



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

Message from the Board

It's January 2011, which means another dizzying year has come and gone. As is customary, we would like to take this time to contemplate the past year before we focus on a fresh new year filled with endless opportunities.

2010 was an eventful year for the Front Range Barracuda's. Together, we have experienced successes, fun, challenges, and loss. The CUDA's lost a staunch supporter and friend this winter after a valiant fight against a rare form of cancer. Steve Drozda was an instrumental member of our CUDA team for many years, serving as an advisor, board member, and coach. He will be greatly missed.

We are exceptionally proud of the commitment and effort each one of you has demonstrated to the club. One person does not bring about the success of a swim club; rather it is brought about by a TEAM. Our efforts are evident in the many achievements our club has made in the past year alone. The CUDA's hosted several team-building events throughout the year. We all had a great time at Water World, the team picnic at the Bay, and Jump Street. We hosted three fundraisers that were fun and profitable so we will do them again this year. If you missed the swim-a-thon, chili cook-off, or poker night (adults only) you heard the stories and won't want to miss it in 2011. We are honored to announce that after nearly a year of diligent effort the Front Range Barracuda's have earned Level II Recognition Status from U.S.A. Swimming. This is a tribute to the long-term dedication that goes on behind the scenes to make our club something of which we are all extremely proud. The year also brought a powerful synergy to our coaching staff. Coach Andrew was promoted to Head Coach while Coach Tom was promoted to Head Age Group Coach at the BCC. At the BCC Coach Jonathan continues to encourage and motivate our youngest swimmers. The staff expanded along with our team. We welcomed Coaches Gwen, Teri Jo, Lexie, and Rich to the V.M.A.C. We are fortunate to have such a high caliber of coaches working with our children. We moved into the V.M.A.C. and successfully hosted the first Pentathlon in our new facility.

Our team is continually developing adept swimmers from developmental thru elite. We won the 8 & Under Northern Colorado Championships again in July! The banner is proudly hanging at the BCC. Shelly Drozda (elite) broke TWELVE team records during long course and TEN during short course in freestyle, backstroke, breaststroke and the IM. Jacob Davis (elite) broke SIX team records in freestyle and butterfly. Andrew Jaschke (elite) broke the team record for 200 breast. Peterson, Drozda, Li, and Roda broke team relay records for the 200 medley and 200 free. Elizabeth Peterson (senior) broke the team record for the 100 and 200 butterfly. Kris Kerr broke the team's 100 and 200 breaststroke record. Over 40% of our team made state or silver state qualifying times. The successes of 2010 enjoyed by our team did not come without effort or sacrifice with numerous hours spent in the pool, on the deck, and in the stands by athletes, coaches, and certainly the parents.

It's time to put together a few New Years' Resolutions for our team in 2011. Resolutions aren't just about improving one character trait. They're about making a choice and following through, recognizing strengths and weaknesses, and self-esteem. The lesson in New Year's resolutions lies in the commitment. It's important that children see the adults in their life making commitments and honoring them. They will carry that [lesson](#) to their academic work, sports, and personal relationships. Recognizing setbacks along the way and showing children how to dust themselves off and try again is a lesson they will carry with them for life.

We, the board of directors for the Front Range Barracuda Swim Club, have developed our own list of goals for the New Year based on requirements to propel us to level III status in the next couple of years. We know that without a solid team behind us, we will be exhausted, crashing down, and burned very soon. Here are the areas where we could use the most support (* full volunteer hours credited):

1. Fill committee chair positions. *
2. Surpassing last year's swim-a-thon fundraiser.
3. 95% + participation in Barracuda sponsored swim meets.
4. More social/team building events.
5. 2 - 8 more officials added to our roster. Level III requirement at least 1% of membership, points awarded for up to 5%.*
6. More parent/swimmer input and feedback - via email, BCC suggestion box, board meetings.
7. Set the team record for number of sectional qualifiers. CUDA's have never had a junior national qualifier.

	<p>8. Add a second meet to long course with the optimal goal to raise enough money to eliminate the fundraising obligation by short course 2011.</p> <p>9. Encourage as many swimmers as possible to attend the team travel meet in Grand Junction in June.</p> <p>What is your resolution for the New Year? Turn your New Year's Resolution into a tool that adds excitement to your swim team experience and power to your performance in the pool. If you haven't thought of a resolution yet – or even if you have and you want to fine-tune it – the New Year is the perfect time to aspire to your best in the water, on the deck or with the team.</p> <p>Thank you for your continued support of the FRBSC.</p> <p>Kennedy Walsh and The Board of Directors</p> <p>If you have any questions or concerns please feel free to contact Kevin Mackey, FRBSC President, CUDAPresident@gmail.com or any of the other board members or coaches.</p>
<p>Coaches Corner</p> <p>Head Coach Andrew</p>	<p>Our team has grown significantly since August, adding over 25 new swimmers into the CUDA family. It would be excellent if that growth was reflected in our attendance at the Northern Colorado Championship Meet at the end of this month in Estes Park. Setting a team record in regards to attendance for this meet would be a great accomplishment; one that you can help be a part of. The NC Championship meet is one of the few meets we have on the schedule that is perfect for every swimmer on the Cudas who is 9 or older. There is a separate championship meet for 8 & under swimmers in February. If your swimmer is brand new to the team, they can use this meet as a championship, season culminating meet, and get excited about swimming long course season. If your swimmer is close to Silver State qualifying times, this would be a great meet to add a couple of those to cuts to their collection. If your swimmer is a State or Sectional level swimmer, they can use the NC Championship meet as a tune-up meet for those competitions. Please click over to the events section on www.teamcudas.com and sign up for this meet when you have a chance. If you have any questions, don't hesitate to ask me at practice, or via e-mail. Thanks in advance for your participation, and we'll see you in Estes!</p> <p>Coach Andrew</p>
<p>News from BCC</p> <p>Coach Tom</p>	<p>December Swimmers of the Month</p> <p>Red Group:</p> <p>Boy- Sean Crumplar Sean's hard work at practice really paid off for him at the Phoenix meet. Sean got a best time in every race he swam in. Congratulations Sean!</p> <p>Girl- Rachel Xie Rachel's hard work and great practice attendance are sure to shine for her as she has truly become a swimming leader in the Red group. Great work Rachel!</p> <p>Silver Group:</p> <p>Boy- Charlie Zhang As one our newest members of Silver group, Charlie has risen to the occasion by having great practice attendance, and continues to push himself every day. Keep up the good work!</p> <p>Girl- Kailey Morales Kailey had one of her best meets in her young swimming career at the Phoenix meet. She not only won high point for the 7 year olds girls, but she just missed qualifying for her first Silver State time by 2 seconds in the 100 butterfly. Great job Midget!</p> <p>Thanks for all your hard work!</p> <p>Coach Tom</p>

Mark your Calendar	<table border="0"> <thead> <tr> <th data-bbox="358 220 678 254">Date</th> <th data-bbox="682 220 1531 254">Meet</th> </tr> </thead> <tbody> <tr> <td data-bbox="358 283 678 310">Jan 23</td> <td data-bbox="682 283 1531 310">—Cuda Single Age Classic</td> </tr> <tr> <td data-bbox="358 315 678 342">Feb 12</td> <td data-bbox="682 315 1531 342">—8 and under Northern Colorado Championships</td> </tr> <tr> <td data-bbox="358 346 678 373">Feb 19</td> <td data-bbox="682 346 1531 373">—2nd Annual Chili Cook-Off</td> </tr> <tr> <td data-bbox="358 378 678 405">Feb 25-27</td> <td data-bbox="682 378 1531 405">—Silver State</td> </tr> <tr> <td data-bbox="358 409 678 436">June 16-19</td> <td data-bbox="682 409 1531 436">—Grand Junction Long Course—Mark your Calendars</td> </tr> </tbody> </table>	Date	Meet	Jan 23	—Cuda Single Age Classic	Feb 12	—8 and under Northern Colorado Championships	Feb 19	—2 nd Annual Chili Cook-Off	Feb 25-27	—Silver State	June 16-19	—Grand Junction Long Course—Mark your Calendars
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Practice Schedule BCC Swimmers: 280 Lamar Street Broomfield VMAC Swimmers: 136th Ave and Holly St. Thornton	Developmental: Monday - Thursday 5:00 – 5:45 @BCC Tuesday/Thursday 6:30 – 7:15 @BCC Friday 4:00 – 4:50 @BCC Red: Monday - Thursday 5:45 – 6:30 @BCC Friday 4:00 – 5:00 @BCC Silver: Monday - Thursday 5:00 – 6:00 @BCC Friday 5:00 – 6:30 @BCC White: Monday - Friday VMAC winter schedule is posted on the website. Senior: Monday - Thursday Friday Saturday Elite: Monday - Friday Saturday												
Notes from the CUDA Treasurer	Dues and Payment Options Below is the dues structure (11-month billing cycle): Developmental \$55/month Red \$71/month Silver \$82/month White \$104/month Senior \$125/month Elite \$142/month DUES AND MEET FEE PAYMENT POLICY: All dues and meet fees are billed on the 21st of the month with payment due by the end of that month. Non-payment of all dues/fees past the 1st day of the following month will necessitate non-participation for the swimmer(s) in practice and all meets until payment is made. Late Fee: If dues are not paid by the 1st (check, CC, ACH), a \$15 late fee will be assessed and the swimmer(s) will not be allowed to practice. Returning swimmer(s): Thank you for completing the on line registration. Family Information & Demographics: Please edit any demographics that are not current in your swimmers account on the website, email address, phone numbers, etc. It is very important that all info is current and correct.												

	As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at cudamanager@gmail.com .
Board Meetings	Upcoming general Board meetings are usually scheduled for the second Monday of each month, from 7:00 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, January 10 th from 7:00 pm-9:00 pm at the Brunner House in Broomfield at Main and Midway. The entrance is off of Main just north of Midway. Hope to see you there.
Call for Officials	<p>The CUDAS want YOU!!! Want an easy way to accrue volunteer hours? Become an official for USA swimming! You will learn the technical side of the sport and help the Cudas in a huge way. Officials play a critical role in making each meet count for times; without this role, meet times can not be entered into USA swimming results. You do not need to have previous swimming experience, just the joy of seeing your child from the front row.</p> <p>If you are interested or if you would like more information, please send an e-mail to CoachAndrew@teamcudas.com.</p> <p>Thanks, Coach Andrew</p>
Volunteer Policy	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. Other teams have much higher volunteer hours required. We offer many volunteer opportunities so you are able to complete your 4 hours/family/season. Volunteer hours are 4 hours/family/season-</p> <ul style="list-style-type: none"> • 4 hours for Short Course (Sept 1-Feb 15) • 4 hours for Long Course (Feb 16-Aug 5) <p>4 hours must be completed by the end of Short course (or LC), otherwise your swimmer's account will be charged \$25/hour for hours not completed. All volunteer job postings (meets, CUDA events, etc.), descriptions and job sign-up is done on the www.teamcudas.com site. This enables real-time sign-up, reporting, and volunteer hours tracking. Volunteer duties include: Each volunteer (parent/guardian) is responsible for signing up for a volunteer job (done online). After the job sign up is closed (approx. 3 days before meet) if you are unable to fulfill your volunteer duties, you are responsible for finding your replacement. Your replacement needs to email the volunteer coordinator to notify her of the change prior to the day of the meet/event.</p>
Team Communications	<p>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 done via email. Web site: www.teamCUDAs.com.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>