



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

January 2012

Message from the President

Kennedy Walsh

Happy New Year Cuda's!

2011 was a great year for our team. I would like to thank our swimmers, coaches, and parents for their dedication to our swim club. The enthusiasm and camaraderie that radiates from our club is a wonder to witness. I would like to share one of my favorite memories of the year from the red/black meet with you. One of our littlest developmental swimmers was sitting alone at the edge of the pool crying. It was her first meet and she was frightened to start from the block. As I turned to speak to her one of the older girls broke away from her friends to sit down next to the little girl and told her she had cried at her first meet too. It was a brief exchange but it made an impact on that little girl. For the rest of the meet you could hear her cheering for her new friend. When the younger girl was asked why she was cheering for the other team she said "we're all on the same team."

2012 is going to be our best year yet! I would like to share with you a few of the board's goals for the coming year.

- Our communications committee is updating our website and facebook page.
- The board is updating our bylaws to reflect our team's growth and development. Changes to the bylaws require a simple majority vote from the membership (50%+1). This is a large task and it will take some time to complete. To help break down the task we will work on one section at a time. The first part we will address is the election process, term limits, and responsibilities of the board itself. We would like to have this portion completed by the end of short coarse for your approval.
- Appoint and train a new Account Manager. Training will begin during long coarse with the full job transfer beginning next September. This is a very important job for the team. If you are interested in the position please contact Coach Andrew or myself.
- Moving towards Level III recognition status. USA Swimming's Club Recognition Program offers clubs a working blueprint for developing strong, stable, financially sound and athletically productive organizations. This voluntary program presents four levels of achievement across four component areas deemed critical to long-term club success. The program encourages clubs to establish organizational goals and to benchmark their progress toward those goals. The ultimate objective of the program is to strengthen the club system in USA Swimming by guiding clubs through a development process that ultimately positions the program and its coaches to better serve athletes thru:
 - Business & Organizational Success
 - Parent & Volunteer Development
 - Coach Development & Education
 - Athlete Development & Performance

For detailed information about the requirements for advancement see:

<http://usaswimming.org/DesktopDefault.aspx?TabId=1618>

- Find chairperson for the Swim-a-thon (Wednesday, April 18). Organize s-a-t event and prize party.

Have a happy & healthy New Year!

Kindly,
Kennedy Walsh
FRBSC President

<p>Upcoming CUDA Classic Update</p>	<p>Volunteers Needed</p> <p>Our Cuda Classic in a couple of weeks is the second and last meet we host during the short course season. I want to build off of the momentum we gained by running a fantastic pentathlon. Our coaching staff says it all the times, but it's worth repeating again; we can't do it without our parents. There are still quite a few spots left open to sign up for. If you have not completed your season volunteer hours yet, this is a perfect time to do so.</p>
<p>Coaches Corner Head Coach Andrew</p>	<p>The calendar just flipped to a new year and it's time to start thinking about our championship season. The coaching staff makes sure to get a championship meets on the schedule for Cuda's of every age and ability; whether they started swimming 8 weeks ago or 8 years ago. Please look at teamcudas.com and find the meet that best fits your swimmer, circle it on your calendar and get ready to see what all of the hard work during short course season has been for.</p> <ul style="list-style-type: none"> ➤ For 8 & unders, the 8 & under Northern Colorado Championships is being held in Brighton. ➤ Northern Colorado Championships is up north at EPIC in Fort Collins. ➤ For those with Silver State qualifying times DU is the place for your swimmer. ➤ Senior State is being held at DU that same weekend. ➤ It's back to EPIC for the 14 & Under state championship in March. ➤ Cuda's are sending a handful of swimmers to Seattle for the Western Sectional Championships. <p>If you have any questions about which meet is best for your swimmer to target, please chat with your swimmers group coach.</p> <p>Thanks, Coach Andrew</p>
<p>Third Annual CUDA Chili Cook-Off Coach Tom</p>	<p>Due to the overwhelming success of the first couple of chili-cook offs, we are back for the 3rd Annual CUDA Chili Cook-Off! The event will take place at the Broomfield VFW on Saturday, February 4th, from 2:30 pm to 4:30 pm. While this is somewhat of a team fundraiser, the emphasis tends to be on the FUN side. Anyone and everyone is welcome to cook a chili to enter in the competition. So if Grandma is a world renowned chili cooker, get her out to bring home a trophy! The cost to enter a chili is \$30, and there will be four categories, Best Overall, Best Red, Best Green/Other, and Hottest. Each category will have hardware and a cash prize attached to it. The fun doesn't end there, for just a \$5 entry fee everyone is welcome to come on out and be a judge! Come on out and warm up those professional taste buds, and help decide on who is this years Chili Champion! Please see the event page on the website, and email Coachtom@teamcudas.com to reserve your entry spot if you plan on cooking.</p> <p>Coach Tom</p>
<p>News from BCC Coach Jonathan</p>	<p><u>SWIMMERS OF THE MONTH</u></p> <p><u>RED GROUP</u></p> <p>Indigo Armon - Indigo is Swimmer of the Month for her excellent leadership this season. Indigo is always one of the lane leaders in Red group. Indigo is an outspoken leader as well as a good leader by example. Indigo enhances our practices by contributing to a competitive attitude amongst our swimmers. Indigo is always ready to show she is one of the fastest kids in Red and is always ready to race. This season you have shown me hard work, good leadership, a racers mentality, and good listening, and for those displays you have earned swimmer of the Month. Indigo you are awesome!!!!!!!!!!!!</p> <p>Lucas Williams- - Lucas has earned swimmer of the month by being a passionate swimmer, a great team mate and a really well behaved swimmer at practice. Lucas is always well behaved at practice and he always listens attentively to instruction with a huge smile on his face!!! Lucas usually knows all the answers to coach's questions at practice. Lucas gets swimmer of the month for the element of fun he brings to practice. This is evident by the number of friends Lucas has in Red Group. I know if I were a swimmer in Red group I would want a teammate like Lucas to make me smile, to look up to, and to learn from. Lucas you show all the wonderful qualities of a great person, a good friend, a successful swimmer and CUDA teammate, just by being yourself. You are a really good kid Lucas, and I'm happy to have you on the team!!!!!!!! Keep on being great dude!!!!!!!!</p>

SILVER GROUP:
James Overberg- I am proud to present James with Swimmer of the Month for December for his commitment to goals and his extreme effort at practice this season. James has shown great improvement this season and its all because of staying true to his goals and working extremely hard at swim practice. James gets swimmer of the Month honors not just because he works hard, but because he makes the technical adjustments that improve his stroke. This season James has cut his strokes per 25 from 19 to a perfect 10. That adjustment came quickly, and it's because James trusted in the coaching and committed to getting better. James, your competitive spirit, your goal setting, and your desire to improve are intangible characteristics that will help you succeed in anything you do, keep it up!!!!!!
Kandice Chandra- Kandice is Swimmer of the Month for December for her excellent listening skills and commitment to improving her stroke. Kandice maintains great focus on any skill we work on in practice, and she does a great job at remembering that skill to work on the next day. A good way to improve is to build on the skills learned in a previous practice and Kandice does a great job at applying what she has already learned in practice. Kandice you are a great role model for our younger Barracudas, because you set a great example of how every Barracuda should behave at practice. Keep on being a great kid Kandice!!!!!!

Officials
Sean Feran
 If you are interested in helping the Cudas out by becoming an official or if you have any questions about the process, please contact me and I will be glad to help.
 Sean Feran at VicePresident@teamcudas.com

Welcome New Swimmer!!
DEVELOPMENTAL:
 Ethan Steele

Mark Your Calendar

DATE	EVENT
January 19, 2012	CUDA Classic Volunteer sign-up deadline
January 20-22, 2012	CUDA Classic
January 30, 2012	8 & Under Northern Colorado Sign Up Deadline
February 3, 2012	JO hotel group rate deadline
February 4, 2012	3 rd Annual CUDA Chili Cook-Off
February 7, 2012	Northern Colorado Winter Championships Sign Up deadline
February 7, 2012	Silver State Sign-up Deadline
February 11, 2012	8 & Under Northern Colorado Meet @ Brighton High School

**** Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

Notes from the CUDA Account Manager
Kathy Jaschke
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.
Kathy Jaschke has taken over as the Account Manager for the team temporarily. As always, if you have any questions regarding your bill, please contact Kathy at cudamanager@teamcudas.com or [303-464-1167](tel:303-464-1167).

Board Meetings
 Upcoming general Board meetings are usually 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 9th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!

<p>Practice Schedules</p> <p>BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave & Holly St. Thornton</p>	<p>.VMAC POOL ONLY: Due to some high school dual meets, the practice schedule at VMAC changes slightly for the next 6 Tuesdays and Thursdays. January 10, 12, 17, 19, 24 and 26. The practice schedule for the individual groups is listed on the website.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>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>
<p>Happy Birthday</p> <p>CUDA January Birthdays</p>	<p>Annemarie Abeyta Olivia Aldridge Stella Ashfield-Salter Luke Thompson Nikolaj DeNiro Maxwell Kulbida Morgan Lowrey Rachel Vigil</p>
<p>Volunteer Policy</p>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2011 Season is bringing about many opportunities for you to volunteer and to help us host some exciting meets, please check out the website to sign up early!</p> <p>Volunteer Requirements: 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers) <i>All hours must be completed by the end of the season, otherwise your swimmer's account will be charged \$20/hour for hours not completed.</i></p> <p>Reporting & Tracking of Volunteer Hours: To simplify the recording of hours volunteered: you will sign up online for events, check in at the event, your hours are then verified and confirmed by the volunteer coordinator, and lastly your hours will be updated to your online account so you can view your hour's completed and/or outstanding balance. 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. 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</p> <p>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!!</p>
<p>Team Communications</p>	<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 posted on the website. We also send out updates via email so make sure your information is up-to-date!</p> <p>Web site: www.teamCUDAs.com.</p>

Earn Cash Back with Scrip

The Cuda's have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

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!!

Other easy opportunities to meet your fundraising goal:

Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

- ⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!
- ⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the Cuda website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the "advertise here" button on the bottom left side of the Cuda's home page.