



June 2015

**Message from the President**

CUDA Families -

First and foremost, please accept my apology for the bit of delay in getting this month's newsletter out to you. It has been a busy few weeks and we, as a club, have accomplished a lot in such a short time. Where do I begin?

There is the Swim-A-Thon; what a huge success that was. Thank you to all participants - swimmers, donors, friends, and families; the support was overwhelming! There will be discussions at the next board meeting as to plans for funding and distribution. Stay tuned!

Next - Swimjitsu is awesome! Yes - our team is now "famous" !! What a fun night that was and our kids/coaches/parents are featured in USA Swimming's marketing advertisement - WOW!

Then - yes Missy has now had a couple of appearances here in our very own pool! I am sure the kids are just ecstatic having the opportunity to see her in action. What a wonderful young lady she is and a great role model!

Lastly - we still have a lot to do as a team. Let us keep moving on! These kids' work ethic and efforts truly tug at my heart in more ways than you can imagine... They CAN all achieve their own levels of success if we, together as a team, continue to support them. Know that on behalf of the coaches and Board, we are always seeking avenues to be better and our goal is to elevate our team to the next level. We do this because of the kids and we thank you for always being the best support parents out there. You help us get better! Summer is here - so I am sure I will run into most of you outside of the pool as well... Enjoy your kiddos' time off school and yes, morning practices!

My best always,  
[Vilma Hassert](#)  
 Cell: (303) 859-8142

**Mark your Calendar**



DATE	EVENT
June 5-7	Cuda/ Star Long Course @ VMAC
June 9	Gillette Long Course Sign-up deadline @ teamcudas.com
June 10	Swim-A-Thon Party in the Park @ Midway Park
June 19-21	Gillette Long Course @ Gillette, WY
June 19-21	Iowa Pink Meet @ Iowa City, IA
June 24	Cuda Water World Day @ Water World
June 24	June Pizza Meet Sign-up Deadline @ teamcudas.com
June 26	June Pizza Meet @ BCC

**\*\* 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 Tuesday, June 9, 2015 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



The Calendar says it's June, which means our summer travel meets are right around the corner! Cudas are headed north and headed east this summer in search of some fast swimming and good competition. Travel meets are a huge part of our summer tradition. It's more than just traveling a few hours to swim for a few seconds at a time. Travel meets give a fantastic opportunity to team bond and strengthen lasting relationships. When a swimming career is over and being reminisced about, it's often memories about travel meets that filled with the most positive nostalgia.

As your swimmers age, almost every major championship meet will be conducted at low-altitude; which means they'll have to get used to swimming fast when they are not getting the previous night's sleep in their own bed. These travel meets are a fantastic opportunity for swimmers to get in the habit of swimming fast after they wake-up in a hotel room.

The deadline for Iowa has come and gone, but the deadline for our Gillette meet is June 9. If you have any questions about whether these meets are good fit for your swimmer, please talk to your group coach.

[Coach Andrew Brand](#)

## CUDA Birthdays



### June Birthdays

Daniel	Bradford
Ayla	Brown
Connor	Hassert
Cynthia	Liu
Madelaine	McClain
Miranda	Rens
Emily	Sloboda
Riley	Walsh
Maxwell	Wu
Valerie	Xin

## Article of the Month

### News For SWIM PARENTS

Published by The American Club Swimming Association  
2101 North Andrews Ave., Suite 107  
Fort Lauderdale FL 33311

#### Support Team Travel

The benefits of team travel for age group swimmers are often talked about in terms of such matters as building responsibility, developing self-discipline, and gaining independence from home -- in other words, life skills. However, let's not forget that our sport is competitive swimming. Age group swimmers who swim continually within the state or Local Swim Committee area begin to fit into the same type expectations mentioned in the article on camps -- they EXPECT to beat some swimmers while EXPECTING to be beat by others. Even parents are often overheard stating that they expect their child to lose to a specific swimmer. More experienced age group swimmers need to travel outside their immediate area and compete with new faces. They need to learn how to break out of the EXPECTED.

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

**News from BCC**

**Coach Amy**



**Red:**

Julia Raskay- Julia has been working very hard in Red group to improve her technique and efficiency in all of her strokes. Her positive attitude and willingness to try proves to be an effective tool in seeing her improvement, while encouraging her fellow teammates to do the same. Julia is not one to back down from a challenge and is determined to try a challenging event at each meet possible.

Alex Zou- Alex has realized that practice is not the place to show off his speed and focus on his technique. With this realization it is wonderful to see the huge improvements he is making in all of his strokes. It isn't easy to change your focus and allow yourself to slow down, I applaud his focus on trying to perfect the drills and technique knowing in the end it will have a lasting effect on his speed at the meets.

**Silver:**

Sarah Taylor- Sarah has been a positive and encouraging force in Silver from the get go. She comes to practice with a smile on her face and that smile stays in place throughout the entire practice. Sarah is aware of her strengths and weaknesses, and realizes that she wants to work hard to make her strengths perfect and her weaknesses her strengths. I have yet to see Sarah back down from a challenge presented to her.

Caden Mahonchak- Caden has high goals set for this season and I believe he will reach them with his mindset that he developed over the month of May. He comes to practice ready to put in the work, listen to coaching feedback and do his best to apply the feedback. Caden is already starting to see the improvement in his strokes and how that affects his speed, confidence and enjoyment of practice.

Summer Schedule for BCC:

**Developmental:**

T/R @ 4:00-4:45pm & 5:45-6:30pm

**Adv Developmental:**

M/W @ 5-5:45pm & F 4-5pm

**Red:**

M/W @ 5-6pm

T/R/F @ 4-5pm

**Silver:**

M/W@ 5:45-7pm

T/R/F@ 5-6:30pm

**Officials Corner**

**Richard Wilson**



We are hoping to host a training clinic shortly for anyone that is interested in learning about becoming a USA Swimming CUDA official. We are particularly interested in parents with kids that swim at the BCC.

A special thanks to all the officials and timers that worked the Drozda meet - thank you.

Congratulations to Chris Taylor for completing his on-deck 'Stroke and Turn' training and to Jodi Walters for completing her Starter training.

Remember, becoming an active CUDA official has the following benefits:

- No fundraising commitments
- No service hour requirements
- 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, please contact 'Richard Wilson | [richnwilson@gmail.com](mailto:richnwilson@gmail.com)



Join your fellow CUDAS and coaches for our Team Day at Water World on Wednesday, June 24th! Tickets are \$31.15 each and the deadline to sign-up is June 19th. This is an annual tradition that the CUDAS look forward to every summer!

A few things to keep in mind:

-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.

- Cuda Coaches will be present at the park, but will not be responsible for chaperoning children. Please make arrangements with another family if you will not be present and are not comfortable with your children being at the park by themselves . Please take this into account when deciding how many tickets you will need.

For more information and to sign-up for tickets, please see the Events page on the CUDA website. For any additional questions, email Teri at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com).

We look forward to seeing all our CUDA families at Water World!