



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

March 2012

Message from the President

Kennedy Walsh

Can you believe Long Course is starting already? If you think Short Course 2011 was a lot of fun for the Cuda's wait until you see the social and event calendar for Long Course! We kicked off the season with the largest Pentathlon we have ever hosted and ended it with some amazing times at recent meets. The coaches have the honor of sharing the details with all of you for Silver State, State, and the Northern Colorado Championships. From our littlest developmental athletes to our elite swimmers we are very proud of each and every one of you! Your commitment to our team is obvious with your consistent practice attendance, positive attitudes, and early meet mornings. You take your role as athlete members of our team seriously and we applaud and respect you for your dedication. We have some of the best coaches in Colorado to work with our kids. They are exceptional at what they do and it is our privilege to have them as Cuda coaches.

Each of us has a role within the Cuda family for our team to be successful.

Swimmers - swim. Coaches - coach. Parents - parent.

Recently, I found myself drifting outside of my role as a proud swim mom. The White Group is getting ready for their move-up test later in the week and I found myself offering swim advice to my daughter. Coincidentally, that same day I received an article from Coach Tom about what makes a nightmare sports parent and what makes a good sports parent. The author has spoken to millions of athletes, coaches, and parents in the past twelve years. I would like to share a small portion of the article with you.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response: *"I love to watch you play."*

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned from spectator – or in many instances from coach – back to mom and dad. ASAP.

<http://www.thepostgame.com/blog/more-family-fun/201202/what-makes-nightmare-sports-parent>

To my daughters, Riley and Mikaela, and the rest of the Cuda swimmers I want you to know that I truly do love to watch you swim. I will leave the swimming to you and the coaching to your coaches.

As always, if you have any questions or concerns please do not hesitate to contact any board member or myself at president@teamcudas.com

Kindly,
Kennedy Walsh
FRBSC President

Coaches Corner

Head Coach Andrew

Congratulations to the 37 Cuda swimmers who participated in the 14 and under state meet this past weekend at EPIC in Fort Collins. Our Cudas placed 10th overall in the state out of over 75 teams in our LSC. That was a jump from 25th place last year, and represented by far the largest one year leap, in terms of place, in the state by any team! We had individual state champions in 7 different events and dozens of top ten finishes from individuals and relays. Our swimmers also set **15 new team records**. Below is the list of **new team records** and who set them. Nice job CUDAS!!!

Coach Andrew

10 & Under girls 50 Freestyle Payten Irwin	11-12 Girls 50 Freestyle Sidney Trimm
10 & Under girls 50 Butterfly Payten Irwin	13-14 Girls & Open Girls 50 Freestyle Shelly Drozda
11-12 Boys Medley Relay Kyle Mak Daniel Bradford Jacob Hahn Noah Shauf	13-14 Girls & Open Girls 100 Freestyle Shelly Drozda
11-12 Boys Freestyle Relay Kyle Mak Daniel Bradford Jacob Hahn Noah Shauf	13-14 Girls & Open Girls 100 Breaststroke Shelly Drozda
11-12 Boys 500 Freestyle Daniel Bradford	13-14 Girls & Open Girls 100 Butterfly Shelly Drozda
11-12 Boys 400 IM Jacob Hahn	

Article of the Month

As Kennedy alluded to in her piece, I think we all need to take a step back and make sure as parents we are encouraging and let the coaches do the coaching. Here is an article we came across and thought it was important to share with the club.

[What Makes A Nightmare Sports Parent – And What Makes a Great One](#)

Wednesday, February 15, 2012 8:20 pm

Written by: Steve Henson

Source: [The Post Game](#)

Officials Corner

Sean Feran

Have you been looking for a fun and easy way to get those volunteer hours out of the way? Are you looking to learn more about the sport of swimming, or are you trying to find a way to make the Cudas even more awesome? Well, I've got just the thing for you.

There will be an initial Swim Officials class held in early April at Lifetime Fitness. The class is 4 hours long and will count toward your Long Course volunteer hours. There is no requirement to become an official after taking the class, but we sure could use the help.

No previous swimming knowledge is required to attend this class. It will allow you to better understand the sport and to learn the inner workings of swim meets. After the class, you will have the opportunity to spend time on the deck with the swimmers and become more comfortable with the sport.

If this sounds like something you may be interested in, please email me at VicePresident@teamcudas.com, talk to me at one of the practices, or ask your child's coach.

Thank you,
Sean Feran
FR Cudas Officials Coordinator

News from BCC

Coach Jonathan

As this season comes to a close I want to express my most sincere thanks to all the Barracuda families for their commitment to making this season a success. Thank you to all the volunteers that helped make our Pentathlon and Single Age Meet such huge successes. Thank you to our Pizza Meet volunteers who helped our pizza meets run so smoothly. Thank you parents for all your sacrifices this season, and for your loving support of the Barracudas.

SWIMMERS OF THE MONTH

RED GROUP

Pax Armon - This season Pax has shown the character traits of a true winner and it is my pleasure to award Pax with swimmer of the Month honors. At the start of the season Pax was so thrilled to be a Barracuda. Pax's enthusiasm for swimming is one of his best strengths as his positive attitude at practice and love for swimming catalyze his success. My favorite trait about Pax and one that will take him far in anything he does is his ability to be a great listener and always receptive to coaching. Pax this season you have shown your huge potential and I really look forward to helping you reach that next season in Silver. Pax you're awesome!!!!!!!!!!!!!!

Johnee Shields- I have really enjoyed working with Johnee this season. Johnee is quickly on her way to becoming a very fast Barracuda. All season Johnee has shown me that she works hard in practice, races her teammates, and is a sweet well behaved swimmer. One quality that really stands out is Johnee's focus on doing things exactly right. Anytime I watch Johnee swim at practice I can see her focusing exactly on the skill or drill we are working on. That attitude is really important in swimming, so keep it up Johnee!!!!!!!!!!!!!!

SILVER GROUP:

Evan Johnson - At the beginning of February I offered to have goal meetings with the swimmers in Silver to teach them the details of goal setting. The first swimmer to ask for a meeting was Evan Johnson. After our meeting Evan had a revived passion for swimming and showed some great qualities of a true leader and champion. This month Evan has quickly emerged as a leader and a great example of the kind of swimmer I am looking for in Silver. This month has been a game changer for Evan because he now understands what it takes to achieve his goals and the commitment necessary to achieve them. Evan, what I saw from you this month at practice was incredible, and I hope it continues so you can reach your full potential. I will rely heavily on Evan's leadership in Silver next season and based on what I saw this month I know he will be a great leader!!!!!!!!!! Don't forget your goals Evan!!!!!!!!!!!!!!

Angela Li - Every month Angela shows the qualities of Swimmer of the Month. She is a consistent lane leader and a true practice racer, I have watched with excitement as Angela gives our boys a run for their money in practice races. Angela has taken huge strides in Breaststroke this season, culminating in her earning a Silver State time in the 50 Breaststroke. Angela's shining personality and her ability to make the most out of each practice are some of the reasons why I have enjoyed coaching her so much this season. Keep it up Angela!!!!!!!!!!!!!!

Mark Your Calendar

DATE	EVENT
March 12, 2012	Changed practice time for VMAC groups
March 12, 2012	Board Meeting, 7:15pm VMAC Pool
March 15, 2012	Sign-up deadline for March No Ordinary Pizza Meet
March 16, 2012	March No Ordinary Pizza Meet @ BCC
March 18, 2012	Sign-up deadline for Brighton April Fools Meet
March 22, 2012	Changed practice time for VMAC groups
March 23-24, 2012	Practice at Westy Swim and fitness for VMAC groups
April 3, 2012	Sign up deadline for Foothills Spring Long Course
April 7, 2012	Brighton April Fools Meet @ Brighton HS

**** Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

Parent Education

Watch the online calendar for new parent informational meetings this spring at the BCC. If you are confused about meets, swim terminology, volunteer hours, fundraising, or just want to get involved watch for details TBA. Informational meetings will be held during practice for your convenience.

2012 Swim-A-Thon FAQ

Mark your calendars for a night of fun at VMAC for the 2012 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.

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.

BCC Contact: Bobbi Cunningham
mimesisoflife@yahoo.com

VMAC Contact: Jennifer Raskay
thehandwritingcoach@hotmail.com

What are the important dates?

Start date: Right NOW

Swim-A-Thon: Wednesday, April 18th 5:00 – 7:30
VMAC 5310 E. 136th Ave. Thornton, CO 80602

Money deadline: Friday, May 11th (to be eligible for prizes)

Prize Banquet: Friday, June 8th 6:00 – 8:00
All Swim-A-Thon participants are invited to this awesome party to celebrate our fundraising efforts as a TEAM.

How do I earn money for the club?

- ⇒ 95% of the proceeds go directly to the CUDAs
- ⇒ 5% goes to USA Swimming to further develop the sport of swimming: build the base, promote the sport, and achieve competitive success

How do I get started?

You have been provided with:

1. Money envelope. Be sure to print your name and group at the top.
2. Pledge sheet in case you run out of room on your envelope
3. Swim-A-Thon donation receipts – we are a 501(c)3 non-profit organization

What do I do now?

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.

****Safety first!****

Never go into someone's house that you do not know.

Have an adult with you if you go door to door.

What about the money?

1. **We accept cash, checks, and credit cards**
2. **Make all checks out to : FRBSC**
3. **Credit card processing: You will be able to go to the team cudas website, Swim-A-Thon webpage, and click a secure link for credit card processing.**
4. **Count your money; turn it in to your pool's contact person by May 11th in your envelope. Please make sure your name, age, and group are written clearly at the top of your envelope. Make sure your coach signs your envelope verifying how much you swam.**

Prizes

All money is due by May 11th to be eligible for prizes. All prizes will be presented at the awards event in June. 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.

The top 12 highest CUDA fundraisers will win one of our top 12 grand prizes. The highest grossing fundraiser will get the first pick from our pool of prizes, the second highest will get the second pick, and so on, until all 12 of the grand prizes are gone.

Additional Prizes: While being one of the top 12 will win you an awesome prize, you do not have to be in the top 12 to earn a prize. Each CUDA earning \$101 or more will receive a custom swim cap with their name printed on the cap. Additional prizes will be available, too, so stay tuned to the website and newsletter for more information.

CUDA Help Wanted

Help Wanted:

Please remember that our volunteers are fellow parents doing their best to make our team great for everyone. If you are upset with policy or procedure please bring it to the board's attention. Thank you.

If you are interested in the following positions please contact Kennedy Walsh at President@teamcudas.com

Volunteer Coordinator - This position is in charge of recruiting and assigning tasks to volunteers as needed throughout the year. To ensure we have enough parents signed up for manning different events, or making phone calls when we don't. They are also responsible for tracking volunteer hours the need to be fulfilled, and communicating with families who are short on hours or have questions regarding the volunteer policy. They will also forward family credits and balances short at the end of each season to the business manager for billing purposes.

- approximately 2 hours of training
- two hours +/- per week
- must be comfortable with a computer
- good communication skills
- Board meeting attendance encouraged
- full volunteer hours and fundraising credit

Treasurer –

- Board Position – 2 year commitment
- accounting or finance background preferred
- knowledge of QuickBooks
- must be organized and self motivated
- good communication skills essential
- training and support throughout Long Course taking on full responsibility by Short Course 2012
- full volunteer hours, fundraising, and one swimmer dues credit

	<p>Account Manager –</p> <ul style="list-style-type: none"> • Board Position – 2 year commitment • handles all aspects of swimmer accounts • must be organized and self motivated • good written and verbal communication skills are essential • 10 hours +/- per week • training and support throughout Long Course taking on full responsibility by Short Course 2012 <p>Swimmer Assistance Committee - New</p> <p>The board would like to establish a Swimmer Assistance committee to help support our athletes that may need help with dues and/or meet fees. In the last several years we have all heard stories of hardships affecting people in our communities. We would like to explore options for supporting our athletes when their families find themselves in a temporarily difficult situation. If you have any experience or thoughts on this topic and/or you are willing to help with research please contact Kennedy Walsh at President@teamcudas.com</p>
<p>Notes from the CUDA Account Manager</p> <p>Kathy Jaschke</p>	<p>FUNDRAISING:</p> <p>Short Course Fundraising credits were posted to accounts at the end of February for everyone participating in the Long Course season. Thank you for helping support the team by reloading your King Soopers gift card or purchasing Old Chicago Pizza Palz.</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>Kathy Jaschke has taken over as the Account Manager for the team. As always, if you have any questions regarding your bill, please contact Kathy at cudamanager@teamcudas.com or 303-464-1167.</p>
<p>Welcome New Swimmers!!</p>	<p>DEVELOPMENTAL:</p> <p>Nathan Jaschke Rylie James</p> <p>RED:</p> <p>Lindsey Gracheck</p> <p>WHITE:</p> <p>Hayley McGovern</p> <p>BLACK:</p> <p>Kiley Thueston</p>
<p>Happy Birthday</p> <p>CUDA March Birthdays</p>	<p>Luke Crumplar Leonard Dattilo Matthew Poshusta Dylan Raskay Rylie James Ashley Tang Annika Wangsvick</p>

<p>Board Meetings</p>	<p>Upcoming general Board meetings are usually 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, March 12th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!</p>
<p>Practice Schedules</p> <p>BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave & Holly St. Thornton</p>	<p>The practice schedule for the individual groups is listed on the website.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>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>
<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 2012 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: 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers) <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. Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com 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 posted on the website. We also send out updates via email so make sure your information is up-to-date!</p> <p>Web site: www.teamCUDAs.com.</p>

Earn Cash Back with Scrip

The Cuda's have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

1. Contact: Scott 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

Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!

Other easy opportunities to meet your fundraising goal:

Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

- ⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!
- ⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the Cuda website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the "advertise here" button on the bottom left side of the Cuda's home page.