

FRONT RANGE BARRACUDAS SWIM CLUB



January 2015

Message from the President

Looking back and looking forward - it is that time of the year for sure, isn't it? Looking back, 2014 has proven itself as one of the banner years for the CUDAS... fast swimming, great friendships, and dedicated parents, board, and coaching staff! I am so excited to see what 2015 will bring to us!

So far, our January schedule is packed and ready to go:

- * Sectionals Championships Meeting
- * Top Age Group CUDAS representing in the Colorado All Star Team
- * Board Meeting
- * CUDA Classic
- * Holiday Skate Party
- * BCC Pizza Meet
- * College Education Night
- * Winter Warmer

As kids train daily, we as parents also need to be on the lookout for how we can make things even better... Again - we take all suggestions, so please contact us and let us know of any feedback. Thank you for your continued support and dedication in 2014 and let's look forward together in 2015!

My best always,

[Vilma Hassert](#)
Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
January 16th	Sign-up deadline Peak Warmer @ Teamcudas.com
January 16- 18th	Cuda Classic @ VMAC
January 21st	Sign-up deadline January Pizza Meet @ Teamcudas.com
January 23rd	January Pizza Meet @ BCC
January 28th	Cuda Education night @ VMAC
January 31st	Peak Warmer @ Colorado College

**** 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.**

Board Meetings

All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. Board meetings are held every second Monday of the month; next meeting is scheduled on **Monday, January 12th from 7:00 pm to 9pm at VMAC**. We look forward to seeing everyone then!

Coaches Corner

Head Coach Andrew



Our response to filling service hour slots this season has been very impressive. I appreciate the quick response we've had to almost all of our events. Perhaps the biggest piece to having a home meet run smoothly is the volunteer base we have, and that's why our meets have rocked! Thank you for all who have helped in some capacity so far this short course season. Even though it seems like the season is flying by and almost over- we still have our two largest events yet to come and we want to ensure those are properly staffed. Cuda Classic slots are for the most part full. As I'm typing this, there are a couple of miscellaneous slots available, but for the most part we are good-to-go! Colorado 14 & Under State meet is our grand finale to the season. That's our chance to show off to the rest of the state. As of now, there are still about 35 slots available for this meet. Which, to be honest, is very impressive knowing that the meet is still about nine weeks away, if you have yet to meet your entire service hour obligation and have not signed up yet, please consider doing so. If you have any questions about Cuda Classic, State or any other events we have as the short course season finishes, please let me know. Thanks!

[Coach Andrew Brand](#)

News from BCC

Coach Amy



Congratulations to the following BCC Swimmers of the Month:

Swimmer of the Month:

Red:

Yada Jaraschartkraew- Yada has been working very hard, attending as many practices as possible. With her increased practice time, her confidence has improved and she challenges herself at our meets picking some of the hardest events possible. Yada never becomes discouraged as she works past her mistakes, learns from them and improves upon them.

Brady Randall- Brady has improved tremendously! Brady comes to practice eager to improve upon his technique. He is a wonderful teammate and leader for the Red group, demonstrating a positive and strong work ethic.

Silver:

Makenna Reiner- Makenna is one of the most positive and cheerful swimmers on the team. Makenna comes to practice no matter what. If she is tired she pushes through, and is always focusing her absolute best on improving her strokes.

Nathan Kral- Nathan has got a million and one things going on outside of the pool; his famous quote is "Guess what I did today?" With that being said he attends a high majority of practice without fail. Nathan has his competitive and practice goals and will do whatever he has to, to reach them.



A big congratulations to the Cuda's that will be representing Colorado on the 2015 All-Star Team! Those swimmers are:

- Kyle Raskay
- Payten Irwin
- Harrison Lierz
- Sydney Bales (alternate)
- Casey Hamilton (alternate)

The Midwest All-Star Championships will be competing in Elkhorn, Nebraska January 10th and 11th. Swim fast!

CUDA Birthdays



January Birthdays

Payten	Irwin
Maxwell	Kulbida
Bryce	Li
Caden	Mahonchak
Ava	Murray-Swank
Kyle	Raskay
Julia	Raskay
Valerie	Rehn
Hanna	Stovall
Abigail	Taugner
Isabella	Walters
Kylie	White
Taylor	Wrabetz
Michael	Zhu

Events



Our Cuda Holiday party at Skate City is quickly approaching on January 19, 2015. There's no practice that night so no excuses to miss out on the FUN to be HAD!!! If you haven't signed up yet please do so online. We would like to get a count on how many people will be there so when registering please note any additional skaters that will be accompanying you. Parents and friends welcome, the more the merrier, but do so by January 16th so we can plan accordingly.

This is also a fundraiser for the team, so we need a minimum of 50 skaters to make it worth our while. The cost is \$6.50 per person and you pay at the door. The entrance price includes the rental of the skates and it will only be the CUDAS and any of their friends. There will be races, competition, prizes and snacks ~ it's a great way for the swimmers to get together and hang out outside of the pool, as well as for the families to mingle or join us on the rink! Let's see if we can get equal representation from both BCC and VMAC swimmers.....it's a challenge!!!!

If you have any questions please feel free to contact Sheila Moody, fundraising@teamcudas.com or Nancy Adams Stovall, events@teamcudas.com. We hope to see everyone there!!!

Skate City January 19, 6-8 pm

200 W 121st Ave, Westminster

Article of the Month

[Why Should You Volunteer to Help with the Swim Team?](#)

Officials Corner

Richard Wilson



A big thanks to all the CUDA officials and timers that worked at the CUDA/FST Dual meet in December and helped make it such a success. Your commitment is very much appreciated.

It's very exciting to see the CUDA official trainees spending time shadowing on deck.

Remember, becoming an active CUDA official has the following benefits:

- No fundraising commitments
- No service hour requirements
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

If you're Interested in finding out more information, please contact 'Richard Wilson | richnwilson@gmail.com.

New Team and State Records

New Team Records:

11-12 Boys 200 Medley Relay

Harrison Lierz
Owen Wilson
Connor Hassert
Ethan Pace

11-12 Boys 50 Free

Harrison Lierz

11-12 Boys 100 Free

Harrison Lierz

11-12 Boys 200 Free

Harrison Lierz

11-12 Boys 500 Free

Harrison Lierz

11-12 Boys 1650 Free

Harrison Lierz

11-12 Boys 50 Fly

Harrison Lierz

11-12 Boys 100 Fly

Harrison Lierz

11-12 Boys 200 Fly

Harrison Lierz

11-12 Boys 50 Back

Harrison Lierz

11-12 100 Back

Harrison Lierz

11-12 Boys 200 Back

Harrison Lierz

11-12 Boys 100 IM

Harrison Lierz

11-12 Boys 200 IM

Harrison Lierz

11-12 Boys 400 IM

Harrison Lierz

11-12 Girls 100 Fly

Payten Irwin

New State Record:

11-12 Boys 200 Back

Harrison Lierz with a time of 2:02.11