



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

June 2012

Message from the President

Kennedy Walsh

Hello Cuda Families,

I sincerely believe that we have one of the best swim clubs in the state of Colorado. We have dedicated athletes, coaches, and parents that make this club an amazing entity to be a part of year around. This weekend we co-hosted the Cuda- Star Meet and I am so proud of our athletes. Our swimmers are great athletes AND leaders. The number of Cuda's I saw shaking their opponent's hands after a heat was wonderful, they were leading by example. Character counts! I know you have heard how we can't run a meet without your help before but it is true. Thank you to everyone who volunteered this weekend. Each meet we host helps to keep our operating expenses down. The team has not needed to raise dues in THREE years and we do not foresee a dues increase in the near future.

I would like to take this opportunity to share with you the state of the FRBSC. Every team needs to start with a solid foundation before they start adding special programs. We are on solid financial ground, have wonderful facilities and good relationships with their management team, and an ever growing swimmer base. The board met with a USA Swimming Performance Consultant last year and was told we are moving in the right direction and that our next objective should be to hire a Strategist as we had tapped out his expertise. Our Strategy meeting is scheduled for this September. The board has been preparing for this meeting since last September.

The board believes firmly believes that to have a high quality swim club our coaching staff must be of the highest caliber and dedicated to our team. We have added medical benefits for our salaried coaches - something no other team in the area is able to provide. At our last board meeting we approved sending our coaches to the 2012 ASCA (American Swimming Coach Association) World Clinic in Las Vegas in September. We believe that keeping pace with best practices and networking with industry experts will keep our coaches ahead of the curve.

We are in the process of revising the team's bylaws as they were extremely outdated and not specific to the sport of swimming much less to our team. We worked with a committee of parents and coaches to draft a lengthy revision. We are now working with a pro-bono attorney to make sure the revision is compliant with Colorado Non-profit law. Bylaw revisions must be voted on by the membership. We plan to have the revision completed by the Registration Meeting in August for your approval.

We have formed a Code of Conduct committee to review and update the parent, coach, and athlete Codes of Conduct. As a premier swim club we hold a high standard for our team. If you would like to serve on this committee please contact me and I will add you to the distribution list.

The team would like to provide an Athlete Assistance program. We are currently researching existing programs to best determine how to orchestrate a program for the Cuda's. We all know families that could use a little extra support whether it is with dues, meet fees, or equipment. We realize that swimming can be an expensive sport. Often when there are major life changes, (such as divorce, death, or job loss), financial repercussions are felt within a family. We believe that a child experiencing turbulence in other areas of their life may need the consistency of their team the most. We are not sure what the program will look like yet and are open to suggestions. If you would like to serve on the committee or know of an organization that has a good assistance program that we should look at please contact me.

I would like to encourage all of you to think about what makes our team special. The board is always looking out for the best interest of the team as a whole. What could we do to make it better? Is there anything that you especially like about our team or that you wish to see changed? If you don't tell us - we can't address your concern. We would always rather tackle an issue before it becomes a point of contention. Please know that if you would like to share a comment in confidence your privacy will be respected. I may be reached at President@teamcudas.com.

	<p>Kindly, Kennedy Walsh FRBSC President</p>
<p>Coaches Corner Head Coach Andrew</p>	<p>We had a successful swim-a-thon and while we did not obtain our lofty goal of \$20,000 as a team, we did manage to raise 50% more than last year's total, and cleared the \$15,000 threshold! Thank you for all who participated. This is an important annual fundraiser. It helps in various areas such as pool costs, coach travel costs and keeping dues stable. With this year's success, we are also able to purchase some additional tools that make your child's swimming experience a more well-rounded one.</p> <p>On the list this year...</p> <ul style="list-style-type: none"> -Two iPads. This gives our coaches the ability to access teamunify's application at meets, which gives us access to our entire swimming data base when we're on the pool deck. It also allows for instant film analysis and feedback at practices. This is something I wish I had when I was swimming back in the stone age! ;) -We are also purchasing a quality storage cabinet for our BCC back room. This was a much needed item for us. - We are buying a new set of radios that our officials will be using at our hosted meets to make them run smoothly. The current set of radios the club owns are older than every swimmer at the BCC! So it's nice to move into the 21st century with our equipment. - We were also able to round out our wish list by purchasing various pieces of equipment that the kids will used in practice. Paddles, forearm fulcrums, tempo trainers, etc... All of these tools will help your swimmer improve their strokes and allow for some fun alternatives to standard equipment-less drills we do on a daily basis. <p>It's great to be able to have success on the fund raising level and reward the kids, not only with cool prizes for the top earners, but across the board be able to give back and make their swimming experience the best possible. Thanks!</p>
<p>Article of the Month</p>	<p><u>Practice and Competition for the 12 and Unders</u></p>
<p>News from BCC Coach Amy</p>	<p>As a reminder, <u>BCC Summer Schedule</u> is posted, please head out to the website to check it out!!</p> <p><u>SWIMMERS OF THE MONTH</u></p> <p><u>RED GROUP</u> Jeffrey Li: Jeffrey's dedication and positive attitude is unwavering, no matter if he's sick or tired. The other swimmers look to Jeffrey for direction and help in their lane. He is a thoughtful and form oriented swimmer who is making great strides in his swimming.</p> <p><u>Sydney Mattei:</u> Sydney Mattei: Sydney has grown so much this past month as a swimmer. Her dedication to improve her strokes and speed at practice have shown in her times and technique. She has surpassed the expectations of Red group by entering into meets, especially the past long course meets. I am happy to have her as a leader in my group and as the May swimmer of the month.</p> <p><u>SILVER GROUP:</u> Sarah Dills: Sarah has taken part in many swim meets always picking events that challenge her, but every time she rises to the challenge and finishes every race with a smile on her face. Sarah always displays great sportsmanship to her competitors and team mates. Sarah has earned this honor with every practice and meet that she attends.</p> <p>John Liu: John has recently shown great growth at practice. As the youngest member of our silver group he comes with more determination and enthusiasm to show he has earned his place in his lane. Last Tootsie Roll Tuesday John had the fastest time out of all the Silver Swimmers and then congratulated his fellow swimmers on their good swims too.</p>

Mark Your Calendar

DATE	EVENT
June 8, 2012	Swim-A-Thon Prize Party @ North Midway Park in Broomfield
June 10, 2012	Lifetime Silver Circuit @ Lifetime Fitness
June 11, 2012	Boulder 10 & Under Sign Up deadline @ teamcudas.com
June 11, 2012	June Board Meeting @ 7:15 Brunner House, Broomfield
June 15-17, 2012	Grand Junction Invite @ Grand Junction, CO
June 15 - 17, 2012	Reno Spring Splash @ Reno, NV
June 18, 2012	Brighton Silver Circuit Sign Up deadline @ teamcudas.com
June 20, 2012	Brighton Silver Circuit @ Brighton High School
June 20, 2012	June Pizza Meet Sign Up Deadline @ teamcudas.com
June 20, 2012	Cheyenne Mtn Meet deadline @ teamcudas.com
June 22, 2012	June Pizza Meet @ BCC
June 24, 2012	Boulder 10 & Under @ South Boulder Recreational Center
June 27, 2012	CUDA Water World Day!! @ Water World
July 6-8, 2012	Cheyenne Mtn Meet @ Olympic Training Center, Colorado Springs

**** Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

Welcome New Swimmers!!**DEVELOPMENTAL:**

Milan Hancock
Rishi Hancock
Delaney Osborn

RED:

Jayden Stack

Cuda Water World Day**Team Cuda Water World Day**

Who: ALL CUDAS! (Go to www.teamcudas.com to sign up!!)

What: Annual Team Water World Day

When: Wednesday, June 27, 10AM- Whenever (online sign up deadline Friday, June 22)

Where: Water World, 1800 W 89th Ave

Other Important Information:

-A Coach will have tickets for those who signed up in advance. Please meet at the main entrance between 9:30-10:15.

-If we have 15-49 ticket sign-ups online before the deadline, price per ticket will be \$27.99

-If we have 50+ ticket sign-ups online before the deadline, price per ticket will be \$26.99

-If you own a season pass, or wish to use a different pass/coupon than ours, do not sign up online, but feel free to meet us at the park.

-If you want to sign up multiple people under one account, please include in the comment box how many extra park goers you will have that day.

-If you fail to register by June 22 online, you are still welcome to join us! But you must purchase a ticket on your own.

-The Cudas will pay for tickets up-front and your account will be billed.

-Coaches will be present at the park, but **will not be responsible** for constantly monitoring every swimmer. Please take this into account.

-Lather up the SPF!

Please contact your coach with any questions. Or go to the website, [WATER WORLD](http://www.waterworld.com)

<p>Notes from the CUDA Account Manager</p> <p>Kathy Jaschke</p>	<p>Reminder - Please set up AutoPay - You can pay in two ways...</p> <p>Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team's website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice prior to the 1st of the month.</p> <p>Credit Card (CC): You may also sign up to have your bill charged to your favorite credit card (VISA, MasterCard and Discover) only. Sign-up again is handled in a secure fashion on the team's website. There is no fee for this service.</p> <p>Kathy Jaschke has taken over as the Account Manager for the team. As always, if you have any questions regarding your bill, please contact Kathy at cudamanager@teamcudas.com or 303-464-1167.</p>
<p>Board Meetings</p>	<p>Upcoming general Board meetings are usually scheduled for the second Monday of each month. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, June 11th from 7:15 pm-9:00 pm at the Brunner House in Broomfield, please make a note of the new location. Hope to see you there!</p>
<p>Happy Birthday</p> <p>CUDA June Birthdays</p>	<p>Daniel Bradford Violet Clyker Connor Hassert Sebastian Reget Kiley Thueson Riley Walsh</p>
<p>Practice Schedules</p> <p>BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave & Holly St. Thornton</p>	<p>The practice schedule for the individual groups is listed on the website. Summer practice schedule is posted for both VMAC & BCC.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>Web site: www.teamCUDAs.com. The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>
<p>Team Communications</p>	<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 posted on the website. We also send out updates via email so make sure your information is up-to-date!</p> <p>Web site: www.teamCUDAs.com.</p>

Volunteer Policy

Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2012 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!

Volunteer Requirements:

8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers)

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.

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.

Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com

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!!

Fundraising

Earn Cash Back with Scrip

The Cuda's have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

1. Contact: Scott Bratcher via email at scripsales@teamcudas.com
2. Arrange to meet
3. Make sure your card number is recorded so you get credit!
4. Give Scott a check or cash for \$25
5. Go to King Soopers and load up your card

Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!

Other easy opportunities to meet your fundraising goal:

Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!

⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the Cuda website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the "advertise here" button on the bottom left side of the Cuda's home page.