



FRONT RANGE BARRACUDA SWIM CLUB



January 2014

Message from the President

Sean Feran

We hope everyone had a great Christmas break and are now ready to get back into swim mode. This month brings the Cuda Classic and our Mad Cap team building fun night.

We will need lots of help with the Classic, so please make sure to sign up for whatever jobs you can help out with. Parents will also have a chance to fulfill their service hours at the State Meet in March, but we can always use the help when you can.

The Mad Cap event on January 23rd will be a blast. With it being first come, first served, we suggest that you sign up as soon as possible as we expect this to sell out fast. There will be lots of laughs and fun for all. This is an event not to miss!

As always, if you have any ideas on how we can improve the team or concerns that need to be addressed, please let me know. We are a parent-run team and welcome any parents that would like to help.

Thank you,

[Sean Feran](#)
President FRBSC

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; this year is the first time we've ever hosted the 14 & Under state meet in early March... We want to put on a show for the rest of the teams in Colorado and impress them with how well the meet is run. Our primary need for volunteers at the state meet will come during finals as we plan on providing all finals timers for Friday, Saturday and Sunday. Please look for those sign-ups to be posted in mid-January. You'll have a front row seat to state championships swims (hopefully some of those swimmers are wearing Cuda caps!)

[Coach Andrew Brand](#)

Article of the Month

[Balancing Academics and Athletics](#)

Colorado All-Stars

Congratulations to **Kaylee Wu, Payten Irwin, Sidney Trimm & Connor Hassert** who have been selected to represent Colorado in Lawrence, KS for the 30th Annual Midwest All-Star Age Group Invitational the second weekend in January!

Team Records

New Team Records

Congratulations to our CUDA swimmers who recently broke team records!

Girls 11-12 FR 1:49:00

Shannon Feran
Marissa Payne
Sophia Romero
Payten Irwin

Boys 11-12 FR 1:50.98

Sam Shauf
Logan Sainsbury
Sam Hahn
Noah Shauf

10 and Under Boys 100 Back 1:10.89

Connor Hassert

11-12 Boys 100 Fly 1:03.95

Noah Shauf

BCC Swimmers of the Month

Red Group

Madeline Gregory- Maddie has shown huge improvements in her strokes, technique and focus. She makes just about every single practice every week. Maddie is happy to lead her lane or move to the back depending on what her focus is for her practice, she is at practice to improve and help her teammates. You can always find Maddie at practice early with a smile ready to go.

News from BCC

Coach Amy



Tegan Barrier- Tegan is new to the team this year and has made great strides in his swimming. At every practice Tegan attends you can see that he is focused and his desire to want to improve. He attends all the team swim meets and at every meet you will find him near the pool cheering on his teammates, no matter their age or group he is cheering is heart out. Tegan is swimming for the joy of it and also for the team every race he does for himself and to earn points for his TEAM! He is a true team player.

Silver Group

Emma Kulbida- Emma is a quiet, yet strong swimmer and teammate. She leads her team through example and determination. Emma is at practice fine tuning her strokes, turns and learning how to pace herself for the distance events she loves to sign up for. She is a swimmer I am consistently impressed by with the events she chooses to sign up for, they are challenging, long and usually out of her comfort zone but she steps up the block calm and confident.

John Lui- John brings humor, life and energy to the team. He may be able to bring his teammates to laughter, but he knows when to focus and to work hard. When the set requires focus and for John to set up, he does and accomplishes the set with strong technique and a smile.

Mark your Calendar



DATE	EVENT
January 6th	Sign-up deadline for Cuda Classic at teamcudas.com
January 7th	Sign-up begins for MadCap Night out – First come, First served!
January 13	CUDA Board Meeting at VMAC – 7:15pm
January 17-19	CUDA Classic at VMAC
January 20	CUDA MadCap Theatre Sign Up Deadline
January 23	CUDA MadCap Theatre Night Out

**** 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.**

Officials Corner

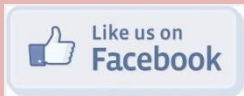
Richard Wilson

While we don't have any scheduled officials training clinics coming up, if there are at least three parents interested, we can put one together as necessary.

Please contact Richard Wilson at richnwilson@gmail.com if you're interested in attending a clinic or learning more about officiating with the CUDAs.

[Richard Wilson](#)
Officials Coordinator

'Like' us on Facebook



Did you know we are on Facebook? Please 'Like' our page and share it with your friends!! We have had many suggestions to add an Instagram page so our younger swimmers can post and share. Keep your eyes peeled for this development. If you'd like to help with the Cuda Social Media initiative, please contact [Nikki Gast](#).

[Front Range Barracuda Facebook Page](#)

Add SMS Cell Number to CUDA Account

Please take a moment to add your cell phone number (or numbers) to your Cuda account. Our intention is to send mass SMS text messages to communicate information we need to get out urgently. We will continue to utilize email for all information, but would like to start using the SMS tool in cases where we need to get information out quickly (such as pool closures, last minute schedule changes, etc). To do this, we need to have the majority of our accounts opt-in with verified SMS Phone Numbers. Please follow these instructions to get your account up-to-date. Thank you!!

[Adding SMS Number to CUDA Account](#)

If you have any issues or questions, please contact [Nikki Gast](#) and she'll be happy to help you through adding your number.

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 13th, from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

**January Team
Holiday
Get-Together**

Calling ALL CUDAS! Save the date for **Thursday, January 23rd at 6 PM** for a night of fun and laughter at the MadCap Theater in Westminster! (There will be no swim practice this evening.) The Theater is located at 10679 Westminster Boulevard in the Westminster Promenade Center. Since the swim schedule for our VMAC groups is extremely busy this December, we have elected to do this fun holiday event in January.

Here is a link for more information about MadCap and the shows they perform: [MadCap](#). They have a "clean performance" policy and know the CUDAS will be the only group in attendance this evening. The doors open at 6 PM. The show starts promptly at 6:30 PM and will end around 8 PM. If you are dropping off your swimmer for the show, please be sure to arrive a little **before** 8 PM for pick-up, so we can clear out quickly, as this is a school night for most of our swimmers. The cost will vary depending on how many people sign up. If we sell up to 85 tickets, the price will be \$25 per person, 86-115 will be \$20 per person and 116-149 will be \$15 per person. Your swimmer account will be charged once we have a final head count in January.

Cuda Coaches will be present at the show, but will not be responsible for watching children. Please keep this in mind when you sign up.

Since this event is limited to 149 participants, we are taking reservations on a first come, first served basis. **Sign-ups will begin on Tuesday, January 7th.** No outside food or beverages are allowed. While food is available to purchase, it might be beneficial to have dinner before attending the show. For more information please visit the [MadCap Theatre Night Out Event Page](#) or If you have any questions, please contact the Events Committee at events@teamcudas.com.

**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.

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

Teri Romero

[ShopWithScrip Program](#)

Have you signed up for the [ShopwithScrip](#) program?

Swim families are able to order 1000's of types of gift cards and ScripNow® eCards., including our current King Sooper's scrip cards and Old Chicago Pizza Palz in this program.

With scrip fundraising, families can easily earn their \$50 fundraising commitment while they shop. Simply use scrip gift cards for everyday purchases, and earn a rebate on each one at no additional cost.

It is easy to register

1. Create your free ShopWithScrip account in just a few easy steps. Go to www.shopwithscrip.com and click on Enroll or [click here](#) to sign up!

Our enrollment code is: **89A6D31B14921**.

SWS Coordinator: **Lisa Abeyta**


SWS Coordinator Email: scripsales@teamcudas.com

2. Once you are enrolled, Sign up for Presto Pay. We will not be accepting checks for this program.

3. Receive confirmation that your presto has been set up and confirmed. **You will receive a 4 digit code, which must be sent to the coordinator to finalize your enrollment.**



Fundraising

	<p>Now, you are ready to SHOP!</p> <p>All purchases will be made directly through the ShopWithScrip website. Twice a month on the 1st and 15th, we will gather all the orders from processing. Your card(s) will be delivered to one of our coordinators who will make arrangements with you delivery your scrip.</p> <p>You will be able to track all your purchase and your swimmer accounts will be credited at the end of the season any credits that are due.</p> <p>Any questions regard ShopWithScrip please send an email the Scripsales@teamcudas.com</p> <p>To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website. Fundraising Policy</p>
<p>Pajama Pants Fundraiser</p>	<p>Pajama Pants Order Deadline has passed.</p> <p>For those who may have missed out, we will be ordering a small quantity of extras that will be available on a first come first serve basis. For those who ordered, we will notify you when your orders are in.</p> <p>Our goal is to distribute the PJ pants at our upcoming CUDA Classic Meet.</p> <p>Thanks so much for your support.....You are going to look GREAT !</p>
<p>CUDA Birthdays</p> 	<p>Annemarie Abeyta Hanna Adams Morgan Algrim Chase Blanchette Kalani Gilman Tanor Hansen Ciara Hynes Payten Irwin Maxwell Kulbida Bryce Li Gabrielle Miyasaki Miles Newsham Kyle Raskay Benjamin Sandow Alexander Scholpp Ava Skinner Abigail Taugner Kara Thomas Luke Thompson Isabella Walters Kylie White Michael Zhu</p>
<p>Service Hour Policy</p>	<p>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</p> <p>Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com</p>