

FRONT RANGE BARRACUDAS SWIM CLUB



January 2016

Message from the President



Hello CUDA families ~

Happy New Year and welcome to our first newsletter of 2016. Hope your new year is off to a great start so far... I am sure your athletes are rejuvenated and ready to rock it!

We are now half way through January, what is one thing you have done differently to make 2016 better than last year? Remember - we all have blank pages to write on - what's your story going to be?

With that - I would like to leave you with an article of resolutions... I found the suggestions useful as a parent; I hope you do as well.

<https://swimswam.com/21-new-years-resolutions-for-swim-parents/>

Cheers for all the best in 2016!

My best always,
[Vilma Hassert](#)
 Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
January 25th	Deadline for Cuda – FAC Dual in the Pool @ Teamcudas.com
January 27th	Deadline for January Pizza meet @ Teamcudas.com
January 29th	January Pizza meet @ BCC
January 30th	Cuda v. FAC Dual in the Pool @ VAMC

**** 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. The next meeting is scheduled on Monday, Feb 8, 2016 from 7:00 pm to 9:00 pm at the VAMC. We look forward to seeing everyone then!

Article of the Month

[Ageing Up](#)

Coaches Corner

Head Coach Andrew



Head Coach

Our response to filling service hour slots this season that been very impressive. I appreciate the quick response we've had to almost all of our events. 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 largest event yet to come and we want to ensure those are properly staffed. I appreciate all of you that helped with the Cuda Classic this past weekend. Colorado 14 & Under State is our major annual showcase to the state. Those jobs will be up this month, please keep an eye out. Sandwiched in between the Cuda Classic and State is a small dual meet and a pizza meet, which will also have slots. If you have any questions about State or any other events we have as the short course season finishes, please let me know. Thanks!

Thanks and go Cudas!

[Coach Andrew Brand](#)

News from BCC

Coach Amy



BCC Swimmer of the Month **Red Group:**

Harrie Ha- Harrie has been working so hard in red group, her technique has vastly improved over the past months. It has been fun to see her improvement and increased involvement in the swim meets.

Isaiah Tu- Isaiah is such a positive and happy addition to the red group. He always puts in 100% effort for every 25 we swim and then knows when it is okay to have fun with the other swimmers in his lane.

Silver:

Marissa Inouye- Marissa has been working so hard to improve her strokes and has been working on the most basic parts of her strokes down to the kick. Marissa remains positive and works so hard to reach her goals without becoming discouraged.

Mason Wangerin- Mason comes to practice with incredible focus and excitement to work and improve. With his drive he has seen improvement in his technique, speed and endurance.

Mental Performance Coach Gail



Happy 2016 to all the Cuda swimmers and families. I hope this year brings you an abundance of personal bests!

BE RESILIENT!

There are numerous qualities an athlete must have in order to be successful. The list is long and it's impossible to prioritize the most important characteristics, as each has its place in various situations. But one trait I would definitely place at the top of the list is resiliency- the ability to recover effectively from setbacks. Successful athletes must be able to repeatedly bounce back from mistakes, falls, failures, losses, injury, illness, criticism and media scrutiny. The most accomplished athletes in any sport aren't the ones who never encounter adversity. Instead, they're the ones who are able to consistently recover from misfortune. How quickly and successfully they choose to rebound from these challenges is what separates the "also-rans" from the champions.

As a swimmer it's necessary to learn to let go of a disappointing race and regroup for the next one. Replaying a poor race in your mind causes tension in your muscles and creates a considerable decrease in your focus. With tight muscles and less than 100% focus, chances are good you'll continue to swim less than your best. It's important to evaluate, make peace with, and move on as quickly as possible. One of the best strategies is to devise a recovery/refocusing routine. Create a plan ahead of time when you're calm and clear headed. Combine whatever mental skills work best for you. Make it a habit to execute this recovery plan consistently.

Being resilient is much easier said than done. But try...and keep trying. Commit wholeheartedly to being an athlete who doesn't just bounce back, but bounces back higher, stronger, fitter, faster, smarter, fiercer, and more competitive!

Officials Corner

Richard Wilson



A special thanks to all the CUDA officials and timers/volunteers that worked at the CUDA v. Foothills dual meet in December and the CUDA Classic this weekend- your time and commitment is very much appreciated.

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

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

We currently have a couple of parents interested in attending an officials clinic, but we'd need a few more to warrant setting one up at a CUDA location.

If you're Interested in finding out more information or attending a clinic, please contact 'Richard Wilson | richnwilson@gmail.com ,or watch the following video - <https://goo.gl/tpzdWE>

* We'll pay for background check, registration fee and custom officials shirt.

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

CUDA Birthdays November



January Birthdays

Caroline	Andrews
Declan	Carpenter
Hayden	Dickinson
Emma	Englert
Alexis	Farquhar
Daniel	Ha
Payten	Irwin
Daric	Khamvongsa
Maxwell	Kulbida
Bryce	Li
Caden	Mahonchak
Julia	Raskay
Kyle	Raskay
Hanna	Stovall
Abigail	Taugner
Isabella	Walters
Kylie	White
Taylor	Wrabetz



Congratulations to the following Cuda Swimmers named to the 2016 Colorado All-Star Age Group Team!

Edie Simecek
Abby Taugner
Shannon Feran
Max Kulbida
Tegan Barrier
Connor Hassert
Harrison Lierz