



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

July 2011

Message from the Board

**Kennedy Walsh,
President**

Hello Cuda Families,

This has been a wonderful year for the Cuda's! Our athletes, parent's, coaches, and board have made great strides in the growth of the team as a whole. The board is continually planning and implementing ways to make the team run more efficiently while maintaining a positive and fun atmosphere for all involved. We would greatly appreciate ideas and assistance in four particular areas for the coming year: advertising, hospitality, fundraising, and event planning.

Advertising: One of our goals for the coming year is to cover heat sheet printing costs for our home meets thru heat sheet advertisements. We need assistance generating contacts and collecting ads for the five five-session meets we will host this year. We think this is a good position for our next at-large board member. Please contact Kennedy Walsh at your earliest opportunity if you are interested in this position.

Hospitality: At all home meets, we are to provide meals, beverages, and snacks for all of the coaches and officials. For a typical meet, we feed approximately 50 – 75 individuals over three days / five sessions. Historically, we have provided dinner on Friday night, breakfast, and lunch for Saturday and Sunday. Amber Beaudry has done a wonderful job organizing hospitality for the team. With the number of meets we have added to our calendar for the coming year, we would like to have local businesses donate meals in exchange for advertising to lower our costs. If you would like to help gather meal sponsors, please contact our volunteer coordinator, Jamie Feran or myself. If you have ideas for potential sponsors please email me directly with their contact information and I will compile a list.

Fundraising: For any not-for-profit team, fundraising is vitally important to help keep costs down and purchase new equipment for the team. We have had a productive year raising funds for our team with fantastic Swim-A-Thon, Chili-Cook Off, Quidoba night, Jamba Juice, and apparel order participation. There is also a Noodles & Co night coming up July 21 that you won't want to miss. We need people to help us organize these events and generate fresh ideas. If you would like to oversee all of the fundraising or simply assist with a specific event, please let us know.

Event Planning: Events are an important social aspect for the team. They allow parents and athletes the opportunity to get to know each other better and solidify the two age groups at BCC and VMAC as one TEAM. This year many of you have suggested we host more social events such as holiday parties and cost efficient all-ages events like bowling and skating. I know everyone enjoys Jump Street and Water World, even when it rains! What other fun events would you like to see our team participate in? If you like to have fun and can plan a child's birthday party, you can help us plan events! *Don't forget to mark your calendar for Broomfield Days on September 17. We will all walk in the parade and throw out candy. If the team is interested in putting together a parade float: we will need a coordinator, flatbed trailer, a large garage space to put everything together, and lots of creative support.*

Board Position: There is an at-large board position opening to oversee advertising at the start of short course as Scott Painter has fulfilled his term. The board would like to thank Scott for his dedication to the team. Please contact Kennedy Walsh if you are interested in this position.

I invite all of you to share your thoughts on how we all can make our team even better in the coming year. Whether you would like to take on an entire job or play a supporting role with an event, we need you to make our events a success. Enjoy the remainder of your summer. I look forward to seeing everyone in September refreshed and energized for our best Cuda year yet!

Kindly,
Kennedy Walsh
F.R.B.S.C. President

<p>Coaches Corner Head Coach Andrew</p>	<p>In June Cudas took 32 swimmers to our summer travel meet in Grand Junction. The number of swimmers we took this year was more than our last two summer travel meets combined! Out of more than 20 teams participating in the meet the Cudas were second in the point total, trailing only a Loveland team that had 3 times as many swimmers in the meet.</p> <p>As a team, we spent the Thursday before the meet racing go-carts at a team dinner (it was a blast), and the rest of the weekend we spent racing fast in the pool; swimming as a team, what was definitely our fastest meet of the season so far-by far! We will announce where our 2012 travel meet is in November. Please look for that announcement and plan on attending the meet next summer. Hopefully next year, we can double the amount of participants once again!</p>
<p>News from BCC Coach Jonathan</p>	<p>July Swimmers of the Month</p> <p>Red Group</p> <p>Girl- Katrina Cardoso I see a very bright future for Katrina in swimming. Katrina works very hard, as evident with her rosy red cheeks at swim practice and the great progress she has made in all strokes. Katrina is always very enjoyable to coach because she does a great job with listening to her coaches and performing in the water. Katrina you truly deserve swimmer of the month honors for all your hard work and success this season. Keep it up Katrina!!!!!!!!!!</p> <p>Boy- Michael Troung Michael has emerged as a great leader and hard worker for Red Group. Michael is always listening carefully at swim practice and is always one of the hardest workers in the pool. Michael is truly a great example of dedication and focus paying off. For his dedication to swimming and success in the pool, Michael truly deserves swimmer of the Month. Keep working hard Michael!!!!!!!!!!</p> <p>Silver Group</p> <p>Girl- Gretta Barrington Gretta has truly emerged as a charismatic leader for Silver. Silver groupers seem to naturally follow Gretta because Gretta carries herself with such confidence and determination. A part of Silver groups success has come from Gretta's example and leadership and for that I am very thankful. Also, for crushing her previous best times this season Gretta has really shown how hard work leads to success. Keep on being you Gretta!!!!!!!!!!!!!!!!!!</p> <p>Boy- Kevin Wu I'm happy every time I see Kevin at swim practice because every day I see his technique getting better!!!!!!!!!! Kevin has shown great improvement this season by demonstrating considerable focus at practice. Every time I give Kevin some technical coaching he always makes the adjustment I'm looking for. Kevin's willingness to get better accompanied with his hard work ethic and his love for swimming are the reasons why Kevin has improved so much this season. Kevin, you're awesome, keep it up!!!!</p> <p>Thanks for all your hard work! Coach Jonathan</p>
<p>Notes from Coach Tom</p>	<p>As the summer season begins to come to a close we find some of athletes beginning to rev up, while July usually means others are winding down. Whatever the situation may be the coaches would like to strongly encourage strong attendance throughout the end of the month. Athletes can take advantage of the last little bit of time to improve for the fall season. It always becomes much more obvious of who put in great effort in the summer when we start back up in the fall. Seize the opportunity!</p> <p>Not only does the rest of the summer season provide opportunities for improvement, it also offers the team numerous fun events. We have our second team night out Dinner at Noodles to celebrate and prepare for the Northern Colorado Districts on the 21st, and then the end of the season culminates with our annual end of the season party at the Bay on August 8th. Please check to EVENTS page for more info, and to see what you have been assigned for the Potluck style meal for the Bay party. Keep up the great work kids, and thanks for the continued support from all of our CUDA families!</p>

Mark your Calendar	DATE	EVENT
	July 9	CUDA-FAST-DSA meet @ Epic
	July 11	Monthly Board Meeting @ Bruner House
	July 12	Northern Colorado Sign-up deadline
	July 12	8 & under Northern Colorado Championships Sign-up deadline
	July 17	Entry deadline CSI State Championships
	July 20	July Pizza Meet sign-up deadline
	July 21	Pre-Northern Colorado Champs Noodles dinner @ 287 & Miramonte
	July 22	July Pizza Meet
	July 23-24	Northern Colorado Champs @ VMAC
	July 28	Last practice @ VMAC
	July 29	Last practice @ BCC
	July 29-31	CSI State Championships
	August 8	Post Season party @ The Bay @ 6pm
August 20	Short Course online registration opens	
September 17	Broomfield Days Parade, Time TBA	
Practice Schedule BCC Swimmers: 280 Lamar Street Broomfield VMAC Swimmers: 136th Ave & Holly St. Thornton	The Summer Schedule will be ending on July 28th for VMAC swimmers & July 29th for BCC swimmers. Please look at the website, under the Schedule tab to see the summer swimming schedule for your swimmer.	
	Developmental: Monday/Wednesday Tuesday/Thursday Friday	
	Red: Monday/Wednesday Tuesday/Thursday Friday	BCC Summer schedule is posted on the website under Schedule.
	Silver: Monday/Wednesday Tuesday/Thursday	
	White: Monday – Saturday	
	Black: Monday - Saturday	VMAC schedule is posted on the website under Schedule.
Senior: Monday - Saturday		
Elite: Monday – Saturday		
	Practice schedule for our fall season, which begins September 6 for both pools, will posted on the website soon, as well as be published in the August and September newsletters.	

<p>End of Season Party The Bay</p>	<p>On Monday, August 8th at 6pm the CUDAs will be celebrating the end of another fantastic season. Please RSVP on the Events page if you plan on attending! There is no cost to attend, but please view the potluck list by group below to bring a dish to share. Please email Coach Tom with any questions: coachtom@teamcudas.com</p> <p style="text-align: center;">Developmental/Red: Appetizers/Salads</p> <p style="text-align: center;">White/Silver: Entrees</p> <p style="text-align: center;">Black/Senior: Desserts</p> <p style="text-align: center;">Elite: Drinks</p> <p>Don't forget to RSVP on the EVENTS page!!</p>
<p>Notes from the CUDAs Treasurer</p>	<p>PLEASE NOTE: As of March 1st, 2011 our billing system will no longer be generating invoices on the 21st of the month. You have access to your balance on the "Invoices & Payments" in your account. This will show you any reoccurring dues, as well as any other charges that have occurred in the current month.</p> <p>Important Billing Notice: Please be advised that due to an error in our billing system, none of the July dues were charged to your account. The funds drafted were for your non re-occurring charges only. We have corrected the error, however your fees will not be drafted until August 1st. We apologize for the error and any inconvenience it may cause.</p> <p>Fundraising Credits have been applied: Please review your account, as your credit for fundraising has been applied to your account. Account with a credit balance will carry over and be used toward future billings.</p> <p>Volunteer Hours: Charges for unfulfilled volunteer hours will post to your account at the end to the month. It is not too late to volunteer. Please contact our Volunteer coordinator Jamie Feran at volunteer@teamcudas.com</p> <p>As a reminder our Volunteer Program Fee Payment program is as follows: For those families who are unable to commit to the LC Season volunteer hours, we will be requiring a (tax deductible) contribution of a \$20 per hour fee for hours not completed.(\$160.00 for BCC /\$240.00 for VMAC) If by July 15th 2011 (we will extend to the 24th this year to allow for some of you to earn extra hours) Those who have not fulfilled your families' volunteer hours you will a charge on your account for your August billing.</p> <p>As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at cudamanager@teamcudas.com</p>
<p>WELCOME! New & Returning Swimmers</p>	<p>We would like to extend a warm welcome to our new swimmers for the month of June.</p> <p>Paisley Williamson Indigo Armon Hadley Turner</p>

July Board Meeting	<p>Board meetings are typically scheduled for the second Monday of each month, from 7:15 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings.</p> <p>Our next meeting will be held on Monday, July 11th from 7:15 pm-9:00 pm at the Bruner House—640 Main Street, Broomfield.</p> <p>Hope to see you there!!</p>
Volunteer Policy	<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:</p> <ul style="list-style-type: none"> • 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) • 12 hours per Season—White, Black, Senior, Elite (VMAC Swimmers) <p><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.</p> <p>Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@gmail.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>
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><i>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</i></p>