worked at the HRA meet this last weekend- your time and commitment is very much appreciated.

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

- No fundraising commitments
- No service hour requirements
- Officiating expenses covered\*
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

We currently have a couple of parents interested in attending an officials clinic, but we'd need a few more to warrant setting one up at a CUDA location.

If you're Interested in finding out more information or attending a clinic, please contact 'Richard Wilson | richnwilson@gmail.com ,or watch the following video - <https://goo.gl/tpzdWE>

\* We'll pay for background check, registration fee and custom officials shirt.

If you're Interested in finding out more information please contact 'Richard Wilson | [richnwilson@gmail.com](mailto:richnwilson@gmail.com)

**CUDA Birthdays  
November**



February Birthdays

- Abigayle Atwell
- Kaylee Austin
- Samuel Beaudry
- Jordan Dolan
- Addison Groce
- Breckin Keating
- Abbie Kehmeier
- Ethan Pace
- Macey Pederson
- Makenna Reiner
- Johnee Shields
- Juliana Spitalnik
- Amelia Waggoner
- Gregory Waggoner