



FRONT RANGE BARRACUDA SWIM CLUB



July 2014

Message from the President

Sean Feran

Before coming to the Cudas, I had never heard of a parent run team. My limited experience was with the local recreation team run by the city, where there was a volunteer coach and everything else was done by someone paid to do it. I never really put much thought into what went on behind the scenes, because it wasn't my problem.

As a new Cuda swim parent, I knew that the coaches were paid and there was a Board of Directors that did everything else. One day Coach Tom approached me about being a swim official. He explained that it was a volunteer position and that without enough officials, the kid's times would not count and we wouldn't be invited to as many meets. I figured I had some spare time, so why not do it. It beat timing at pizza meets.

As I got comfortable at officiating and having attended some Board meetings, there was an opening for a new Vice President of the Board. Nobody had put in for it, so I figured why not. Being the only applicant, I was appointed at the next Board Meeting.

That was over 3 years ago and here's what I've learned about being a Parent Run Team-

- There are a lot of dedicated parents on this team who work really hard.
- Everyone has a skill set that is needed by our team.
- We have a lot of interested people who just need to make themselves known.
- Some of the parents that have been helping out for years are ready to pass on their responsibilities to other willing parents.
- We have a spot that is perfect for you.

At the end of this Long Course season, we will be looking for some new parents to assume the roles that have been filled by some wonderful and creative ladies. If any of these sound appealing to you, please contact myself, Vilma Hassert, or talk with your child's coach. These all will fulfill your service hours and fundraising requirements, and greatly help your child's team.

Open Positions

- Event Planner—Plan and organize team functions. Preferably a team of 2.
- Food Vendor Coordinator— Contact already willing businesses for donated/reduced meals for home meets.
- Fundraising—Plan and organize fundraising events to help fund Swimmer Assistance, Travel Fund, and Swim A Thon.
- Cuda Board Members—We are looking for interested members for upcoming openings.

Thank you,

Sean Feran

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



The Cuda summer swim meet tour made its way east to Lincolnshire, Illinois and south to Colorado Springs this past June. We had many fantastic times in the pool from our swimmers that ventured to the Land of Lincoln and down to the Air Force Academy and Olympic Training Center. We saw roughly 90% best times from our Illinois group; including a handful long course team records! As much fun as the kids had at the swimming pool there might have been even more smiles at the team dinners- and AAA baseball game for those Springs swimmers. Swimmers and coaches came back fired up for the rest of the long course season and excitedly optimistic about our end of season meets. Districts, State and Zone Meets are just around the corner. We will do our best to announce the date and location of next year's out-of-state summer travel meet by January 2015. This will give our families time to plan ahead to travel with the team next year. Thanks and go CUDAS!

[Coach Andrew Brand](#)

USA Swimming Initiative

Growing Champions for Life

USA Swimming has partnered with Growing Champions for Life, an organization dedicated to creating cohesive families and principle-centered athletes who win at life, not just sports. We encourage our parents to take some time to visit the site; they have inspirational videos, free webinars, newsletters and articles.

The webinar this month is:

To Push or Not to Push — How to Get Results that Last

Join us as we tackle the tricky balance of helping your child reach his/her full performance potential while preserving self-esteem.

- Discover alternatives to being a "Tiger" parent or a "Helicopter" parent
- Learn the 4 key strategies for optimal push without adding pressure
- Uncover the likely outcomes for your child's future based on your choices

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2580&Alias=Rainbow&Lang=en>

Board Meetings

All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on **Wednesday July 9th, from 7:15pm – 9:00pm** at Brunner House in Broomfield. Hope to see you there!

Mark your Calendar



DATE	EVENT
July 9th	Board Meeting @ Brunner House, 7:15pm
July 9th	Sign-up Deadline for July Pizza Meet
July 11th	Pizza Meet at BCC
July 12-13th	Northern Conference Districts at EPIC in Ft. Collins
July 20th	8 & Under Championships in Ft. Morgan
July 24-27th	Long Course State Championships at EPIC in Ft. Collins
July 29th	End of the Year Party & Awards at BCC and the Bay
July 30- August 3rd	Senior Zones in Clovis, 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.**

News from BCC

Coach Amy

BCC Swimmers of the Month

Red Group

Yada Jaraschatrkaew- Yada shows up early to every practice and is ready to improve her technique and endurance. I am continually impressed with how much focus and effort she puts into every stroke she takes during practice. She is working hard to have all 4 strokes legal and is always up for trying difficult events at the meets we attend.

Max Wilson- Max attends practice with a positive attitude and ready to be a strong leader for his group. Max may not



always lead his lane in the sets, however that doesn't stop him from leading his team mates in how to behave and work hard throughout practice. He asks me throughout practice how he can improve his technique and occasionally has ideas of his own that he runs by me.

Silver Group

Kaylee Austin- Kaylee had a busy month but with every practice she attended she made a point to focus on the drills I asked her to do and the fine tunes to her strokes or drills I asked her to do. The result of all her hard work was doing a 100 Fly this past weekend, legally and ROCKED it!!

Ryan Luo- Ryan moved up to Silver at the beginning of Long Course. Ryan works extremely hard every practice with a smile on his face. He is happy to lead his lane, or lead from the back and encourage his teammates through a hard set.

Cuda Swimmer III

As some of you may know, one of our Cuda swimmers in the Developmental group, **Nora Rozgony**, is very ill and has recently been hospitalized. The team would like to help support her and her family in different ways over the coming months. At this time, the team has had a Cuda towel and blanket made for her.

In the near future, the coaches will set up a date to help swimmers put together some notes of encouragement for Nora to read while she is receiving treatment, and would like to get donations of gift cards for gas and restaurants for her parents during her treatment time. Finally, Team Unify has also agreed to waive their fees to allow us to take donations on the website to help the family with her medical bills.

Look for more details to come in the future on how you can help.

Notes from the CUDA Account Manager

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.

Teri Romero is the Account Manager. If you have any questions regarding your bill, please contact **Teri Romero** at cudamanager@teamcudas.com.

Teri Romero

Board Positions Renewing

The Cuda Board Treasurer and Account Manager will be renewing their terms in August, and will need confirmed by the parent body. Both Clark Saenz and Teri Romero spend countless hours voluntarily to help keep the team's finances and billing in line each month. Please make sure to attend the parent meeting in August to show your support and cast your vote for their term renewal.

Service Hours

Please check your Service Hour Balance occasionally throughout the season. If you have any questions, please contact Heather Armon at cudavolunteer@teamcudas.com

To check your service hour balance:

1. Use your email address and password to log into www.teamcudas.com.
2. Click on the "My Account" link on the left hand side of the page.
3. Click on "\$My Invoice/Payment"
4. In the middle of the page you will see 3 tabs. The far right tab is labeled "Service Hours". Click on this tab. On this page you will see your obligation for the season as well as the hours worked.

CUDA Birthdays



Indigo Armon
Elizabeth Bouchard-Miller
Kandice Chandra
Adrianna Choury
Shannon Feran
Lindsey Gracheck
Andrew Hahn
Jeffery Li
Caitlin Panicker
Sophia Romero
Anwasha Thorat
Sidney Trimm
Samuel White
Kaylee Wu

Officials Corner

Richard Wilson

Many thanks to the officials and timers that worked at the CUDA Tri meet in mid June. Without your commitment and help it wouldn't be possible for these swimmers to have valid times.

Congratulations to Brad White for becoming our latest certified USA swimming official.

Good luck to Febi Yuwono, Gregg Gracheck and Jodi Walters as they embark on their Starter training.

We will be hosting a trainee officials clinic sometime in August. If you're Interested in attending, or finding out more information, please contact Richard Wilson richnwilson@gmail.com as soon as possible.

[Richard Wilson](#)
Officials Coordinator

End of the Year Party & Awards

Calling ALL Cudas! [End of the Year Party & Awards](#) at the BCC and The Bay is quickly approaching on **July 29th!** Please see the Event page for more information.

Mark your Calendars!

Broomfield Days Parade

Mark your calendars! The Broomfield Days Parade will be on Saturday, September 20th. Join your fellow CUDAS along the parade route! More information to follow in the coming months.