



Front Range Barracudas Swim Club



COLORADO
SWIMMING

May 2013

Message from the President

[Sean Feran](#)

It sure has been a crazy month. First we had the Swim a Thon, which is always amazing to me. I love to watch the younger swimmers come over to the big pool and show the older kids how hard they can work. Once again this year, we had a lot of swimmers get personal records and some got rewarded with getting to push Coach Sarah into the BCC pool. We are looking forward to getting the prizes to their rightful owners and enjoying some barbecue on June 5th.

Then our little fish tore it up in Longmont. Many placing in the top six. It's always great when we can have our younger swimmers get a chance to be in the spotlight and see the rewards of all of their hard work.

Next came the Drozda Shotgun Meet at VMAC. I think that Coach Andrew, his staff, and all of the volunteers deserve a big hand. This was one of the smoothest meets that I have attended in awhile. Most of the sessions finished early and so many of our swimmers improved their times from just the Foothills Meet. I'd also like to thank Coach Tom and VP Hassert for getting the new Cuda shirts printed up on time for the meet.

Finally, we have the Cuda Chili Cook-Off on Saturday. I know you might be swim teamed out, but this truly is a relaxing fun time. There is still plenty of room and someone is going to get a month off from paying dues. Even if you don't want to cook, you can still show up and be a taster. I'm looking to beat Coach Tom again this year, but can't do it without your support. I hope to see you there.

[Sean Feran](#)
President F.R.B.S.C.

Coaches Corner

[Head Coach Andrew](#)

Thanks for helping make this past weekend's Steve Drozda Shotgun Long Course meet a success! It was the third consecutive year where we've tied philanthropy and fast swimming into one event. For more on the charity side of things, please read Cathy Drozda's piece in this month's newsletter. Regarding the swimming side of things: We had a slew of swimmers get qualifying times for Mizzu, State, Zones and Senior Zones. I would list them all here, but I don't want the newsletter to rival the length of War and Peace ;) We are two meets into this long course season and it's already shaping up to be a strong one for us. We still have four long course meets left before championship season. Please talk to your group coach if you have any questions regarding these meets. Thanks and Go Cudas!

May Article

[How To Get Young Swimmers To Eat Well](#)

Head Age Group Coach Tom

A Big Congratulations goes out to our CUDA Far Western Championship swimmers. In early April **Daniel Bradford, Noah Shauf, Marisa Emoto, Connor Hassert, Abby Taugner, Kyle Mak, Isaac Ruppert** and **Payten Irwin** traveled to the San Jose area to compete against the West Coasts top swimmers. The kids all had a great time, and outside of shivering in the rain for the first day, it was a sunny weekend full of fast swimming! Great job Cudas!

Cuda Spring T-Shirts

The Cuda Spring T-shirts design was a huge hit at the Drozda meet! If you missed the meet or we ran out of your particular size, please email [Vilma Hassert](#). We have to order a minimum of 48 shirts to fulfill a supplemental order. The shirts are \$12 and can be charged directly to your Cuda swimmer account.

Thanks much and go CUDAS!

News from BCC

Coach Amy

BCC Swimmers of the Month

RED GROUP

Michael Lee Kastner- Michael Lee has shown a great amount of focus and dedication to his swimming through out April. He has been attending practice more consistently and frequently which has resulted in improved technique and basics. Michael Lee participated in a few Tootsie Roll Tuesdays, the Pizza Meet, and the Eaton Spring Splash and saw significant time drops as well zero disqualifications in his races.

Kara Thomas- Kara has rededicated herself to improving her swimming and perfecting her strokes. Every practice Kara attends she chooses to go towards the end of her lane so she is able to focus 100% on the proper technique. This has proven to be very beneficial for Kara as she has become a much more efficient and confident swimmer.

SILVER GROUP

Rachel Xie- Rachel shows up to practice every day with immense focus and drive to improve her strokes. She is a constant positive leader for the Silver group, as well as the swimmers in lower groups.

Lucas Williams- Lucas has an abundance of energy and animation for the practice, his teammates enjoy having him in their lanes. He is working very hard to improve his strokes and endurance.

Chili Cook Off

Saturday, May 11th

Annual Chili Cook-Off

Saturday, May 11th

Register NOW: Chili Cook-Off [Registration Page](#)

Who: Open to everyone that thinks they have great chili OR anyone who loves to sample yummy chili and Support the team!!

When: Saturday May 11 2:30 pm – 4:30 pm (set-up begins at 2:00pm, please bring an extension cord and a surge protector if you have them)

Where: Broomfield VFW Hall: 11700 Wadsworth Blvd, BROOMFIELD CO 80020-2712

Categories: Overall, Red, Green, Hottest, Other

Cost: \$30 per entry, \$5 per taster (we will charge your swimmer account when you enter your chili online)

This is such a fun event every year! Contestants provide crock-pots, utensils, extension cord and/or power bar and any condiments their dish may require. The team supplies the tasting cups/spoons, voting supplies, trophies, and cash prizes. Please swing by and check out the fun!! Go to the [Event](#) site for details!

Mark your Calendar

DATE	EVENT
May 10	Deadline to order Travel Meet Jersey @ Teamcudas.com (Travel Event Pages)
May 11	Chili Cook-Off @ Broomfield VFW
May 13	Board Meeting, 7:15pm @ VMAC (Hospitality Room)
May 13	Cuda-Aqua-Rock Registration deadline @ Teamcudas.com
May 19	Cuda-Aqua-Rock Tri meet @ VMAC
May 20	Columbia Mizu Meet registration deadline @ Teamcudas.com
May 20	Deadline for Missouri Hotel Room Block
May 21	Cuda*Star Registration Deadline @ Teamcudas.com
May 31 – June 2	Cuda*Star Long Course @ VMAC
June 5	Swim-a-Thon Party & Picnic
June 7	Water World Day Registration Deadline @ Teamcudas.com
June 12	Water World Day @ Water World

**** 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.**

<p>June Travel Meets</p>	<p>June Travel Meets – ASPEN and MISSOURI</p> <p>Just a reminder that the deadline for the Travel Meets is coming up soon: Missouri: Deadline for registering for meet and hotel is May 20th Aspen: Deadline for registering for meet is June 4th Please check out the EVENTS pages to register for the meet! It is a great experience for the kids and parents!</p>
<p>Drozda Meet Update Drozda Family</p>	<p>Pennies for Patients Drive and Judi's House Charity Fundraisers at the Drozda Shotgun Memorial Meet</p> <p>We ran a very successful coin drive to benefit two local agencies which benefit children and their families affected by cancer and the loss of loved ones - the Leukemia & Lymphoma Society (LLS) and Judi's House.</p> <p>Coin boxes throughout the VMAC collected spare change for the LLC in support of their mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improving the quality of life for child patients and their families. Every year in the US more than 12,000 children under 21 are diagnosed with one of the blood cancers, and 3,000 will not survive; however, because of the research and services provided by your donations, survival rates have doubled, tripled, and even quadrupled through the research partly funded through drives such as ours.</p> <p>In the coin boxes alone we collected \$166 in bills and 27 POUNDS of spare change!</p> <p>Additionally, every "splash" or race that a competitor entered in the meet garnered 25 cents towards Judi's House, the agency in Denver that Brian Griese, former Broncos quarterback, founded in memory of the mother he lost at a young age. They provide outreach and grief support services for families struggling with the loss of a parent. We raised approximately \$850 through the large number of meet entrants.</p> <p>The Drozda family wants to thank those who assisted in making this 3rd Steve Drozda Shotgun Memorial Meet a successful one in every way possible! Many of our swimmers had terrific times and personal bests in this early season long course competition! Thank you coaches, swimmers, parent volunteers and officials!</p>
<p>Long Course Time Standards Posted</p>	<p>Please take a look at the website for the updated Long Course State qualifying times. They are located under the PERFORMANCE Tab.</p>
<p>Swim-a-Thon Prize Party Information</p>	<p>We are so proud of all the swimmers who accomplished amazing swims at the Swim A Thon. In celebration of their amazing efforts, we will be having a Swim A Thon potluck</p> <p>Please see the food sign up sheet on the team website for items to bring. The team will supply the hamburgers, hotdogs, and paper products. This is a great way to spend time as a team and get to know each other.</p> <p>We will have games, but feel free to bring fun park activities (frisbees and beach balls). We would like to set-up a volleyball net. If a family has one that they can bring to the park, please contact Teri and Janel at events@teamcudas.com. Also remember picnic blankets and chairs.</p> <p>Prizes for the Swim A Thon will be awarded at this potluck. Can't wait to see you there!</p> <p>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: Wednesday June 5 Time: 6-8pm Location: Girl Scout Shelter off Midway (Midway Park) in Broomfield</p>

<p>Officials Corner</p> <p>Richard Wilson</p>	<p>A big thanks to those officials and timers that worked at the Drozda meet over the weekend of May 3rd. Without your dedication, swimmers wouldn't have official times. Your efforts are very much appreciated.</p> <p>At last month's officials trainee clinic we had six attendees - very excited to welcome those that participated to the team.</p> <p>For parents interested in either learning more about the officials process or have questions about the swimming stroke and turn rules, I'm available both at the BCC and the VMAC during the week. Feel free to email me ahead of time and I'll do my best to make myself available.</p> <p>Richard Wilson Officials Coordinator mailto:richnwilson@gmail.com</p>
<p>Meet Sign Up Reminders</p> <p>Heather Armon & Andrea Thompson</p>	<p>Thank you to all of our volunteers for making the Steve Drozda Shotgun Meet such a success!! We couldn't have done it without you!</p> <ul style="list-style-type: none"> • Questions about Service Hours or Jobs prior to Thursday before meet please contact our Service Hour coordinator, Heather Armon. • Please do not sign up or change your volunteer hours after the Thursday before the swim meet as the job sign-up sheet is printed Friday morning of the meet and is not printed again. • We do not want you to lose your hours because of changes made during the meet. • If you have an emergency and will not make it to the meet to fulfill your volunteer hours please call/text and let us know. • If you need to change your hours or want to fill an opening you see after the Thursday deadline please call/text and let us know so we can make the changes. • Andrea Thompson contact number (call or text): 970-691-6770
<p>CUDA Hospitality</p> <p>Vilma Hassert</p>	<p>The CUDAS are responsible for providing snacks, meals, and beverages for officials and coaches at our home meets. We are looking for restaurants that may be willing to donate a meal (breakfast, lunch, or dinner) for our home meets. If you have a favorite restaurant that may be interested please contact our VP and Marketing Chair, Vilma Hassert at mailto:vicepresident@teamcudas.com</p> <p>The team is happy to provide complimentary heat sheet advertising for any restaurant that contributes to our team and helps keep our expenses down. If a donation is made, secured and delivered, exceeding \$50, we will credit your family's fundraising fee for the season.</p> <p>The next meet we are trying to secure meals for is the CUDA*STAR – May 31- June 2</p>
<p>Board Meetings</p>	<p>Upcoming general Board meetings are typically scheduled for the second Monday of each month. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, May 13 from 7:15pm – 9:00pm at VMAC in the hospitality room. Hope to see you there!</p>
<p>Happy Birthday!</p> <p>CUDA May Birthdays</p>	<p>Anna Barjenbruch Jack Elliot Gabiella Gordon Madeline Gregory Sam Hahn Neeharik Hancock Milan Hancock Rishi Hancock Nathan Kral Morgen Moody Druv Nambiar</p>

	<p>Sierra Parks Elisa Peterson Jessica Sheer Robert Talder</p>
<p>Notes from the CUDA Account Manager Michelle Shauf</p>	<p>Reminder – Please set up AutoPay – You can pay in two ways...</p> <p>Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team’s website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice prior to the 1st of the month.</p> <p>Credit Card (CC): You may also sign up to have your bill charged to your favorite credit card (VISA, MasterCard and Discover) only. Sign-up again is handled in a secure fashion on the team’s website. There is no fee for this service.</p> <p>If you have any questions regarding your bill, please contact Michelle Shauf at mailto:cudamanager@teamcudas.com or 303-410-4999.</p>
<p>Practice Schedules: BCC Swimmers: 280 Lamar Street Broomfield VMAC Swimmers: 136th Ave & Holly St Thornton</p>	<p>** Summer practice schedules are posted for both pools.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools.</p> <p>VMAC Schedule</p> <p>BCC Schedule</p> <p>**With the popularity of the VMAC pool, this schedule will change so keep checking back online for the most current information.</p>
<p>Service Hour Policy Heather Armon</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>To view the most up-to-date Service Hour Policy, please visit our website:</p> <p>Service Hours</p> <p>Reporting & Tracking of Service Hours:</p> <p>Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com</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>
<p>Fundraising</p>	<p>To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website. Fundraising Policy</p> <p>Steps to obtain your CUDA King Soopers card:</p> <ol style="list-style-type: none"> 1. Contact: Scott and Kellie Bratcher via email at scripsales@teamcudas.com 2. Arrange to meet 3. Make sure your card number is recorded so you get credit! 4. Give Scott a check or cash for \$25 5. Go to King Soopers and load up your card <p>Also don’t forget to use your King Soopers card to get gas, it adds up really fast!!</p>