



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

June 2013

<p><b>Message from the President</b></p> <p><b>Sean Feran</b></p>	<p>Summertime is for having fun and making memories. As you go about making your plans this summer, remember that the Cudas will be having a few events for our athletes. We have our annual Water World trip where the coaches get to hang out and have a good time with the swimmers, our travel trips, and the end of the season party at The Bay. There may be some other things thrown in there for team building and hanging out with friends.</p> <p>If you have any ideas for future fun events that we can plan for our team and are willing to put some time into helping us implement it, please let me know. We are always looking for new ideas.</p> <p>Thank you and have a wonderful summer,</p> <p><a href="#">Sean Feran</a> President F.R.B.S.C.</p>
<p><b>Coaches Corner</b></p> <p><b>Head Coach Andrew</b></p>	<p>Thank you for helping us complete another Long Course run of great meets! Both of our big meets we hosted this summer: Steve Drozda Shotgun Long Course and the Cuda-Star Long course, were the biggest they have each been over the three year span of their existences. That speaks about us as a club putting on meets that visiting teams want to attend. You parents are the backbone and unsung heroes of those meets. Most of all, thank you to those families that filled in the open slots at the last minute! We couldn't have made the meet run without your help.</p> <p>Not to be overshadowed, the performances in the water were probably even better than those around the pool. Our swimmers achieved many new cuts for the summer's end championship meets. We're putting together quite an impressive line-up for those meets which include: State, Age Group Zones, Senior Zones and Western Sectionals. This is shaping up to be an exciting long course season, that is flying by way to fast!</p>
<p><b>June Article</b></p>	<p><a href="#"><u>The Purpose of Travel Meets</u></a></p>
<p><b>News from BCC</b></p> <p><b>Coach Amy</b></p>	<p><b><u>BCC Swimmers of the Month</u></b></p> <p><b><u>Red Group</u></b></p> <p><b>Bryce Li-</b> Bryce has shown a great improvement in practices within all aspects of swimming. His focus, technique, and endurance has shown improvement. Bryce is open to help and will seek out critique to improve his strokes.</p> <p><b>Edie Simecek-</b> Edie recently moved up from Developmental and has shown incredible dedication and perseverance to have 4 legal strokes at the long course meets this season. She has participated in many meets as a red grouper and has risen to the challenge of long course events without complaint or fear.</p> <p><b><u>Silver Group</u></b></p> <p><b>Max Kulbida-</b> Max is proving to be a great leader in the silver group. He knows what his strengths and his weaknesses, he knows when to lead the lane and when to let someone else. Max is a hard worker and encourages his teammates to continue to work hard through the sets too.</p> <p><b>Delaney Osborn-</b> Delaney is a wonderful addition to the Silver group. She has shown HUGE improvements in all 4 strokes and has been extremely dedicated to becoming a strong technical swimmer without worrying about if she is leading her lane or 3rd in the order. She is determined to improve her strokes, which has resulted in great swims at the recent long course meets.</p>

## Mark your Calendar

DATE	EVENT
June 7	Water World Day Registration Deadline @ <a href="http://Teamcudas.com">Teamcudas.com</a>
June 10	Board Meeting at Brunner House 7:15-9pm
June 12	Water World Day @ Water World
June 21-23	Columbia Swim Club Invitational
June 22-23	Aspen Invitational
June 26	June Pizza Meet Deadline
June 28	Pizza Meet at 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.**

## Swim-A-Thon Party

The Swim-A-thon party was a success. It was a great get together for all the swimmers away from the pool. Thank you to the coaches for running the grill! Huge thanks to Bobbi Cunningham and Diana Clyker for coordinating an outstanding party!

## Cudas Day at Water World June 12th

**Who:** ALL CUDAS!

**What:** Annual Team Water World Day

**When:** Wednesday, June 12, 10AM- Whenever

**Where:**

Water World  
1800 W 89th Ave  
Denver, Co

**Deadline to purchase discounted tickets through the team is June 7th.**

-Cuda Coaches will be present at the park, but will NOT be responsible for chaperoning children. Please make arrangements with another family if you will not be present, and are not comfortable with your children being at the park by themselves.

[Water World Information](#)

## June Travel Meets

### **Missouri & Aspen Travel Meet Update:**

The CUDA travel meets are fast approaching! For meet information, pool information, and specifics on your particular meet please visit the individual travel meet pages.

- [Columbia Missouri Meet Information](#)
- [Aspen Colorado Travel Meet Information](#)

### **Travel Meet Slideshow:**

If you are travelling with us, please bring your camera and take lots of pictures!! [Nikki Gast](#) will be compiling a slideshow for the kids travelling with both meets. We'd like pictures of the road trip to & from the meet, fun things you do along the way, candid shots of swimmers, coaches & families at the meets and team dinners. If you have your camera please try to get some fun shots of all the kids who made the trip so we can include everyone! Nikki will follow up with all families after the meets so you can get her your pictures.

<p><b>June Travel Meets continued...</b></p>	<p><b><u>Travel Meet Dinners:</u></b>  Please make sure to get online and register for the team dinners we have planned for both Aspen &amp; Missouri. Links to the pages can be found below. Don't forget to let us know how many are coming so we can make an accurate reservation.</p> <ul style="list-style-type: none"> <li>• <a href="#">June 20 - Missouri Team Dinner Information</a></li> <li>• <a href="#">June 21 – Aspen Team Dinner Information</a></li> </ul> <p><b><u>Travel Meet Jerseys:</u></b>  The jerseys for the travel meets are being made now. We will have more information shortly on the distribution of the jerseys prior to departure.</p>
<p><b>State Meet Hotel Information</b></p>	<p><b><u>Grand Junction - Long Course State Hotel Room Block:</u></b>  Rooms on Hold for State Long Course Meet July 26-28, 2013 in Grand Junction</p> <p>We have 20 double rooms on hold until 6/25/2013 at the <b>Hampton Inn</b> on Main Street for <b>125.00 per room, per night</b>. Some rooms do have refrigerators (can request when registering), Deluxe Continental Breakfast will begin serving at 5:30 a.m. so our kids can get to the pool on time. The hotel has an Outdoor pool, (Guests can also use pools at Fairfield and Springhill which are across the street) and free internet.</p> <p>Make your reservations before <b>June 25, 2013</b> at <b>1-970-243.3222</b> rooms are being held under “<b>Cuda’s</b>”</p> <p>All the information can be found on the website under the Long Course State meet information. If your kids are close in making state times, it doesn't hurt to reserve a room and then cancel it if you need to. Grand Junction is very busy this time of year and rooms are hard to come by! Make sure to check with the hotel about their cancelation policy.</p>
<p><b>Officials Corner</b></p> <p><b>Richard Wilson</b></p>	<p>A big thanks to those officials and timers that worked at the CUDA*STAR meet over the weekend of May 31st. Without your dedication, swimmers wouldn't have official times. Your efforts are very much appreciated.</p> <p>I'd like to congratulate Febi Yuwono on becoming our latest 'certified' CUDA official.</p> <p>Misti Thueson and her family will be moving back to Texas shortly. I just wanted to take this opportunity to thank her for her commitment to officiating with the CUDAs.</p> <p>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.</p> <p><a href="#">Richard Wilson</a>  Officials Coordinator</p>
<p><b>Board Meetings</b></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 <b>Monday, June 10 from 7:15pm – 9:00pm</b> at the Brunner House in Broomfield. Hope to see you there!</p>



**CUDA June Birthdays**

Daniel Bradford  
Violet Clyker  
Sara Eshbaugh  
Connor Hassert  
Sydney Henderson  
Mairead Powers  
Miranda Rens  
Riley Walsh  
Valerie Xin

**Notes from the CUDA Account Manager**

**Michelle Shauf**

Reminder – Please keep your AutoPay billing information up to date.

If you have any questions regarding your bill, please contact **Michelle Shauf** at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com) or 303-410-4999.

**Practice Schedules:**

**BCC Swimmers:**  
280 Lamar Street  
Broomfield

**VMAC Swimmers:**  
136<sup>th</sup> Ave & Holly St  
Thornton

**\*\* Summer practice schedules are in full swing and posted for both pools.**

Please see the team website under the Schedule tab for the most up-to-date practice information for both pools.

[VMAC Schedule](#)

[BCC Schedule](#)

**\*\*With the popularity of the VMAC pool, this schedule will change so keep checking back online for the most current information.**

**Service Hour Policy**

**Heather Armon**

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:

[Service Hours](#)

**Reporting & Tracking of Service Hours:**

Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. [cudavolunteer@teamcudas.com](mailto:cudavolunteer@teamcudas.com)

**Fundraising**

To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website.

[Fundraising Policy](#)

**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!!**

1. Contact: Scott and Kellie Bratcher via email at [scripsales@teamcudas.com](mailto: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