



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

January 2012

Message from the President

Kennedy Walsh

Hello Cuda Families,

The Board has diligently worked on several projects in the prior year to strengthen the team. We have revised and updated our bylaws, codes of conduct, website, policies and procedures to provide a solid foundation for future growth and development. We sent our coaches to the American Swimming Coaches Association (ASCA) World Clinic in Las Vegas for continuing education. Last fall we brought in a consultant to help us with strategic planning goals. As we begin to finalize mid - long term strategic plans for the team we ask for your assistance and feedback. In the near future we will submit a survey to our membership so *you* may share your views on a number of areas we believe are vital to our success. Please watch for the survey and take the time to complete it so that we may continue to build a team we are all proud to be a part of. If there is a particular area that you feel needs more discussion than a survey allows you may contact a board member or provide your contact information on the survey for someone to contact you. You may always remain anonymous should you prefer to do so. Thank you in advance for your honest and constructive feedback.

Kindly,
Kennedy Walsh
FRBSC President
President@teamcudas.com

Coaches Corner

Head Coach Andrew

I get asked periodically about when and where is the most pertinent area of need for volunteer hours as we wind down the season. Over 130 volunteer slots are needed to make our Cuda Classic run efficiently. Many of those are already filled (Thanks!) but there are still a few lingering jobs available. If you have not yet signed-up to help at this meet we strongly encourage you to help us make it a successful one. If for some reason you are not able to help out at the Cuda Classic, but still need volunteer hours; we will need to provide timers for the two Northern Colorado sponsored meets coming up at the end of the season. Cuda has been asked in the past to provide volunteers for both the 8 & Under Winter Spectacular and the Northern Colorado Districts- this should be the same case this year. Finally, teams with as many qualifiers as we have for Silver State and Senior meet are always asked to help carry the timing load at those meets occurring at the end of February at Denver University. Perhaps plan to put that on your calendar if your swimmer is attending. Thanks again for helping make our home meets successful and some of the best-run meets in the state! We could not do it without you guys.

VMAC News

Coach Tom

Congratulations to **Payten Irwin** for breaking the 10 & Under Colorado State Record. Her time of 1:03.68 beat the previous time of 1:04.43 set in 2011.

Also, Congratulations to **Sidney Trimm**, **Connor Hassert**, and **Payten Irwin** for qualifying for the 2013 Colorado Swimming All-Star team. These swimmers, along with **Coach Alan** and **Coach Amy**, will travel to Lawrence Kansas the weekend of January 12th to compete under the Team Colorado umbrella against numerous other mid-western states. Swim Fast, and represent the Cuda's well!

BCC Swimmers of the Month

BCC News
Coach Amy

Red Group:

Jayden Stack- Every month Jayden's dedication to his improvement and his team has grown. He has made friends with all of those in Red, you can usually find him cheering on his teammates or explaining a set if they don't understand. Over the past few months Jayden has been working tirelessly trying to make his breaststroke legal, and at the December pizza meet he accomplished just this feat!

Ellie Rupprecht- Ellie showed great leadership and excitement for each practice in December. She made an effort to really start paying attention closely to the coaches instructions and the execution of the drills and sets being asked of the Red Group. Ellie has also been a wonderful teammate to all of those in the red group. We recently had new members join the team and she has brought them into the fold of kids and made sure they felt included.

Silver Group:

John Lui- John is a burst of energy as soon as he enters the pool deck! He is my go to swimmer to help set up for practice- taking down lanes, grabbing kick boards, etc. You will find John joking and having fun with the other teammates as well as the lifeguards on the deck, it is hard not to laugh and joke around his positive personality. John's strokes have also greatly improved, this past month he has shown more focus on dialing in the technique instead of racing to the end of the lane, which in turn has made him a faster and more efficient swimmer.

Jasmine Li- This is Jasmine's first season with the team and she has developed into a wonderfully technical and competitive swimmer. Every stroke Jasmine takes in practice it is evident that she is focusing on the proper technique and execution of that stroke. She has jumped right into competition and picking challenging races at the team meets, and always finishing with a smile on her face and shakes her competitor's hand displaying excellent sportsmanship!

Chili Cook-off Help Wanted

**Chili Cook-off
Help Wanted**

We are looking for people to help organize our Annual Chili Cook-off! This is an incredibly fun and tasty event that typically takes place the first weekend in February. In the past we have hosted a silent auction and provided cash prizes and amazing trophies. Please contact Kennedy Walsh if you are interested in this project.

**CUDA Officials
Corner**

Richard Wilson

I would like to thank all our officials, certified (Jess and Val Wilkins, Kennedy Walsh, Aimee Irwin, Terri Lucero, Sean Feran, Jodi Walters and Misti Thueson) and those in training (Amber Bratt, Elena Irisova, Jill Zudorozny, and Willie Dozier) for their commitment to the team.

We are always well represented at meets and I know the meet referees are very appreciative of our efforts - well done team.

I'd also like to thank all those volunteers that work as timers during meets - whether you know it or not, you are part of the officiating process - thank you.

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
richwilson@gmail.com

Save the Date

2013 Swim-A-Thon

Wednesday, April 17 at VMAC
Team Goal \$125 per swimmer

2013 Swim-A-Thon

Mark your calendars for a night of fun at VMAC for the 2013 Cuda Swim-a-Thon! Swim-a-Thon is a fundraiser in which all FRBSC members earn money for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first. Outside of swim meets, S-A-T is our team's biggest fundraiser!

Ask any veteran swimmer on the team and one of their favorite events is the Swim-A-Thon. They'll remember the first time they were able to swim 200 lengths within the two hours. As they get older this test of endurance is an effort to beat their time (and their friends). Most of them know how long it took to swim 200 lengths last year. Once they finish they eat some healthy snacks and start cheering on the other swimmers, encouraging them to keep going. Meets show the kids how fast they swim. The Swim-A-Thon lets them see how strong they are in the endurance department.

The coaches will request prize ideas for the top earners as we get closer to S-A-T. Start thinking about what you would like to win! Don't forget that earning \$100+ will win you **TWO** personalized Cuda swim caps only available thru S-A-T. We will also have an **AMAZING** team prize when we achieve our goal of \$125 per athlete. If you know of a company that would be willing to donate prizes please contact Kennedy Walsh.

Fundraising Tips from Prior Prize Winners:

- Remind sponsors that we are a 501c3 non-profit organization and we can provide receipts for tax purposes.
- Ask local businesses you frequent to sponsor you.
- Throw a fundraising party and ask to receive proceeds rather than merchandise as your "hostess gift" (jewelry, candles, food, wine, scrapbooking, toys, books, etc....). That way your sponsors receive something they want while helping you at the same time.
- Check with your employer for company matching. The team will count your entire S-A-T contribution towards your prize.

Board Position
Openings

Official Notice

Board Position Openings

- All Cuda Board positions are two (2) year terms.
- Receive full volunteer hour and fundraising credit during term.
- All Board Members are requested to attend team social events.
- *Board Members are expected to supervise or chair a committee.*
- Per team bylaws, any position with two or more nominees must be put to a member vote.
- Nominees should plan to attend a board meeting prior to the election for an informal Q&A.
- *All nominations need to be submitted to Kennedy at President@teamcudas.com by **January 31***

2013 Time
Standards

Time standards for the 2012 – 2013 Short Course Season are now posted the website, you can find the time standards here:

<https://www.teamunify.com/SubTabGeneric.jsp?team=csbbsc&stabid=30150>

CUDA Hospitality

Recommendations Needed

The CUDAS are responsible for providing snacks, meals, and beverages for officials and coaches at our home meets. We are looking for restaurants that may be willing to donate a meal (breakfast, lunch, or dinner) for our home meets. If you have a favorite restaurant that may be interested please contact our Marketing Chair, Vilma Hassert at vnhassert@yahoo.com.

The team is happy to provide complimentary heat sheet advertising for any restaurant that contributes to our team and helps keep our expenses down. If a donation is made, secured and delivered, exceeding \$50, we will credit your family's fundraising fee for the season.

The next meet we are trying to secure meals for is the **CUDA Classic – January 18-20**.

Mark Your Calendar

DATE	EVENT
January 18-20	CUDA Classic @ VMAC
January 29	Sign-up Deadline 8 & Under @ Teamcudas.com
February 9	8 & Under Winter Spectacular @ Eaton HS
February 11	Sign-up Deadline NoCO Districts @ Teamcudas.com
February 13	Sign-up Deadline February Pizza @ Teamcudas.com
February 15	February Pizza Meet @ BCC

**** Dates are subject to change. Please refer to the Events section on the home page of TeamCudas.com for the most up-to-date information.**

Notes from the CUDA Account Manager

Michelle Shauf

Reminder - Please set up AutoPay - You can pay in two ways...

Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team's website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice prior to the 1st of the month.

Credit Card (CC): You may also sign up to have your bill charged to your favorite credit card (VISA, MasterCard and Discover) only. Sign-up again is handled in a secure fashion on the team's website. There is no fee for this service.

If you have any questions regarding your bill, please contact Michelle Shauf at cudamanager@teamcudas.com or 303-410-4999.

Board Meetings

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, January 14th from 7:15 pm-9:00 pm** at VMAC in the hospitality room. Hope to see you there!

Team Communications

If you have not done so already, please visit the Team web site and register yourself as a CUDA parent. ALL Team communication, meet information, meet registration, and member updates, etc. is posted on the website. We also send out updates via email so make sure your information is up-to-date!

Website: www.teamCUDAs.com

Payment On Demand

We have launched the new "PAYMENT ON DEMAND" feature on our website.

This is a new function that allows you to pay your bill at anytime of the month. As you know, the system is now set up to charge on the 1st of every month.

Please note: if you do take advantage of this "ON DEMAND" feature, you will be resetting your auto pay account with that credit card moving forward. In other words, you can only have ONE account set up at a time, and that PAYMENT ON DEMAND overrides the current credit card or bank account on file.

There will be a \$2.00 processing fee when using this feature.

To learn how to use this feature, there are two options:

1. Go to teamcudas.com and login to your account. Under your Account you will see a tab called 'My Tutorials'. Within this tutorial you will need to go to the tab 'Understanding your Billing' and select the On Demand Payment tutorial.
2. OR go to this direct link - <http://teamunify.wistia.com/m/9z77WQ>

If you have any questions, please contact me at cudamanager@teamcudas.com or 303-410-4999.

Thank you,
Michelle Shauf
Cuda Manager

Happy Birthday

CUDA January Birthdays

Annemarie Abeyta
Olivia Aldridge
Stella Ashfield-Salter
McKenna Bales
Kalani Gilman
Austin Griffith
Ciara Hynes
Payten Irwin
Maxwell Kulbida
Samarah Latiff
Bryce Li
Gabrielle Miyasaki
Kyle Raskay
Elle Rupprecht
Benjamin Sandow
Xander Scholpp
Abigail Taugner
Kara Thomas
Luke Thompson
Isabella Walters
Kylie White

Practice Schedules

BCC Swimmers:

280 Lamar Street
Broomfield

VMAC Swimmers:

136th Ave & Holly St.
Thornton

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

Web site: www.teamCUDAs.com.

The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

**** This information is subject to change so keep checking back for the most current information.**

Volunteer Policy

The Board wishes to thank every volunteer for their time and commitment. Please do not hesitate to contact a board member should you have any questions or concerns.

To view the most up-to-date Volunteer Policy, please visit our website:

[Volunteer Policy](#)

Reporting & Tracking of Volunteer Hours:

Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com

Fundraising

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

[Fundraising Policy](#)

Steps to obtain your CUDA King Soopers card:

1. Contact: Scott 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

Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!