



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

June 2011

### Message from the Board

Hello CUDA families:

I cannot believe it's already summer break! The kids are out of school and I don't think I'm the only parent already counting down the days until school starts again. Any extra energy your kids have bouncing off the walls can be well spent in the pool. I promise our coaches are more than willing to make sure your kids are good and tired when they are headed home from practice! Our August break will be here before you know it, so get those kids in the pool while you can.

I want to personally thank each and every volunteer who has helped us the last couple of months with our hosted meets. The meets were a huge success and I am so proud to be a part of the CUDA Community. We had so many parents who went out of their way to ask what they could do to help, even though they weren't officially signed up. Again, thank you to everyone who stepped up and helped us during this busy time. We couldn't have done it without you!

On Thursday there will be a whole group of swimmers headed up the mountain to Grand Junction for our annual travel team trip. For those who haven't been to Mesa State, the pool is BEAUTIFUL! This is also a great opportunity to get to get to know other families and have some fun as a team. We have an exciting team activity / dinner planned for Thursday! Please come up and join us for some go karts, bumper boats, laser tag, and a buffet pizza dinner! Details are on the website. Make sure you sign up as soon as possible so we can get an accurate head count. For those who are unable to make the trip, please keep the middle of June 2012 open in the back of your mind so you can attend next year!

Finally, both the district and state swim meets are quickly approaching the last couple weekends in July, which means our season is coming to a close. We will be hosting districts at the VMAC pool. For a lot of our swimmers this will be the final meet of the season so let's make sure we have a good showing for the district meet at our home pool!

As always, please reach out to myself or any other board member or coach if you have any questions, concerns or comments. We are all here for you and your kids!

Nikki Gast & The Board of Directors  
nicolegast@gmail.com

### Coaches Corner

#### Head Coach Andrew

Before we used the VMAC to host a meet this November, the largest meet the Cudas annually to hosted was a small pentathlon in the humid air of the 6 lane BCC pool. After our pentathlon 2010 version of the pentathlon, in which we hosted 700+ swimmers, we realized we had some kinks to work out. We progressed with the Cuda Classic in January, and had very successful Drozda Shotgun LC and Cuda-Star LC this summer. There was literally not a negative review from coaches on the meet evaluation distributed to coaches and received back. When asked to rate overall experiences, coaches circled 10 on almost every category. I've said it before, but it obviously bears repeating. If we didn't have the outpouring of help from our parents as you helped with: Timing, hospitality, safety marshal, announcing, running the computer table, etc... We would have not had the positive reviews we did. It's because of you that over 2200 swimmers have been able to compete during Cuda home meets.

### Steve Drozda Bone Marrow Registry Update

As many of you who attended the May Steve Drozda Shotgun Memorial Meet are aware, board member Cathy Drozda arranged a marrow registry drive with Bonfils Blood Center in tribute to her husband and the father of Ryan, Shelly, and Keeley. Forty three new people were added to the worldwide registry through her efforts. We'd like to thank Jennifer Dretzka, Brigid Jones, and Christie Dierking for their assistance with making the event so successful. This gives that many more leukemia/lymphoma patients needing a life-saving transplant the chance for a marrow match. Then, at our Cuda/Stars June meet, a silent auction was held to raise more funds to cover the lab costs associated with running a marrow registry drive. It was a great success; all told from the various fundraising efforts, almost \$3,000 will be donated to the Colorado Marrow Donor Program from the efforts associated with our May and June meets. Thank you to all who joined the marrow registry and participated in the silent auction!

**News from BCC**

**Coach Jonathan**

**June Swimmers of the Month**

**Red Group**

**Girl- Angela Li**

Angela Li, Angela has really made big improvements in her dive this season and has been a great lane leader for Red Group. When Angela arrives at practice she comes prepared to work hard. Angela's hard work has lead to big improvements in her freestyle kick and butterfly. I hope this award gives Angela the drive to execute a head entry dive!!!!!!!!!!!!!! Good Luck Angela!!!!!!!!!!!!

**Boy- Connor Hassert**

Although only in his 3rd month of swimming with the CUDA'S deserves swimmer of the Month honors for May. Connor has already surprised some by quickly becoming a leader in RED group it has much to do with Connor having the best practice attendance among boys in RED group this season. Even when on baseball trips to Kansas City Connor requested workouts be emailed so he can practice in the hotel pools while on trips for his brothers. Connor's dedication and passion for swimming is what staked Connors claim as Swimmer of The Month.

**Silver Group**

**Girl- Kayla Ashworth**

Kayla deserves this months recognition for being an all encompassing athlete. Kayla, using her awesome sales/marketing skills, was instrumental in helping generate the money we raised for the Chipotle night. She is consistently one of the the hardest working swimmers in any given Silver practice and has been a valuable asset to our team both on and off the deck. Thanks Kayla.

**Boy- Kuan-lin-Lee**

Kuan "Downtown" Lin has shown dedication to swimming by achieving the best practice attendance among silver swimmers. He sets a great example for the Silver team by being an attentive listener and by always demonstrating a positive attitude both on and off the deck. "Downtown" keep working hard!!!!!!!!!!!!!!!!!!!!!! Thanks for all your hard work! Coach Jonathan

**CUDA Chipotle Night**

Thank you Barracuda Families for your participation in our Chipotle Fundraiser. It was a fantastic evening and a great team building experience. Our swimmers had fun, we managed to raise money for the CUDA's, and it was a great way for our parent base to get to know one another. Thanks again for your support.

Cuda Coaches

**Mark your Calendar**

DATE	EVENT
June 16	Brighton Silver Circuit @ Brighton HS
June 16	Travel Trip dinner @ Grand Junction
June 18	No VMAC Practice
June 21	Sectionals meeting @ VMAC
June 26	Boulder 10 & Under meet @ South Boulder Rec
June 28	Registration deadline for CUDA/FAST/DSA meet
July 6	Team Water World Day
July 9	CUDA/FAST/DSA Tri-meet @ EPIC
July 11th	CUDA Board Meeting, Brunner House, Broomfield

<p><b>Practice Schedule</b></p> <p><b>BCC Swimmers:</b> 280 Lamar Street Broomfield</p> <p><b>VMAC Swimmers:</b> 136th Ave &amp; Holly St. Thornton</p>	<p>Starting Tuesday, May 31<sup>st</sup> both pools will be going to the Summer Schedule. Please look at the website, under the Schedule tab to see the summer swimming schedule for your swimmer.</p> <p><b>Developmental:</b> Monday/Wednesday Tuesday/Thursday Friday</p> <p><b>Red:</b> Monday/Wednesday Tuesday/Thursday Friday</p> <p><b>Silver:</b> Monday/Wednesday Tuesday/Thursday</p> <p><b>White:</b> Monday – Saturday</p> <p><b>Black:</b> Monday - Saturday</p> <p><b>Senior:</b> Monday - Saturday</p> <p><b>Elite:</b> Monday - Saturday</p> <p style="text-align: center;"><i><b>BCC Summer schedule is posted on the website under Schedule.</b></i></p> <p style="text-align: center;"><i><b>VMAC schedule is posted on the website under Schedule.</b></i></p>
<p><b>Notes from the CUDA Treasurer</b></p>	<p><b>PLEASE NOTE:</b> As of March 1st, 2011 our billing system will no longer be generating invoices on the 21st of the month. You have access to your balance on the “Invoices &amp; Payments” in your account. This will show you any reoccurring dues, as well as any other charges that have occurred in the current month.</p> <p>As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at <a href="mailto:cudamanager@teamcudas.com">cudamanager@teamcudas.com</a></p>
<p><b>July Board Meeting</b></p>	<p>Board meetings are typically scheduled for the second Monday of each month, from 7:15 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings.</p> <p>Our next meeting will be held on <b>Monday, July 11<sup>th</sup> from 7:15 pm-9:00 pm</b> at the Bruner House—640 Main Street, Broomfield. Hope to see you there!!</p>
<p><b>WELCOME!</b> <b>New &amp; Returning Swimmers</b></p>	<p>We would like to extend a warm welcome to our new swimmers for the month of June.</p> <p><b>Michael Lee Kastner</b> <b>Riley Proserpi</b> <b>Amanda Kassel</b></p>

<b>Volunteer Policy</b>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2011 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!</p> <p><b>Volunteer Requirements:</b></p> <ul style="list-style-type: none"> <li>• 8 hours per Season—Developmental, Red, Silver (BCC Swimmers)</li> <li>• 12 hours per Season—White, Black, Senior, Elite (VMAC Swimmers)</li> </ul> <p><i>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.</i></p> <p><b>Reporting &amp; Tracking of Volunteer Hours:</b>  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.</p> <p>Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. <a href="mailto:cudavolunteer@gmail.com">cudavolunteer@gmail.com</a></p> <p>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!!</p>
<b>Team Communications</b>	<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 done via email.  Web site: <a href="http://www.teamcudas.com">www.teamcudas.com</a></p> <p><i>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</i></p>