

# FRONT RANGE BARRACUDAS SWIM CLUB



June 2016

## Message from the President



CUDA Families -

We are quickly coming close to our most competitive meets; June marks the travel meets for the CUDAS. Whether you are heading to MN or Grand Junction, our hope is that your swimmers have the best times both in the water and out. Travel meets create unforgettable memories for our athletes - do remember to have fun while they beat their best times!

Just a reminder, we need to hear from you this month (by email) if you have interest serving on the board. Transition training will start next month so feel free to contact me or Coach Andrew.

Thanks so much!

Go CUDAS!

Best,

[Vilma Hassert](#)

Cell: (303) 859-8142

## Mark your Calendar



DATE	EVENT
June 23-26	Aquajets Invite @ University of Minnesota
June 23-26	Grand Junction Invite @ University of Colorado Mesa

**\*\* 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. Board meetings are held every second Monday of the month; next meeting is scheduled on Monday, July 11th from 7:00 pm to 9pm at the Brunner Farm House in Broomfield. We look forward to seeing everyone then!

## Coaches Corner

### Head Coach Andrew



Thank you for helping us complete another run of long course meets this summer. We just wrapped up back-to-back successful meets with Steve Drozda Shotgun and Cuda/Star Long Course. Both meets were the largest they've ever been- with 750 +/- and 1125 +/- competing in each respective meet. It's exciting to get so many swimmers from around the state (and country in a couple of cases) some swims this long course season. It shows that our meets are in demand due to a fantastic facility and the fact that our meets are efficient and smoothly run. It takes well over 2,500 hours of volunteering hours to make these two weekends work; and we obviously could not make them happen without the help of parents from Developmental Group to Elite Group. I try and say thank you at these meets for your hard work. In case I was not able to do so personally, hopefully this can serve as an appreciation for the work you guys do. Good news, in a small way, is that we don't host another full weekend meet until November!

[Coach Andrew Brand](#)

## CUDA Birthdays



### June Birthdays

Danile	Bradford
Jack	Devincenzi
Connor	Hassert
Cynthia	Liu
Madelaine	McClain
Hannah	Pecze
Samantha	Pecze
Miranda	Rens
Amanda	Richey
Maxwell	Wu
Valerie	Xin

## News from BCC

### Coach Amy



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

Swimmer of the month:

#### **Red:**

Savannah Cardenas- Savannah has only been in red group for a short amount of time but she has come in with gusto and works hard! She is a swimmer that works hard under the radar and for her own benefit. I love seeing her improve and watching her compete, she is so internally motivated it is impressive.

Benjamin Ohrr- Benjamin is a speed demon! He recently joined red group too and is taking it by storm. Benjamin has the speed and is now working very hard on refining his strokes so he can move more efficiently through the water.

#### **Silver:**

Gracie Champlin- Gracie is a joy to coach! She seeks out coaching and works hard to implement them into her strokes. Her hard work is evident in her technique, her strokes have become much more efficient and smooth. She makes it look easy.

Isaiah Tu- Isaiah hasn't been in silver group long but he has risen to the challenge. His strokes have come a long way, especially his freestyle and butterfly. Over the past few months not only have his strokes improved but so has his focus both to listening and while swimming.

**Coach Gail  
Mental Toughness**



**NO EXCUSES!!!!**

Happy Summer Swimmers! And thanks to those of you who came to my class on building confidence. It was great seeing all of you again! I hope you're keeping in mind what we talked about!

And one of those things is NO EXCUSES!!!!

If you want to be a successful swimmer you must be willing to take full responsibility for your actions, decisions, behaviors, performances and outcomes. You must hold yourself accountable for whatever happens in your swim life. You can't feel confident if everything is always somebody else's fault.

You can choose to be a helpless victim. You can reason, explain, complain, whine, argue justify, and rationalize. You can give energy and power to your opponent, the weather, the officials and the injury. Or you can keep that energy and power and choose to implement your strongest course of action. You can decide to create the best possible solutions and perform the best you can TODAY, under the circumstances you've been handed. As the saying goes, you can make an effort or make an excuse, but you can't do both.

What are your excuses that keep you from being the high performing, successful athlete you have the potential to be? What can you do to change those excuses into productive action?

Are your excuses greater than you dreams?

**Officials Corner**

**Richard Wilson**



A big thanks to those officials and volunteers that worked at the CUDA \* STAR meet in June.

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](mailto:richnwilson@gmail.com) ,or watch the following video - <https://goo.gl/tpzdWE>

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

**Article of the Month**

**[Practice and Competition for 12 and Unders](#)**



### Nore Rozgony Memorial Bench

We are thrilled to report that the memorial bench in honor of Nora Rozgony has been installed at Broomfield Commons park. As many of you recall, Nora was an 8-year-old swimmer on our team who passed away after a short but courageous battle with a rare and aggressive form of cancer in November 2014. Thanks to the fundraising efforts by our team last November during the Cuda Pentathlon, we were able to sell pink swim caps as a means of earning funds to pay for the bench and plaque. Home Depot in Broomfield (120th & Sheridan) was very generous in providing the installation free of charge. We look forward to hosting a team-sponsored "bench-warming" sometime in the next couple of months, but in the meantime, please feel free to visit the bench and think of sweet Nora. It is located about midway between the length of the park from east to west, and it's on the south side of the soccer fields facing the open space. With its beautiful light blue color (Nora's favorite) unlike any other bench in the park, you can't miss it! Stay tuned for information about the team event.