



FRONT RANGE BARRACUDA SWIM CLUB



May 2014

Message from the President

Sean Feran

As we enter into May, we have some pretty fun events coming up. We start with the Drozda Shotgun meet, then we have the Swim A Thon, Spring apparel orders, and then finish the month off with the Cuda/Stars meet. Along with that, our athletes will be starting their summer break. We are looking forward to a fun summer, and a successful Long Course season.

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



It's that time of year again... Swim-A-Thon time! It's our one big fundraiser a year. Sure beats selling wrapping paper or chocolates. It's a lot more fun too. Our annual Swim-A-Thon accomplishes two things: One- it's a lot of fun! It gives our entire team a chance to come together at one pool and one time and swim for a couple of hours with music on the speakers and snacks awaiting us upstairs. Two- it gives us a chance to make our budget healthy. With the cost of everything going up on a seemingly daily basis, we have not had to raise our swimmer dues in over half a decade. Part of that is due to the success we've had at with the Swim-A-Thon. As I'm writing this, we have about two weeks left before the event. If the prizes we are dangling in front of your swimmers are not enough, please encourage your kids to participate in this annual event and make 2014 our best Swim-A-Thon ever. Thanks!

[Coach Andrew Brand](#)

Article of the Month

[Goal Setting](#)

Board Meetings

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 12th, from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

Mark your Calendar



DATE	EVENT
May 2-4	Steve Drozda Shotgun LC Meet at VMAC
May 2 nd	BCC Relay Practice at BCC
May 7 th	Senior Zones Informational Meeting at VMAC
May 7 th	Spring Apparel Order Deadline
May 14 th	Swim-A-Thon at VMAC
May 16 th	Silver Circuit Meet at BCC
May 29 th	Deadline to order Water World Tickets at teamcudas.com
May 30 th	Deadline to enter the Cuda-Star LC Meet at teamcudas.com
May 30- June 1	Cuda-Star Long Course Meet at VMAC

**** 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.**

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Ava Debell: Ava joined Red group for long course and has shown what it means to be a dedicated and focused swimmer. She is always giving her coaches 100% of her focus. She may not always be leading her lane but she is always performing the drills correctly and asking for further clarification if she does not understand what the drill is. Ava is humble, a great example of sportsmanship and a dedicated athlete.

Max Wilson: Max is a strong leader and hard worker for the red group. Every practice he shows up and to work, but knows how to still enjoy practice and have fun with his friends without creating a distraction. Max is happy to swim in whichever lane and in any order, you can tell that he is at practice to improve, have fun and be a part of a team.

Silver Group

Johnee Shields- Johnee continues to be a joy to coach. She works hard to improve her technique and learn the difference between pacing and sprinting. Johnee continues to see huge improvements in her strokes and times. However, you will never find her bragging or showing off. She is a strong leader who demonstrates great sportsmanship and humility.

Nathan Kral- Nathan is new to the Silver group but he hasn't let that slow him down. He comes to practice with questions on how can he improve his strokes, turns or streamlines. Nathan knows what he needs to do to stay focused in practice whether that is moving lanes, sitting on the wall, or moving in the line for his lane. Because of his focus and dedication he now has all 4 legal strokes, turns and fantastic dives.

Cuda Records Broken Recently

Daniel Bradford 13-14 200 yd. Backstroke

Payten Irwin - 11-12 Girls
100 Fly
200 Fly
1650 Free

Tony Saenz 11-12 Boys 400 IM

11-12 Girls 400 Medley Relay
Rens
Irwin
Romero
Feran

11-12 Girls 400 Free Relay
Feran
Rens
Romero
Irwin

Connor Hassert - 10U Boys
500 yd. Freestyle
100 IM
200 IM

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.

[USA Swimming & Growing Champions for Life Information](#)

**USA Swimming
Partners with
Growing
Champions
for Life**

USA Swimming is excited to announce a special relationship with Growing Champions for Life, an organization dedicated to creating cohesive families and principle-centered athletes who win at life, not just at sports. The endorsement of this exciting program means you will have access to inspirational videos educational webinars, interesting articles and informative newsletters right here in our web site.

Each month you will find fresh new resources listed on the USA Swimming website. These programs are a perfect fit for our commitment to positive sport families and healthy athlete development at every level.

CUDA Birthdays



Anna	Barjenbruch
Tegan	Barrier
Jack	Elliott
Madeline	Gregory
Samuel	Hahn
Rishi	Hancock
Milan	Hancock
Neeharika	Hancock
Torre	Jones
Nathan	Kral
Morgen	Moody
Sierra	Parks
Elisa	Peterson
Nora	Rozgony
Jessica	Scheer

2014 SPRING CUDA APPAREL ORDER FORM NOW OPEN!!

Cuda Parents,

It's time to order your SPRING CUDA Apparel!!

Log on to the CUDA page, click on the PARENTS menu, and go to [2014 SPRING CUDA APPAREL](#). **Deadline to order is Wednesday, May 7th.** All ordering will take place online and charged to your CUDA Swimmer Account during the JUNE 2014 Billing Cycle.

Don't delay! Order Today!

Spring Apparel

GO CUDAS!!!!!!!!!!



Please direct all questions to [Rich Harris](#).

Officials Corner

Richard Wilson

BE PART OF OUR OFFICIAL'S TEAM

- COVERS YOUR FUNDRAISING AND SERVICE HOUR REQUIREMENTS
- ON DECK VIEWS AT MEETS
- COSTS COVERED FOR CERTIFICATION, FEES AND OFFICIALS SHIRTS

As we begin the long course season, I'd like to take this opportunity to schedule an officials training clinic - this is the first part of the process in becoming a USA swim official.

Attending a clinic **doesn't** imply you have to commit to the entire certification process, instead it will help you understand if it's something you want to do.

In order to host our own clinic, we need at least three interested people. If you'd like to attend a clinic, or have additional questions, please contact Richard Wilson | richnwilson@gmail.com as soon as possible. There is no charge for attending this clinic and food and drink will be provided.

As a swim team, one of our goals is to build a committed team of swim officials to help ensure we get invited to important meets, as well as creating a solid reputation for the club.

[Richard Wilson](#)
Officials Coordinator



2014 Swim-A-Thon

Mark your calendars for a night of fun at VMAC for the 2014 CUDA Swim-A-Thon! The USA Swimming Swim-A-Thon is a fundraiser in which all CUDAS are able to fundraise for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first.

Fundraising

This is a great time for ALL swimmers; ask any veteran swimmer on the team, and they will tell you that one of their favorite events is the Swim-A-Thon. Swimming 200 lengths in 2 hours for the first time is something a swimmer will never forget! For the more veteran swimmers, this test of endurance is an effort to beat their last year's best time (and their friends). Swim meets show the athletes how fast they swim; Swim-A-Thon allows the athletes to see how strong they

are in the endurance department.

Once they finish, they will be given an opportunity to partake in healthy and tasty snacks, as well as cheer on the other swimmers - encouraging them to keep going!

The Front Range Barracuda Swim Club ("FRBSC") is a 501(c) 3 nonprofit organization and a USA Swimming member. Membership dues allow the club to cover some portion of the team's expenses. Other expenses such as, coaches' salaries, travel expenses, training expenses, and pool supplies are the responsibility of the team. To supplement, we must ALL be active in contributing to our fundraising efforts. With everyone's help, we can keep our fees low and our program's quality high.

What are the important dates?

Start date: April 1st, 2014

Swim-A-Thon: Wednesday, May 14th 5:30 pm – 7:30 pm (please be at the pool by 5:00pm)

Location: VMAC 5310 E. 136th Ave. Thornton, CO 80602

Money deadline: Wednesday May 28th (to be eligible for prizes)

Prize Banquet: June 20th 6:00 pm – 8:00 pm

All Swim-A-Thon participants are invited to this awesome party to celebrate our fundraising efforts as a TEAM.

As a reminder, we still have open volunteer opportunities available for lap counters and snack providers. Please look visit the website and sign up for any vacant spot.

Thanks,
Lisa Abeyta
Fundraising Committee

End of the Year Party & Awards

Save the date for **Tuesday, July 29th** for our annual End of Year Party & Awards at The Bay!

Team day at Water World

Team Day at Water World - Wednesday, June 4th!

Join your fellow CUDAS and coaches for our Team Day at Water World on Wednesday, June 4th! Tickets are \$29.11 each and the deadline to sign-up is May 29th. 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 us at events@teamcudas.com.

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