



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

May 2011

Message from the President

"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves."

Kieren Perkins (One of the world's best-ever long-distance swimmers, he won two Olympic gold medals in 1992 and 1996 in the 1500-metre freestyle, and a silver medal in 2000.)

Olympic athletes, when asked about their path to success at such a high level, will almost universally point to their belief in themselves and their commitment to achievement as being the key ingredient to their accomplishments. The point seems to be that if we don't believe we can do it, we can't. Winning starts with knowing it is not only possible, but that it is likely. It is this belief in our athletes and a commitment to coaching our children in skills that they will use both in and out of the water that the FRBSC strives towards. Our Coaches and your Board are committed to the continued growth of our athletes and the Club. This past year we have celebrated many successes in the water because of the hard work and dedication of our swimmers, their parents, and our coaches. We have also had tremendous success on the "dry side" of the Club as your Board continues to make the FRBSC the premier swim club in Colorado. As your President, and the proud parent of two hard working Cuda swimmers, I understand better than most the commitment of our swimmers. I also understand the dedication of our swimmers' parents. Weekly practice shuttle service, early weekend mornings and frantic goggle and cap searches at 5am are all par for the course. It is the dedication of our member parents and swimmers that motivates your Board and our Coaches to make the most of the time we have with each athlete. I am excited to watch each swimmer grow as athletes and individuals during my tenure as your FRBSC President. The Board and I strongly encourage parent feedback and look forward to hearing from you.

Kindly,
Kennedy Walsh

Coaches Corner

Head Coach Andrew

The Cudas had never hosted a full 2.5 day meet before the Steve Drozda Shotgun Long Course. Our coaching staff and board was anxious, but confident going into the weekend. It's a task that's more daunting than it seems; We needed to fill over 100 volunteer spots over the course of the weekend to pull it off. Looking back today, playing Monday morning quarterback, I don't think I could be more pleased with how it turned out. We were able to attract teams from all over Colorado. From Eaton to the north, Pueblo to the South, and Delta to the west. The conversations that I had with coaches on the deck were all positive. They thought the meet was smooth and efficient. They were pleased with how the meet ran and impressed by our facility. There is absolutely no way we could have built such a successful meet without the foundation of parent volunteers. Our coaching staff and board can't thank you enough for timing, organizing hospitality, announcing, running results, wearing an orange vests, etc... It's due to you that our meet rocked!

On the grander scheme of things, perhaps the best part about the weekend was that it gave us a platform to raise awareness and money for a cause that would have made Steve (a former Cuda board member, one time registered Cuda coach and parent of three Cuda swimmers) proud. We were able to help Bonfils add numerous new names to the bone marrow registry, and were told that we had an abnormally generous amount of donations to the cause. Thanks so much if you helped out!

June Board Meeting

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.

Our next meeting will be held on **Monday, June 13th from 7:15 pm-9:00 pm** at the Bruner House—640 Main Street, Broomfield. Hope to see you there!!

News from BCC
Coach Jonathan

BCC Swimmers of the Month

Girls Red

Kalani Gilman- Kalani has worked very hard from the beginning of the season and at the Longmont 10 and Under Spectacular dropped 20 seconds in her 50 freestyle. She is a perfect example of hard work paying off and I'm proud of her success at swim meets this season. Also, Kalani has a friendly personality and her being at practice makes it fun for everyone.

Boys Red

Ty Mercer- Ty has always been a great listener during swim practice. Ty does an excellent job at focusing on drills and executing proper swimming mechanics at practice. Ty is a great kid, but above all my favorite thing about Ty is how polite he is at practice. Keep up the good work Ty!

Girls Silver

Sara Dills- Sara has taken huge steps in the past year. One achievement that I'm especially proud of is Sara's dedication to the Swim-A-Thon. Sara attended a makeup Swim-A-Thon and swam nonstop for 2 hours alone. Pushing a hard pace the entire way, Sara Doubled her lap total from the year before. For her hard work at swim practice and her dedication to her goals she deserves swimmer of the month for April.

Boys Silver

Sean Crumplar- Sean has taken huge strides this season at being a better swimmer this season. Sean demonstrated great racing performances at the Eaton Spring Splash and the Longmont 10 and Under Spectacular achieving best times in almost all of his swims. At practice Sean is a good co leader of his lane and never hesitates to pass someone and assume the lead position. For his awesome racing in meets this season and his leadership in Silver, Sean deserves Swimmer of the Month for April.

Thanks for all your hard work! Coach Jonathan

Mark your Calendar

DATE	EVENT
May 13 th	Pizza Meet @ BCC
May 16 th	Deadline for group rates at La Quinta Inn Grand Junction
May 17 th	Deadline for Cuda*Star Long Course Meet
May 20 – 22 nd	North Jefferson County Invite
May 23 rd	Elite Group Parent Meeting @ VMAC
May 25 th	Chipotle Night @ 120 th and Sheridan
May 31 st	Summer Schedule starts for both pools
June 1 st	CUDA Silver Circuit
June 6 th	Swim-A-Thon Prize Party
June 12 th	Mini HaHa Triathlon
June 14 th	World's Largest Swimming Lesson – The Bay
June 16 th – 19 th	Annual Summer Travel Meet – Grand Junction

The UPDATED summer long course 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!

Long Course Time Standards Posted

Please take a look at the website for the updated Long Course State qualifying times. They are located under the **PERFORMANCE** Tab.

Also take a look at the **UPDATED** Long Course meet schedule located under the **SCHEDULE** Tab.

Swim-a-Thon Prize Party Information

Who: All Cudas
What: Swim-A-Thon Prize Party
Why: Because it will be a lot of fun and you will get your S-a-T prizes!
Date: Monday June 6
Time: 6-8pm
Location: Girl Scout Shelter off Midway (Midway Park) in Broomfield

The Cudas are hosting a BBQ potluck for our Swim-A-Thon prize party. The team will supply hamburgers, hotdogs and charcoal. The coaches have volunteered to operate the grills.

We are asking participating families to contribute a potluck item based upon group level. Please remember to mark your dishes and utensils so they are returned to you.

VMAC: groups will be responsible for paper products, condiments, hamburger/hotdog buns and beverages/ice. Please contact [Karla Paquette](#) if you would like to contribute and to avoid duplications

BCC: groups will have appetizers, salads and dessert based on last names:

A-H: Appetizers
I – P: Salads (lettuce, fruit, pasta, potato....)

Q-Z: Deserts
BCC, please contact [Kennedy Walsh](#) with your contribution and to avoid duplication.

We will hand out grand prizes from the Swim-A-Thon, as well as reward every swimmer who earned \$101 or more with their own personal CUDA cap.

**** Please let Kennedy know if your child has any serious food allergies we should know about**
**** If you do not eat hamburgers or hotdogs and would like to bring something else to grill, please feel free!**

We look forward to seeing you on June 6th!!

Practice Schedule

Starting Tuesday, May 31st 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.

BCC Swimmers:
280 Lamar Street
Broomfield

Developmental:
Monday - Thursday 5:00 – 5:45 @BCC
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

VMAC Swimmers:
136th Ave & Holly St.
Thornton

Silver:
Monday - Thursday 5:00 – 6:00 @BCC
Friday 5:00 – 6:30 @BCC

White:
Monday – Saturday

Black:
Monday - Saturday **VMAC schedule is posted on the website under Schedule.**

Senior:
Monday - Saturday

Elite:
Monday - Saturday

<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. If you are interested or if you would like more information, please send an e-mail to CoachAndrew@teamcudas.com.</p>
<p>Notes from the CUDA Treasurer</p>	<p>PLEASE NOTE: 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 & 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 cudamanager@gmail.com</p>
<p>WELCOME! New & Returning Swimmers</p>	<p>Welcome the following new or returning swimmers to our CUDA Family for the Month of April:</p> <p>Hannah Riess Adams Chester Travis Anderson Marlo Mae Anderson Courtney Paige Bowen Connor Anthony Hassert Jake G. Mercer Brynn Camilla Schwartz</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. 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>Volunteer Requirements:</p> <ul style="list-style-type: none"> • 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) • 12 hours per Season—White, Black, Senior, Elite (VMAC Swimmers) <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>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.</p> <p>Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@gmail.com</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>
<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><i>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</i></p>

Guinness World Record:

World's Largest Swimming Lesson



The CUDA's are proud to support the WLSL as role models in our community. A 2008 study done by the University of Memphis emphasizes awareness and admiration of a highly competitive swimmer, whether an older age group swimmer or a nationally ranked swimmer, is significantly found to influence youth swimming, especially in minorities. So come dressed in your finest CUDA gear, bring your friends, and be a role model for your community!

Are you ready to set an all-new world record? Join the WLSL 2011 Team as we prepare to SMASH the 2010 WLSL Guinness World Record™ and make a HUGE splash about the vital importance of teaching children to swim.

When: Tuesday, June 14th

Where: Paul Derda, BCC, and the Bay.

What time: The WLSL will begin at 3pm and last about an hour

What else will there be to do: The Jungle Mobile, a retro fitted ambulance in a jungle motif containing injury prevention lessons, will be in the Bay Aquatic Park's parking lot. There will also be water safety lessons, information for parents, and some fun giveaways.

There will be a suggested donation to raise funds for summer swim lesson scholarships and to support our favorite local competitive swim team.

Thanks to the hard work and enthusiasm of hundreds of Host Locations and thousands of participants around the globe, the 2010 WLSL Team set a new Guinness World Record for the largest simultaneous swimming lesson ever conducted. The lesson will be a beginner level lesson so all ages can participate! More importantly, we spread the word that Swimming Lessons Save Lives™ to millions of people around the globe. Get ready for another amazing event!