

# FRONT RANGE BARRACUDAS SWIM CLUB



July 2015

## Message from the President

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...

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

## Mark your Calendar



DATE	EVENT
July 8	Northern Colorado 8 & Under Sig-up deadline @ teamcudas.com
July 11-12	Northern Colorado Districts @ VMAC
July 14	Long Course State Sign-up Deadline @ teamcudas.com
July 18	Northern Colorado 8 & Under Champs @ Brighton High School
July 23-26	Long Course State @ Air Force Academy
July 27	End of Season Party @ The Bay/ BCC
July 29-August 2	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

### Head Coach Andrew



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 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](#)

## News from BCC

### Coach Amy



### Congratulations to the following BCC Swimmers of the Month:

#### 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 3<sup>rd</sup>. She weighed 6 lb and 11 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 | [richwilson@gmail.com](mailto:richwilson@gmail.com)



**New Team Records:**

**10 and Under Boys**

50 Breaststroke Max Kulbida  
100 Breaststroke Max Kulbida

**11-12 Boys**

200 Breaststroke Owen Wilson