



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

March 2011

Message from the Board

Hello CUDA families:

Thank you to all of you who participated in the Second Annual Chili Cook-Off! The event was a lot of fun and very successful.

Congratulations to all the Cuda swimmers that participated in the Silver State and State meets! All your hard work in practice paid off in the pool at these meets.

Building the Cuda Community at Swim Meets

At the February Cuda Board of Directors meeting we discussed what we called the "Cuda Community" at swim meets. The Board has received feedback regarding the challenges that families face trying to find a place to sit with other Cuda families during swim meets. The swim meet facilities are all different and all have their unique challenges.

The Cudas have been attending meets at most of these facilities for many years and the more experienced families have figured out a way to make the best of the meet situation. We discussed the idea of saving spots for our team however that has proven difficult and controversial in the past. We would like to share with you the collective meet wisdom and offer an opportunity for that Cuda Community experience at the swim meets for those families that are interested. Families can make their decisions of how they would like to be involved with the Cuda Community at the swim meets. The Board and coaches are going to share the following for each meet:

1. Description of the facility
2. A general location where the Cuda families try to sit
3. What time you need to plan to get to the facility to have the best chance to get a spot with the other Cuda Families

The meets are just one place to get to know other families. We encourage you all to participate in other non-meet Cuda activities and get to know the other families outside of practice and the meets.

Scott Painter and the The Board of Directors

Coaches Corner

Head Coach Andrew

Due to the growth we've had in new swimmers since September we are in a position to add another group to our club. Starting **Wednesday, March 9th**, Black group will be formed. This group will primarily consist of our State level 11-12 year old swimmers. It is our goal and plan that every swimmer on our club currently in: Developmental, Red, Silver, or White will someday progress through this group. We are moving coach Tom over to the VMAC to coach this group. Along with running Black group Tom will coach White group in-tandem with Gwen. White group will be our largest group and the foundation for our club's future success; Having two coaches working with the same group is a very positive step forward, and will benefit our swimmers immensely. As for the changes on the BCC side of things, after two years of being in charge of Developmental group, Jonathan will get a well deserved promotion to manage our BCC site and coach Red and Silver group. Coach Sarah, who has been filling in at BCC over the past couple of months, will fit in nicely as our new Developmental coach. This coaching roster and alignment will be a huge success, and pave the way for fast swimming for years to come!

Coach Andrew

News from BCC

Coach Tom

It is with great excitement that I am announcing that I will be starting up our new "Black" group, and will be running "White" group with Coach Gwen at the VMAC pool to help our team grow. I very much appreciate all the time I have spent coaching all the kids at the BCC pool and getting to know all of our newer families. I truly look forward to watching the kids continue to develop into swimmers, and know Jonathan and Sarah will do a fantastic job in doing so. Great

things have been happening at the BCC, and I am confident that this transition will be seamless to continue on our path of success. It should be the goal of all our BCC Cuda's to be swimming at our amazing new facility, and I look forward to seeing everyone again at the VMAC. In the meantime, see you at the meets and on occasion when I can make it to the BCC! Please still feel free to keep in constant contact via email at coachtom@teamcudas.com with all comments, questions, and concerns.

February Swimmers of the Month

Red

Girl- Sophia Swanson

Sophie continued her rapid ascent through the swimming ranks by having a terrific 8 and under championship meet. She also wanted me to mention her butterfly is faster than her older sisters! Great job Sophie, keep it up!

Boy- Nick Blout and Owen Wilson

Our first SOTM tie! Both these boys swam lights out at the 8 and under championships, and were vital on our boys relays en route to our team victory. Great jobs boys, good luck in Silver group!

Silver

Girl- Margaret Swanson

Completing the Swanson sweep for this month is "Mags." Mags had another spectacular 8 and under championships meet, and won 2 events on the way to all best times. She made sure I mentioned she is faster than her little sister in everything except butterfly!

Boy- Sam Hahn

Sam had a great Silver State meet where he achieved new personal bests in each of his 3 swims, culminating in his dropping 13 seconds and placing in the 100 butterfly, nice job Sam!

Thanks for all your hard work! Coach Tom

Mark your Calendar

Date **Meet**

March 4-6—Colorado 14 and under State Championship

April 2—Brighton April's Fools Meet

April 20—Cuda Swim-A-Thon 2011 at VMAC

May 6-8—Steve Drozda Memorial Long Course at VMAC

June 3-5—CUDA Star Long Course at VMAC

June 16-19—Grand Junction Long Course—Mark your Calendars

The summer meet schedule has been posted on the website. Please look at which meets are scheduled for your swimmer's group, and circle the dates on your calendar. It should be a summer of fast swimming!

Cuda Swim-a-Thon

Wednesday April 20, 2011

5:30 pm -7:30 pm

Veterans Memorial Aquatic Center

Mark your calendars for a night of fun at VMAC for the 2011 Cuda Swim-a-Thon! Swim-a-Thon is a fundraiser in which all FRBSC members earn money for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first.

Fun:

Ask any veteran swimmer on the team and one of their favorite events is the Swim-A-Thon. They'll remember the first time they were able to swim 200 lengths within the two hours. As they get older this test of endurance is an effort to beat their time (and their friends). Most of them know how long it took to swim 200 lengths last year. Once they finish they eat some snacks and start cheering on the other swimmers, encouraging them to keep going. Meets show the kids how fast they swim. The Swim-A-Thon lets them see how strong they are in the endurance department.

Prizes:

Swimmers who bring in the most money in fundraising are eligible for prizes. The coaches will hand out a prize idea survey during practice the last week of March. Once we have swimmer input, we will put together the Swim-A-Thon prize list.

Fundraiser:

Participants get pledges from businesses, family, neighbors, etc. prior to swimming. Swim-a-Thon does accept corporate matching programs with full credit going to the swimmer for prize consideration. Some swimmers choose to get pledges and money prior to swimming while others get pledges per length and collect the money following the Swim-a-Thon.

Distribution of pledge forms, receipts, and money envelopes will be at the beginning of April. All money is due by May 4 to be eligible for prizes. All prizes will be presented at an awards event. Top fundraisers choose first from the prizes, working our way from top to bottom. Swimmers will need to be present to have a choice in the prizes if they are eligible.

Please watch the website for additional details and volunteer opportunities. Swim-A-Thon co-chairs Jackie Hahn (VMAC) and Kennedy Walsh (BCC) will be sending out e-mails with specifics, volunteer requests, prize information and fundraising information.

Practice Schedule

Developmental:

Monday - Thursday

5:00 – 5:45 @BCC

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| BCC Swimmers: 280 Lamar Street Broomfield | Tuesday/Thursday | 6:30 – 7:15 @BCC | |
| | Friday | 4:00 – 4:50 @BCC | |
| | Red: | | |
| | Monday - Thursday | 5:45 – 6:30 @BCC | |
| | Friday | 4:00 – 5:00 @BCC | |
| | Silver: | | |
| | Monday - Thursday | 5:00 – 6:00 @BCC | |
| | Friday | 5:00 – 6:30 @BCC | |
| | VMAC Swimmers: 136th Ave and Holly St. Thornton | White: | Monday – Saturday |
| | | Black: | Monday - Saturday |
| Senior: | | Monday - Saturday | |
| Elite: | | Monday - Saturday | |
| | | VMAC schedule is posted on the website. | |

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| Notes from the CUDA Treasurer | Dues and Payment Options | |
| | Below is the dues structure (11-month billing cycle): | |
| | Developmental | \$55/month |
| | Red | \$71/month |
| | Silver | \$82/month |
| | White | \$104/month |
| | Black | \$115/month |
| | Senior | \$115/month |
| | Elite | \$142/month |
| | <p>DUES AND MEET FEE PAYMENT POLICY: All dues and meet fees are billed on the 21st of the month with payment due by the end of that month. Non-payment of all dues/fees past the 1st day of the following month will necessitate non-participation for the swimmer(s) in practice and all meets until payment is made. Late Fee: If dues are not paid by the 1st (check, CC, ACH), a \$15 late fee will be assessed and the swimmer(s) will not be allowed to practice.</p> <p>Returning swimmer(s): Thank you for completing the on line registration.</p> <p>Family Information & Demographics: Please edit any demographics that are not current in your swimmers account on the website, email address, phone numbers, etc. It is very important that all info is current and correct.</p> <p>As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at cudamanager@gmail.com.</p> | |

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| Board Meetings | Upcoming general Board meetings are usually scheduled for the second Monday of each month, from 7:00 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, March 14 th from 7:15 pm-9:00 pm at the Bruner House—640 Main Street, Broomfield. Hope to see you there. |
| | FRBSC Board of Directors Elections Monday, March 14 at 7:15pm Brunner House – 640 Main St., Broomfield |

The FRBSC would like to invite all families to the March Board of Directors meeting. We will be voting on several Board

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| | <p>of Director positions. The Board governs our team and plays a vital part in developing the FRBSC to be the team we all want it to be. You're vote is both welcomed and encouraged as together we move forward as a team. We will be voting on the President position and accepting nominations for the Vice President. Our plan is to expand our Board of Directors, as well as recruit new committee members in the next several months. Anyone who would like to be considered for any of the open positions should plan to attend or contact one of our current board members.</p> |
| <p>Call for Officials</p> | <p>The CUDAS want YOU!!! Want an easy way to accrue volunteer hours? Become an official for USA swimming! You will learn the technical side of the sport and help the Cudas in a huge way. Officials play a critical role in making each meet count for times; without this role, meet times can not be entered into USA swimming results. You do not need to have previous swimming experience, just the joy of seeing your child from the front row.</p> <p>If you are interested or if you would like more information, please send an e-mail to CoachAndrew@teamcudas.com.</p> <p>Thanks, Coach Andrew</p> |
| <p>Volunteer Policy</p> | <p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. Other teams have much higher volunteer hours required. We offer many volunteer opportunities so you are able to complete your 4 hours/family/season. Volunteer hours are 4 hours/family/season-</p> <ul style="list-style-type: none"> • 8 hours per Season—Developmental, Red, Silver • 12 hours per Season—White, Black, Senior, Elite <p>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. All volunteer job postings (meets, CUDA events, etc.), descriptions and job sign-up is done on the www.teamcudas.com site. This enables real-time sign-up, reporting, and volunteer hours tracking. Volunteer duties include: Each volunteer (parent/guardian) is responsible for signing up for a volunteer job (done online). 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 style="text-align: center;">CUDA Brainstorming Meeting</p> <p>When: Monday, April 4th 4:45-5:45pm (during practice)</p> <p>Where: BCC</p> <p>Why: The CUDA's are growing and our team needs fresh ideas and energy!</p> <p>Have you ever found yourself thinking, <i>"I would love to help the team but my schedule is INSANE!"</i>? I would like to invite all CUDA families to a brainstorming session <u>during</u> the BCC practices on Monday April 4. Topics to be discussed include team volunteering, fundraising, Swim-a-Thon, social events, and improvements we would like to see made to the BCC. We recognize that not everyone has the time to commit to a committee position but your input and ideas are valued and needed. Please mark your calendars and come share your ideas with other Cuda parents.</p> <p>**If there are five or more VMAC families that would like to have a similar meeting during VMAC practice I would be happy to set up a meeting for a future date.</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 done via email. Web site: www.teamCUDAs.com.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p> |