



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

July 2013

Message from the Vice-President

Vilma Hassert

Hello Cuda Families!

June has proven to be a great start to our summer schedules. I'm sure you are enjoying some quality family times.

As we head to July, I wanted to thank all the swimmers and families who invested in going to our Aspen and Mizzou travel meets. In addition to all the best times and stellar performances, a lot of fun and great team bonding was had by all parents, swimmers, and coaches. Some parents even have commented on how their children "grew" more mature over the weekend!

Thank you to our coaches for their continued dedication in supporting our kids as we get closer to 8 and Under Championships, Northern Conference Districts, 14 & Under State, Senior Zones Western Age Group Zones and Western Sectional meets. We look forward to watching our swimmers at these events! As always, your feedback is important to us, so please feel free to reach out to the coaches and/or the Board should anything come up.

Go CUDAS!

[Vilma Hassert](#)

Vice-President F.R.B.S.C.

Coaches Corner

Missouri Travel Meet Report

Head Coach Andrew



The Cuda summer swim meet tour made its way east to Columbia, MO in June. We could have not asked for a better performance from our 23 swimmers that ventured out to the Show Me State. The Midwestern college town offered a world class facility to swim in and a college book store that was well stocked with Mizu apparel- as some of our parents' wallets found out first hand ;) We saw roughly 90% best times from the group; including a whopping 13 long course team records and a handful of meet records to boot! As much fun as the kids had at the swimming pool there might have been even more smiles at the team dinners, Saturday afternoon movie outing or impromptu ice cream social. Swimmers and coaches came back fired up for the rest of the long course season and excitedly optimistic about how our end of season: Districts, State and Zone Meets will end up.

Looking even further ahead than that: We will do our best announce the date and location of next year's out-of-state summer travel meet by January 2014; So you have plenty of time to plan ahead and get that on your families' busy calendar.

Thanks and go CUDAS!

Aspen Travel Meet Report

Coach Alan

CUDAS did a great job in Aspen! We enjoyed the beautiful scenery and performed very well. The team placed 3rd place overall, however the 11 & unders decisively won their age groups. Congratulations to Abby Taugner and Meghan McGowan who won high point awards in the girls 9-10 and 13-14 age groups respectively.

Great Job CUDAS!
Coach Alan

**Report by
the Pace Family**

Let me first start by saying overall I think everyone (parents and kids) had a great time. It was wonderful meeting so many parents that we hadn't met before, since we just joined the team back in February. The restaurant, Venga Venga, was wonderful. One reason we liked it so much we were able to just walk up to it and not have to get everyone back in the car again.

The Stonebridge Inn and condos was just what I would think a remote ski resort would offer. The first night we were there, most of the kids got together and played in either the pool or the condo hot tub. It was great to see them having fun and getting time to just relax.

Over all, it was a great weekend for our team to get to know each other better and for us to enjoy some much needed family time away from Denver. Thank you to the organizers as they planned it all very well. Big thanks to Coach Amy and Coach Alan for all they did this weekend for the kids. We look forward to next year!

The Pace Family

July Article

Swimming Highs and Lows

Clinic in August



You've been asking for it, and we've been listening. The Cudas will be hosting a swim clinic in **August**. This will be a chance for your Cuda to work on all areas of their swimming technique and help them get ready for the upcoming Short Course season. More information to follow as we finalize our schedule.

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Gautam Nambiar- Gautam joined Red Group at the beginning of Long Course season and has risen to being a strong lane leader for his teammates. He is always looking for ways to improve his stroke and become a stronger swimmer.

Kylie White- Kylie also joined Red Group at the beginning of Long Course and has taken it by storm. She shows up regularly to practice ready to get to work and improve her strokes. The improvement in her strokes and endurance is extremely noticeable.

Silver Group

Owen Feran- Owen continues to work hard at each practice to become a strong swimmer, continue to get personal bests for Tootsie Roll Tuesdays, and be a lane leader. He has been able to balance swimming, baseball and other activities while maintaining a high quality performance.

Mikaela Walsh- Mikaela has exceeded the expectations for her over the past few months. She has come to practice and each day applied herself to improve her strokes which has shown in her recent races over the Long Course season.

Mark your Calendar



DATE	EVENT
July 8	Northern Colorado Districts Entry Deadline @ Teamcudas.com
July 15	Long Course State Entry Deadline @ Teamcudas.com
July 17	Northern Colorado 8 & Under Championship at Eaton HS
July 20-21	Northern Colorado Districts at EPIC
July 26-28	Long Course State in Grand Junction, CO
July 30	End of Year Party! at BCC & The Bay
Aug 1-4	Senior Zones in Clovis, CA
Aug 7-10	Western Age Group Zones in Roseville, CA

**** 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.**

State Team Dinner

State Team Dinner

This year the State team dinner will be held on **Thursday, July 25th from 6-8 pm** in the meeting room of the Hampton Inn Grand Junction (this is the team hotel). The hotel is located at 205 Main Street. We are having the meal catered by Johnny Carino's. To reserve spots for your swimmer and family members, please sign-up on the website. We will need you to specify when you sign-up in the notes section how many will be eating and if you will be eating the spaghetti or the fettuccine. Your team account will be billed \$14 per person for however many you specify. The dinner will include spaghetti with meatballs or fettuccine alfredo with chicken. You will also get a salad, bread, lemonade or tea, and cookies. If you have any questions, please contact Teri at events@teamcudas.com

Teri and Janel
CUDA Event Coordinators

End of the Year Party



End of the Year Party

Mark your calendars and visit the team website to let us know if you will be able to make it for the end of year Cuda party on **Tuesday, July 30th from 5:30-8 p.m.** We will begin the party at the BCC Lakeshore room to enjoy our potluck dinner and awards. **It is important to register all swimmers who are planning on attending so the coaches are sure to prepare their awards!!** A list of food items to volunteer to bring will be posted on the website in the near future.

Remember you will not receive volunteer hours for the food items you bring to the potluck. At 7:00, we will all head over to The Bay for some waterpark fun! If you have any questions, please contact Teri at events@teamcudas.com.


Teri and Janel
CUDA Event Coordinators

Officials Corner

Richard Wilson

For parents interested in either learning more about the Officials process or have questions about the swimming stroke and turn rules, I'm available both at the BCC and the VMAC during the week. Feel free to email me ahead of time and I'll do my best to make myself available.

[Richard Wilson](#)
Officials Coordinator

<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, July 8 from 7:15pm – 9:00pm at the Brunner House in Broomfield. Hope to see you there!</p>																								
<p>CUDA July Birthdays</p> 	<table border="0"> <tr> <td>Indigo Armon</td> <td>Lindsey Gracheck</td> </tr> <tr> <td>Vaughn Bigelow</td> <td>Andrew Hahn</td> </tr> <tr> <td>Aiden Bishop</td> <td>Jeffrey Li</td> </tr> <tr> <td>Elizabeth Bouchard-Miller</td> <td>Ava Nordgren</td> </tr> <tr> <td>Alesha Bratcher</td> <td>Caitlin Panicker</td> </tr> <tr> <td>Margaret Cayce</td> <td>Sophia Romero</td> </tr> <tr> <td>Candice Chandra</td> <td>Mackenzie Saenz</td> </tr> <tr> <td>Adriana Choury</td> <td>Evan Su</td> </tr> <tr> <td>Kanta Emoto</td> <td>Anwasha Thorat</td> </tr> <tr> <td>Marisa Emoto</td> <td>Sidney Trimm</td> </tr> <tr> <td>Shannon Feran</td> <td>Sam White</td> </tr> <tr> <td>Lindsey Fremling</td> <td>Kaylee Wu</td> </tr> </table>	Indigo Armon	Lindsey Gracheck	Vaughn Bigelow	Andrew Hahn	Aiden Bishop	Jeffrey Li	Elizabeth Bouchard-Miller	Ava Nordgren	Alesha Bratcher	Caitlin Panicker	Margaret Cayce	Sophia Romero	Candice Chandra	Mackenzie Saenz	Adriana Choury	Evan Su	Kanta Emoto	Anwasha Thorat	Marisa Emoto	Sidney Trimm	Shannon Feran	Sam White	Lindsey Fremling	Kaylee Wu
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<p>Pictures Wanted for the Website</p>	<p>Is anyone else tired of looking at the same photos on the website? Let's change that. We would love for you to send us your favorite picture of your swimmer for us to use on the website. We will be changing the pictures throughout the year, so that we can get as many of our swimmers some screen time. Please send your pics to cudanews@teamcudas.com.</p>																								
<p>Notes from the CUDA Account Manager</p> <p>Michelle Shauf</p>	<p>Reminder – Please keep your AutoPay billing information up to date. If your credit card is expiring soon and you receive a new card, please make sure to update your AutoPay with your new credit card expiration date.</p> <p>If you have any questions regarding your bill, please contact Michelle Shauf at cudamanager@teamcudas.com or 303-410-4999.</p>																								
<p>Service Hour Policy</p>	<p>The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. To view the most up-to-date Service Hour Policy, please visit our website:</p> <p>Service Hours</p> <p>Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com</p>																								
<p>Fundraising</p>	<p>To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website. Fundraising Policy</p> <p>If you would like to earn back some of your \$50 Fundraising Commitment payment, obtain a reloadable CUDA King Soopers card and use it over and over again. Don't forget to use your card to get gas, it adds up really fast!!</p> <ol style="list-style-type: none"> 1. Contact: Scott and Kellie 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 																								