

July 2015

CUDA Families -

Hope you are enjoying your summer so far. I can't believe July is already here; time is moving way too fast for me, that's for sure! Long Course Championship Meets are just right around the corner...

Message from the President

Like myself, many of you are probably anxious to see what best times your kids are capable of accomplishing this season. I have had the privilege of chatting with some of you, with regards to your athletes finishing strong; I, too, do lose sleep about my kid's times:)

I hope you don't mind me suggesting below article from USA Swimming, http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1729&mid=9576&ItemId=5256.

I found this article very helpful and a great reminder of what's important, from an athlete's perspective. I hope you take it to heart and trust that your athletes are ready and trained - they just need us to be supportive swim parents!

As always, should you have any questions about any of the upcoming meets, your Coaches are here to help. Looking forward to a great and strong long course finish - Go CUDAS!

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

Mark your Calendar



EVENT
Northern Colorado 8 & Under Sig-up deadline @ teamcudas.com
Northern Colorado Districts @ VMAC
Long Course State Sign-up Deadline @ teamcudas.com
Northern Colorado 8 & Under Champs @ Brighton High School
Long Course State @ Air Force Academy
End of Season Party @ The Bay/ BCC
Senior Zones @ Clovis, CA

** 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, July 13, 2015 from 7:00 pm to 9:00 pm at the Brunner Farm House in Broomfield. We look forward to seeing everyone then!

Coaches Corner This past month Cudas gathered in the park to celebrate our team record Swim-A-Thon haul! Annually Swim-A-Thon is one of our most important 'dry-side' Cuda events for many, many reasons. While it presents us with opportunities to challenge swimmers with the Swim-A-Thon itself, or give us an excuse to together in the park for team building and Head Coach Andrew grilling; most importantly it helps keep our annual budget looking healthy. Paying rent for pool space at two pools, for multiple practices a day does not come cheap. Swim-A-Thon proceeds help us out here. We also have to be forward thinking when it comes to out of state travel. With the number of athletes Cuda has qualifying for Zones, Senior Zones, Sectionals, Futures, Junior Nationals, etc... continuing to increase; we want to ensure that we can send members of our coaching staff with our athletes to these prestigious regional and national competitions. Swim-A-Thon proceeds help us out here. Cudas will continue to add to our inventory of training tools that promote swimming and dryland success. You guessed it... Swim-A-thon proceeds help us out here too. We also want to make a tradition of bringing in a skilled athlete and speaker every fall. We were able to invite and pay for Olympic medalist Caitlyn Leverenz last fall, and because we met our goal this year, we can afford to do the same thing again in fall of '15. The above is not a comprehensive list, but it should give you a good idea regarding what we are raising money for. Thank you one more time for helping make our 2015 Swim-A-Thon a historically successful one! Coach Andrew Brand **CUDA Birthdays** July Birthdays Indigo Armon Aiden Bishop Elizabeth Bouchard-Miller Zachary Brown Kandice Chandra Vincent Dattilo Shannon Feran Casey Hamilton Jeffery Li Nathan McCracken Ishita Mehta Caitlin Panicker Sophia Romero Malia Steel Madelyn Szabo Sidney Trimm Isaiah Tu Samuel White Kaylee Wu Article of the Month **Thoughts on Age Group Development**

Congratulations to the following BCC Swimmers of the Month:

News from BCC

Coach Amy



Red:

Ellie Foulke- Ellie has done a fantastic of focusing on improving her technique and endurance for all of her strokes. Ellie loves to be challenged and looks for opportunities to overcome a challenge- meets, tootsie roll Tuesday, etc.

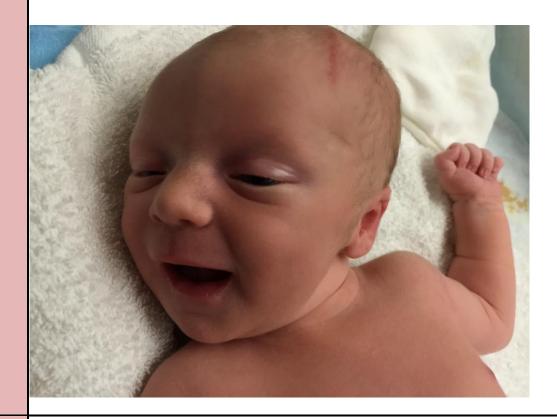
Jackson Lee- Jackson is a very enthusiastic swimmer. He loves to compete, swim fast and hang out with his teammates. Jackson's enthusiasm is contagious to his teammates.

Silver:

Maddie Gregory- Maddie is one of the hardest working and dedicated swimmers in Silver group. Her development as a swimmer is the product of her consistent hard work, positive attitude and willingness to work to overcome challenges.

Jude Walters - Jude is always ready for practice and to have a good time. This past month we have seen his focus improve which has resulted in improved technique, and faster competition times.

Congratulations Coach Amy on the healthy birth of Lucie Mac Scott born a 9:21 AM July 3rd. She weighed 6 lb and11 oz and was 21 inches at birth!



Officials Corner

Richard Wilson



A short video explaining why you might want to become a USA swimming official and the steps involved in getting there!

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



New Team Records:

10 and Under Boys

50 Breaststroke Max Kulbida 100 Breaststroke Max Kulbida

11-12 Boys

200 Breaststroke Owen Wilson