



FRONT RANGE BARRACUDA SWIM CLUB



March 2014

Message from the President

Sean Feran

What a great month February was for the Cudas. We not only defended our 8 & Under Championship title, but we also did really well at the Northern Colorado District Meet. Thank you to our fantastic coaches and supportive parents for your wonderful support. Hopefully, we can carry this momentum into the March meets.

USA Swimming Safe Sport Program

It greatly saddens me to have to bring up the subject of child abuse, but it is something that exists, and USA Swimming has created training to help increase the awareness of it in our sport. Coaches and Officials have already been through the training and now the training is available for parents and swimmers.

We are suggesting at this time that all parents take the online class and then follow up with any questions to any of our coaches or officials. It appears that this may become mandatory in the future. We are just trying to be proactive and get it going now.

The training can be accessed at http://www.praesidiuminc.com/armatus/reference_parents.php

Local Swim Club is Colorado Swimming
Team Code is CUDA

Thank you,

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



By the time you are reading this, we will be less than one week away from hosting our first ever state meet as a team. It's a very exciting time! But a very anxious one as well... We want to make sure everything goes swimmingly (pun intended.) One of the last hurdles we need to clear to make this meet a success is completing our roster of volunteers. Almost all of you have probably helped out at one of our meets and you know the amount of help we need to make a meet go. State meet is no exception. If after reading this you sign-up for one slot on teamcudas.com, you will be a huge help towards helping us fill-up our roster of parents needed to run the meet. If you have any questions regarding this, let me know. Thanks in advance for your help.

[Coach Andrew Brand](#)

Article of the Month

[Championship Meet Fear](#)

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Morgan Algrim- Morgan attends every practice she is able to and ready to hop in the water as soon as the clock hits 5:45pm. Her enthusiasm and passion for the sport is visible. This past month her focus and dedication caught up with her enthusiasm and the results are starting to show. She had a great finish to the short course season swimming at Districts and our Pizza Meet. Looking forward to seeing what she can do this coming long course season.

Jude Walters- Jude shows up to practice with bells on ready to go. He is always there to make his teammates laugh and keep practice fun. Over the past month, Jude has learned the best time to focus and the best time to be silly which has improved his technique and performance.

Silver Group

Makenna Lindeman- Makenna joined our team in the fall attending at least 4 practices a week always ready to give 110% effort and it has paid OFF! Makenna arrives early for practice helps set up the pool and is always prepared to start warm-up on time. Since she first started, she has been asking me how she can improve her strokes and times. With patience and perseverance, all 4 of her strokes have improved dramatically technically and speed wise. Makenna has taken on being a leader and many of her fellow Silver swimmers look to her for what is expected.

Sam White- Sam came to practice and worked hard over the past month. He was determined to show up and have strong races at the 8 & Under Championships as well as Districts. He did just that. Training as an 8 year old with Silver can be hard, but he rose to the occasion. He works on his strokes, asks for help and came to practice with ideas of what he needed to work on.

WE NEED YOU! on March 7th-9th, 2014 @ VMAC

WE NEED ALL HANDS ON DECK ALL 3 DAYS -

MARCH 7th thru 9th

Thank you to those who have signed up for jobs already. The **CUDA** swimmers and Board appreciate it!

We still **need** a lot of help to make the Colorado State meet a success! Even if you have fulfilled your service hours, **PLEASE** sign up especially if your swimmer is **not** in session. This is a great opportunity for you to experience a **14 & Under State Championships Meet**. Timers will have the best seats in the house; what a great time to watch some fast 14 & under swimmers! If you have any questions – please email - coachandrew@teamcudas.com.

WE, THE CUDAS, NEED YOU!!!

Visit www.teamcudas.com and go to the Events page to sign up for job(s).

Thank you so much and Go CUDAS!

We Still NEED Help!

Important State Meet Info. for Parents

VMAC viewing area doors will open at 5:45am and 2:30pm respectively, please try to get there plenty of time to get your seating. There will be a **1 person per seat** policy strictly enforced at the State Meet. All 11 & over swimmers may **not** sit in the stands, and will sit as a team on deck. NO towels and/or blankets will be permitted in the seating areas to save seats for others.

If you can, we are asking all the CUDAS to sit in the same area for team visibility, preferably under the Mountain Range High School signage. It's always great to cheer the kids on as a group.

Parking for the weekend will be challenging. Overflow parking on Friday will **only** be at the Trail Winds Open Space Park just southeast of VMAC. Overflow parking on Saturday & Sunday will be at Horizon High School and the Trail Winds Open Space. If you are volunteering, please plan to arrive 15-20 minutes early to allow for parking and walking over to VMAC.

Notes from the CUDA Account Manager

Teri Romero

Reminder – Please keep your AutoPay billing information up to date. If your credit card is expiring soon and you receive a new card, please make sure to update your AutoPay with your new credit card expiration date.

Teri Romero is the current Account Manager. If you have any questions regarding your bill, please contact **Teri Romero** at cudamanager@teamcudas.com.

Mark your Calendar



DATE	EVENT
March 5	Mental Toughness Clinic for State, Far Westerns & Sectionals swimmers at VMAC
March 6	Team fundraising dinner at Delvickio's in Broomfield
March 7-9	14 & Under State Meet at VMAC
March 12-16	Speedo Championships Western Sectionals in Federal Way, WA
March 12	Registration deadline for Far Westerns meet at teamcudas.com
March 20	Registration deadline for Brighton April Fools meet at teamcudas.com
April 3-6	Speedo SC Far Western Championships in Morgan Hill, CA
April 5	Brighton April Fools Meet at Brighton High School

**** 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

Upcoming general Board meetings are typically scheduled for the second Monday of each month, however due to the 14 & Under State meet the weekend prior, the meeting for March has been changed to Tuesday. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on **Tuesday March 11th, from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

Officials Corner

Richard Wilson

Thanks to all the officials and timers that helped at the Cuda Classic last month. Without your dedication and commitment, the swimmers times would not have counted - thank you. Also, thanks to all the officials and timers that participated in the Northern Districts and 8 & Under championships last month. Without your dedication and commitment, the swimmers times would not have counted.

Thinking ahead to the Long Course season, now is a good time to consider taking the first steps towards becoming a CUDA USA swimming official. If you're regularly attending meets; are looking for the best seat in the house; and enjoy the prospect of helping to educate the swimmers, please contact Richard Wilson richnwilson@gmail.com to learn more.

Finally, congratulations to **Nancy Schmidt** for becoming a certified USA swimming stroke and turn Official, and to **Sean Feran** for becoming a certified starter.

[Richard Wilson](#)
Officials Coordinator

CUDA Birthdays



Michael	Acker
Lane	Austin
Sydney	Bales
Peyton	Barnhardt
Michaela	Coringrato
Nicolas	Coringrato
Luke	Crumplar
Leonard	Dattilo
Daryn	Delescinskis
Ellie	Foulke
Madison	Foulke
Cody	Jeffers
Jackson	Lee
Alexandria	McCoy
Agnes	Mu
Dylan	Raskay
Lilly	Reynolds
Desiree	Salais
Ansley	Schnelle
Annie	Shen
Edith	Simecek
Ashley	Tang
Vanessa	Tu
Jude	Walters
Kathryn	Warren

Fundraising

[ShopWithScrip Program](#)

Did you know that once you are signed up for the ShopWithScrip program, you can purchase ScripNow certificates while you are out shopping AND use them on the spot? For example if you are at Macy's and you have \$100 worth of merchandise, you can purchase a \$100 ScripNow certificate to pay for your merchandise right before you check out. The processing time only takes a couple minutes and the cashier can take the certificate numbers off your smart phone. At the same time you shop, you can be earning back your Cuda Fundraising Commitment. It's that easy!

Families purchasing gift cards will receive 1/2 credit for all gift card purchases towards their Fundraising account, so visit www.ShopwithScrip. There are 1000's of types of gift card and ScripNow® eCards., including our current King Sooper's scrip cards and Old Chicago Pizza Palz in this new program.

To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website.

[Fundraising Policy](#)

Service Hours FAQs

The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. To view the most up-to-date Service Hour Policy, please visit our website: [Service Hours](#)

Service Hour FAQs:

What are the service hour requirements for my child's group? Developmental = 4 hours per season, Advanced Developmental/Red/Silver = 8 hours per season, White/Gray/Black/ElitePrep/Elite = 12 hours per season, Girls High School only swimmers= 6 hours for Short Course and 12 hours for Long Course, Boys High School only swimmers = 12 hours Short Course and 6 hours Long Course

How do I check my service hour balance? 1st) Log onto the Cuda website using your account name and password. 2nd) Click on "My Account". 3rd) From this drop down menu select "\$My Invoice/Payment". 4th) In the box that opens in the middle of the page you will see 3 tabs. 5th) Select the "Service Hours" tab. This is the far right tab. You will find your detailed information here.

What opportunities are available for completing service hours? The number one way to fulfill your service hour obligation is by volunteering at home meets. There are a lot of opportunities ranging from program vendor to timer. There are occasionally other opportunities such as swim-a-thon during long course or committees such as the Chili Cook-off committee, but these are not regular activities. When these opportunities come available they will be announced on the Cuda website, in the newsletter, or through an email blast.

I have surpassed the number of service hours that I am obligated to serve. Will my hours roll over to the next season? Service hours do not roll over from one season the next. Because each new season brings with it a new set of needs, we need our Cuda families to be able and willing to work throughout both Short and Long Course seasons.

Can I give my extra hours to another family/Can my friend give me their extra hours? Service hours are not able to be transferred from one account to another. You are welcome to work for someone else or have someone else work for you, but whomever is the family that is receiving service hour credit needs to be the one who is signed up on the event page.

What happens if I do not fulfill my service hour obligation? At the end of the season (April 1st & August 1st), any account that has a remaining balance of service hours will be charged \$20 per hour.

Why was I required to time during last year's District meet when I had already fulfilled my service hour obligation? There are several "away" meets at which the Cudas are required to supply timers. This typically occurs at the Northern Colorado District meet, Silver State and State meets. If your swimmer is competing at any one of these meets, you may be required to time regardless of your current service hour balance.

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