



July 2016

Message from the President



Hello CUDA families ~

We are days away from our athletes' biggest meets: 8&U Champs, State, Senior Zones, and Age Group Zones. Congratulations to everyone for qualifying!

A few thoughts I would like to share as we get ready for these big events:

- Remind your athletes the importance of going into each of their races with a champion's mindset. Mind over matter always wins!

I wanted to share with you a conversation I had with one of our 8&U athletes; I asked her if she was going to bring home the title and she said she didn't know, but she promised me she'd try her best and keep focused. Well, literally, I just heard back from the family a few minutes ago, she did it; Karlie is the 2016 8&U champ! Congratulations to the Chandras!

- Keep our CUDA team spirit high. Let's show the rest of Colorado that we, as CUDAS, know how to support each other and win with spirit!
- Support our coaches. Please note that this will be the busiest time for the coaches. Let's all keep them in mind through these days. Know that they will be putting in the longest days ever, (sometimes missing lunch or dinner), and let's give them a little breather here and there. Their job is to coach your children to perform their bests; trust their judgment and remind your kids to thank them when the meet is finished.
- Lastly, please review the CUDA Codes of Conduct. We all need to adhere to them and remind our kids to review them as well!

As always, please reach out to your coaches (wet-side) and board members (dry-side) with any questions.

I look forward to seeing you all at the pool! Go CUDAS!

[Vilma Hassert](#)

Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
July 16 th	Northern Colorado 8 & Under Summer Championships @ Centennial Pool
July 18 th	Last Gold Movie @ Orchard AMC
July 20 th	July Pizza Meet Deadline @ Teamcudas.com
July 22 nd	July Pizza Meet @ BCC
July 22-24 th	LC State Championships @ Grand Junction
July 27 th	Season End Party @ the Bay
August 2-6 th	Senior Zones Championships @ Clovis, CA
August 5-7 th	Futures Championships @ Austin, TX
August 10-13 th	Age Group Zones @ Salt Lake City, UT

**** 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, August 8, 2016 from 7:00 pm to 9:00 pm at the Brunner Farm House. We look forward to seeing everyone then!

Article of the Month

[What Should My Child Be Eating Before and During Competition?](#)

Coaches Corner

Head Coach

Head Coach Andrew



Some members of the Cuda Summer Swim Tour made their way west in June to compete in the Grand Junction Invite and another group ventured to the land of 10,000 lakes in Minnesota for the Aquajets invite. Thanks to everyone who made the meets successful. We had a large percentage of lifetime-best-times at both locations and nabbed plenty of top three finishes at the prelims/finals meets, and even set a state record in a relay! Along with fast swims, the meets are almost always a lot of fun. Years from now our swimmers may not remember their times or events they swam; but they'll remember the trip to the Mall of America with teammates and friends or eating pizza with teammates and friends on the Western Slope. These events are great to see times drop and fantastic for team building and creating bonds and friendships. Sometime around December or so, we'll look to broadcast where we'll be taking our talents to next summer. Hopefully you can join us again, or join us for the first time!

Thanks and go Cudas!

[Coach Andrew Brand](#)

New Team Records



10 and Under Boys:

50 Free Tegan Barrier
 100 Free Sam White
 200 Free Sam White
 100 Fly Tegan Barrier
 50 Back Sam White
 100 Back Sam White
 200 IM Sam White

News from BCC

Coach Amy



BCC Swimmer of the Month

Red Group:

Addie Donahue- Addie has such a sunny personality! She works hard and is up for trying new events at big meets. Addie signed up for the Grand Junction Invite and did a great job, she never showed fear just always excitement and positivity. Addie is a wonderful cheerleader for her teammates.

John-Clark Holmes- John- Clark has come so incredibly far over this past year! I am very impressed with his dedication and work ethic to improve. He has made some strong friendships with his teammates and is a great motivator for them.

Silver Group:

Valerie Xin- Valerie continues to amaze me! She has raised the bar for her performance, qualifying for state and looking to qualify for more. She always give 110% effort every single practice and never complains. She quietly pushes and motivates her teammates to rise to her level.

Tyler Mills- Tyler loves to go fast and has a great turnover in his stroke which is a hard thing to teach. Now he is really focusing on slowing down in practice to improve his technique so that at meets he can apply his awesome turnover with improved technique.

Officials Corner

Richard Wilson



We are considering setting up an officials clinic in early September (this is the first step on the path to becoming an official).

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

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.

Mental Performance Coach Gail



Resist Being a Perfectionist. Strive for Excellence.

Ambitious & driven athletes often refer to themselves as perfectionists. While striving towards the perfect standard in your sport is an admirable goal, expecting to achieve it is setting yourself up for never ending feelings of failure. Sorry to share the bad news, but no athlete is perfect! Nadia scored a "Perfect 10", but there were small mistakes in her routine. Roy Halladay pitched a "perfect game", but I'm thinking he threw a few balls and his teammates helped by fielding several hits. So was he perfect? No. Was he amazing & excellent? Absolutely!

Perfectionists must have everything "just right" or they just can't perform well; a handy excuse for failure. They train long & hard, but failing to meet their impossible standards makes them unhappy people. In reality, perfectionism often holds athletes back from achieving their best.

The most successful athletes attend to the details, strive for improvement every day, and relentlessly pursue their ultimate performance. They have a painstaking work ethic, set the bar higher than most, and push their limits to the max. Their expectations drive them forward.

Perfect can be the standard, but excellence should be the expectation. With this healthy attitude, an athlete will generally be happier and more successful.

**CUDA Birthdays
JULY**



July Birthdays:

Indigo	Armon
Aiden	Bishop
Elizabeth	Bouchard-Miller
Alesha	Bratcher
Kandice	Chandra
Vincent	Dattilo
Adelaide	Donahue
Shannon	Feran
Casey	Hamilton
Parker	Hogan
Kekoa	Kawasugi
Olivia	Labrie
Jeffery	Li
Lincoln	Marschner
Nathan	McCracken
Ishita	Mehta
Laya	Palutla
Catlin	Panicker
Sophia	Romero
Malia	Steel
Madelyn	Szabo
Issiah	Tu
Samuel	White
Kaylee	Wu