



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

March 2013

Message from the President

Kennedy Walsh

Hello Cuda Families,
We have a lot of exciting news to share with you this month!

Please Note: Volunteer Hours have been renamed **Service Hours** effective immediately since they are a required component of membership. All incomplete hours will be billed at the end of the season. Please see our volunteer policy for details.

Board Elections

We have four new Board of Director positions beginning at the start of Long Course. One (1) Treasurer and three (3) at-large. The Board will appoint a Vice President from the Board Members. We are fortunate to have five parents wanting to join the board. Our candidate for Treasurer, **Clark Saenz**, is an accountant that has been vetted by the board and trained by our existing Treasurer. He is ready to assume his role at the start of Long Course upon approval of the membership. The remaining three positions will be decided by a member vote. Three of our candidates would like to be the next VP. According to our bylaws, we must hold an election of the general membership if there is more than one candidate for a board position. Each at-large nominee has submitted a little bit of information about themselves. Please take a few moments to read this information and be prepared to vote for three individuals.

- *If you would like additional information regarding the election process please see sections 5.8 and 6.5 of the bylaws for further details. Our bylaws are posted under **Club Info: Bylaws**.*

Events Committee

I am excited to announce that we officially have an Events Committee! Please join me in congratulating **Teri Romero** and **Janel Barrington** as the new Chairs. They will be responsible for overseeing event subcommittees and helping to plan some great events for the team. We would like to see each event have its own subcommittee Chair (& possibly co-chair depending on the size of the job) to organize and run the event. All subcommittee chairs will have their volunteer hours waived during their term. The following Event subcommittee positions are open. Please contact Kennedy Walsh at President@teamcudas.com if you are interested. Please remember that all Committee Chairs need to be approved by the board. If you just want to be on a committee but not chair that's OK too. Please contact Teri or Janel at events@teamcudas.com to let them know.

- **Broomfield Days Parade** – Each **September**, after the parade, we comment on how much fun we have and wouldn't it be fun to do a little more than just walking in the parade. If you are creative and think this would be fun this is a good job for you. Don't worry – you will have lots of help. We just need someone to organize and oversee the event.
 - Anyone with a large garage space or flatbed trailer available to lend the team in September please let us know at your earliest convenience so we may start planning by early summer.
- **End of the Year Party** – This event has historically been a potluck dinner held at the Bay Aquatic Park.
- **VMAC Social Chair** – Help plan and organize VMAC social events such as our upcoming pancake breakfast on **Saturday, April 13**. We would like to host at least one event per season.
- **BCC Social Chair** – Help plan and organize BCC social events such as our upcoming BCC Social Spaghetti Dinner on April 5. We would like to host at least one event per season

COMING SOON: All committee chairs and their contact information will be listed on the website under Club Info. All Board Members and their contact information are currently available under Club Info: Board of Directors. This will make it easy for everyone to know who to contact for questions or to help out.

Cuda Survey

We have completed a team survey focusing on communication, staff interaction, parent goals for their swimmers, and fundraising. It should take approximately **TEN MINUTES** to complete. The Board welcomes constructive criticism whenever it is motivated by a sincere desire to improve the quality of the team. If there is a particular area that you feel needs more discussion than a survey allows you may contact a board member or the appropriate committee chair. Links to the appropriate contact people are provided in the survey. Thank you in advance for your honest and constructive feedback.

- The survey is located under Team Info Menu: Team Survey once you log onto the website.
- It will be available to members during the **month of March**.
- Coach Andrew and I will compile the results and present them at the **April 8** Board Meeting. This will be the first Board Meeting for our newly elected Board Members. Board Meetings are open to the membership and we encourage you to attend. I hope to see you there!

Spring Apparel Order

The Cuda Store will be open from **April 1 – 21** for Cuda apparel. One of our parents, Rich Shields, has come up with some great designs for us. You are sure to want at least one!

Please note:

- The store is only open twice a year (fall & spring) for your Cuda apparel needs.
- Blank items will be available for size reference at S-A-T.

As always, if you have any questions or comments please feel free to contact me.

Kindly,
Kennedy Walsh
FRBSC President
President@teamcudas.com

Coaches Corner

Head Coach Andrew

This summer's travel meets are now set and ready to go! For our out of state travel meet, we will be taking swimmers to Columbia, MO for the Columbia Swim Club Summer Invitational. The meet is held at one of the finest facilities in the country on the University of Missouri Campus, and has traditionally been a very competitive meet. For those wanting to stay closer to home, but still participate in a travel meet; we will be sending swimmers and coaches to Aspen for the Aspen Invitational. This will be an excellent and fun short course meet in the middle of summer. If you have a question about which meet is best for your swimmer, please talk to your swimmer's group coach. Both meets will have their own events page shortly, and will be updated with important information as we get closer to the meet dates. Both meets will take place on the weekend of June 21-23. Note this is one week later than we had originally anticipated, due primarily to the Columbia meet being bumped back one week vs. where it was on last year's calendar.

April 1 officially marks the beginning of long course season. It is the first day of practice that swimmer's moving up groups- will be swimming with their new groups. Our entire staff weighs a myriad of factors into whether or not it is in the swimmer's best interest to be promoted to the next level of our program for the upcoming season. Ability, work ethic, past practice attendance, meet attendance, maturity and age all factor into whether we move a swimmer up a group. Not every swimmer will move-up after every season; in fact it is common for swimmers to spend two, three or four seasons in a group before they are ready to take the next step. Please be assured and confident that our coaching staff has the best long-term interest of every swimmer on Cudas at heart when we put together our lists of roster groups. If you have any questions regarding our policies please feel free to shoot me an e-mail.

Thanks, and go CUDAS!
[Coach Andrew](#)

Article of the Month

[Moving Up to a New Workout Group](#)

Northern Colorado Swim Festival

Head Age Group Coach Tom

The 2013 Northern Colorado Swim Festival is set for Sunday, April 21 from 10 am-4 pm and it is now open for registration. The camp is put on by our swimming conference and is open to all athletes on the CUDA's.

Registration is now open, and is limited to the first 150 swimmers that sign up. I would recommend checking out the site, and emailing your reservation to Linda Seckinger ASAP if you are interested in having your child attend.

The cost is \$30, it does include lunch, a Camp Shirt, and a day with 2012 Olympian Scott Weltz.

Don't miss out, Sign up now at the link below:

<http://www.teamunify.com/EventShow.jsp?id=290349&eeeeee=wzncs&team=wzncs>

BCC News

Coach Amy

BCC Swimmers of the Month

Red Group:

Ryan Luo- Ryan has been a wonderful positive force to the Red group practices! He has shown great commitment to the team participating in most team meets and pizza meets. Ryan takes on challenges of trying different events and distances to continue to build his confidence and racing technique.

Lauren Anderson- Lauren is a wonderful teammate and lane leader; you will find her encouraging or explaining a set to her fellow teammates. She gives her full attention and dedication to each practice she attends, and is committed to improving her technique and becoming a better swimmer.

Silver Group:

Vaughn Bigelow- Vaughn comes to practice willing to help set up for practice and ready to swim as soon as the clock strikes 5. Vaughn has taken huge strides in improving his stroke technique and working to follow a set to a T.

Alvina Zhang- Alvina has set the bar high for her strokes and commitment to swimming. Every month she exceeds the goals she has set for herself. She is always looking for ways to improve her technique after every practice and race. Alvina always asks me what she should focus on for the next practice.

BCC Notes: Pizza Meet events are up. Service hours will be posted on March 14th between noon and 4pm.

Board Elections

*Each member family in good standing as of March 14 will have three votes. The three individuals with the most votes will be your new Board Members. Elections will be open from **March 15-31** and conducted through the online service Election Buddy. Please watch for this email to ensure it does not end up in your junk folder.*

Lisa Abeyta

Lisa has served on the Cuda Board as the team's Treasurer for the last 2 1/2 years. Her daughter, Annemarie, is in the Gray Group and has been swimming with the Cuda's since 2007. Lisa's term as Treasurer ends this April and she is currently training her replacement. Lisa would like to continue on the Board in either the roles of Vice President or "At Large". In addition, she would like to Chair a new Fundraising Committee. Her goal is to head up this committee and organize the fundraising goals of the team as whole. Lisa would like to shift some of the fundraising burden away from the swimmer families and look at alternative sources, such as grants, small businesses, and corporate sponsorship. Funds may then be more organized and channeled towards direct sources such as swimmer assistance funding, travel team funding, equipment's improvements and/or other needs identified by the board and or coaches.

Lisa has over 20 years of extensive and diversified experience in sales and marketing management within various commercial financial and retail industries. In addition, Lisa has over 10 year experience in the non profit sector, serving

as Board member on the Front Range Barracudas as well as several non profit groups within the North metro area, including the Northglenn Neighborhood Development Council, Birch Elementary PTO (Treasurer) and Broomfield City and County Advisory Board on Arts and Humanity Council. She has been involved in the grant process as has allocated funding for the SCFD to various non profit group in the Broomfield area, she would like to turn the tables on the skill and use it for acquiring funding for the team's needs.

Rich Harris

Hi, my name is Rich Harris. I am seeking an opportunity to help support the goals of the Front Range Barracudas as the vice president or a member-at-large of the board. My experience with swimming comes from my personal involvement as a high school swimmer in California, a college swimmer for The University of Utah, and also California State University, Chico. I was also a coach in California for both high school and club teams. I was also fortunate to coach for the Barracudas in 2007-2008. On the dry side, I was the general manager of the Broomfield Swim and Tennis Club with responsibility for the facility, the programs, and the staff. My daughter Jocelyn currently swims for Coach Amy in the Silver Group. I would like to bring my experience and my passion for swimming to the board of FRBSC to help the Cuda's become the best club in Colorado!

Vilma Hassert

Vilma Hassert currently serves as the Marketing Chair for the Front Range Barracudas Swim Club (CUDAS). She was appointed to this position shortly after her son, Connor Hassert, joined the CUDAS in April 2011. Connor is currently a swimmer in Gray Group under the tutelage of Coach Tom. In her current role, she oversees the club's home meets advertising, hospitality food donations, and all other aspects of team marketing needs. One of the most important roles she holds daily is to make sure that she delivers support and assistance to coaches, parents, and the board whenever necessary.

In her professional career, Vilma is the Business Development Manager for Experis Finance (formerly Jefferson Wells) where she is responsible for developing and maintaining long term strategic client relationships to enhance the firm's profitability.

Vilma serves on the Board for the Arista Live/Work Townhomes Association, Inc., where she represents the HOA, and a Team Manager for Slammers Baseball, where she manages team and coach communication, travel, events, and fundraising for a competitive 11u tournament baseball team. Vilma demonstrates a natural drive to help make a difference in youth sports by making it more enjoyable for both parents and youth!

Vilma would like to further her contributions to the CUDAS by running as the club's VP for the upcoming board election

Clark Saenz

My name is Clark Saenz, and I'm excited for the opportunity to help the Cuda organization as Treasurer. As much as I would love to be an Olympic swimmer, I realized early on that I'm a much better accountant than I am a swimmer, so I'm happy to use whatever talents I have to help the club! For my day job, I run Saenz Financial Services, which helps families and small businesses make sense of their taxes, accounting, and finances. In January, I agreed to buy out the tax practice of my friend and Tax mentor, and so we've rapidly increased the size and craziness of this 2013 tax season. Our office is located in Broomfield, and is always interested in meeting new people interested in our services (insert shameless plug here ☺). In addition to that, I have over 20 years of corporate finance and accounting experience, including my most recent role as the Manager of Finance and Controlling at Vestas Wind Systems. There, I helped build, equip, and run Vestas' factories and operations in Brighton. On the personal side, unfortunately I'm not very interesting. I grew up in Broomfield, got my Accounting degree (and later my MBA) from CU-Boulder, and married my high school sweetheart, Tonya. We've been married for almost 20 years, and have 3 terrific kids. I love Colorado, the north metro area, the Golden Buffaloes, and I never want to live anywhere else!

Sue Silva

Hello, I am Sue Silva. I am seeking an At-Large position on the Cuda Board. I've been a proud Cuda Parent for the past 5 years. I have one athlete swimming in the Elite-Prep group (Go Annie, Go!). My interest includes serving as the Apparel Chairperson, and/or providing support in the areas of Marketing, and/or where ever necessary to provide support for other team activities and events. My experience as a Program Manager for more than 10 years, covering a 15-state area, plus a diverse scope of programs will lend many skills, including organizational and persuasion skills for overseeing and/or participating as a team member when called upon. Thank you for your consideration.

Locker Room Rules

The Cuda Board has approved the addition of [Locker Room Rules](#) effective Long Course 2013. A copy of these rules are posted on the website (make sure you are logged in to the team website and click link above) and will be included as a part of Long Course registration. This season there have been a few instances of individuals not showing respect for our facilities, personal possessions, or athletes. I sincerely hope that none of these infractions were perpetrated by Cuda athletes. The Locker Room Rules are for our athletes to understand what is expected of them as a Cuda. We understand that we have no jurisdiction over other teams or individuals sharing the BCC or VMAC but we can be good examples of appropriate Locker Room behavior.

CUDA Officials Corner

Richard Wilson

We will be holding the following three hour Officials 'Stroke and Turn' training clinic:

- Date: Tues, April 9th
- Time: 5pm to 8pm
- Location: Hospitality room at the VMAC [<http://goo.gl/maps/dGz8y>].

This is a great opportunity for those interested in taking the first step towards becoming a USA Swimming 'Stroke and Turn' official, or for those who want a better understanding of the swimming rules and officiating process.

To reserve a spot, please email me [<mailto:richnwilson@gmail.com>] as soon as possible with your contact details (name, phone number and email address).

Materials will be provided on the day, but I recommend bringing a pen and paper just in case.

We'll provide pizza and drinks for everyone.

[Richard Wilson](#)
Officials Coordinator

Long Course Registration 2013

ALL SWIMMERS MUST REGISTER!

Join the fun!! Long Course Registration is now open!!

Long Course Registration is open to all current swimmers. You will only need to register and pre-pay your \$50 Fundraising Commitment. Your monthly dues and additional meet fees will be billed as usual on April 1st.

Please complete registration by March 21st!!

Please go to the home page and click on Registration.

Questions?? Email or call [Michelle Shauf](#) Or (303) 410-4999

SAVE THE DATE & BE SURE TO RSVP Cuda Social Events in April

BCC Team Building Italian Buffet

- **Who:** All BCC swimmers and their families
- **When:** Friday April 5 from 5:30 – 7:30 pm
- **Where:** Ciancio's the clubhouse at Hylands Golf Course
 - 9650 Sheridan Blvd, Westminster, CO 80031
 - Sheridan / 97th next to Adventure Golf
- **Cost:** Price includes drink (Ice Tea, Lemonade or Water) and Gratuity. Cost will be billed to your account at the end of the month. For the adults, a cash bar will be available.
 - Adults \$15.00
 - Children ages 5-10 \$7.50
 - Children under 5 eat free.
- **RSVP:** deadline March 25 **please note this is during spring break**
 - Register on the events page just as you would for a swim meet. In the comments box please indicate the total number of people in your party and if they are adult/child/under 5.
 - **Please Note:** ****we will not be able to accept ANY additions at the door****
- **Service Hours Available:** We are looking for a BCC Social Chair to help organize and oversee this type of event. For this event we need one (1) volunteer who will earn one (1) service hour to arrive by 5:00 to check people in. Please contact Teri or Janel at events@teamcudas.com if you would like this job.

VMAC Potluck Pancake Breakfast

- **Who:** All VMAC swimmers and their families
- **When:** Saturday April 13 from 10:15 – 12:15 (right after practice)
- **Where:** Upstairs at VMAC
- **RSVP:** deadline April 6
- **What should I bring:** Please indicate what you will bring on the events page as if you were registering for service hours (previously known as volunteer hours). A list of requested items is provided. Be sure to bring whatever is needed for your dish such as utensils and mark anything you would like back with your last name. If everything requested has been fulfilled you may bring whatever item you think the team will enjoy.
- **Service Hours Available:** We are looking for a VMAC Social Chair to help organize and oversee these events. Additional hours are available for set-up, pancake cooks, and clean-up.

****Save the Date**** **Annual Chili Cook-Off**

- 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**
3:00 pm – 5:00 pm (set-up begins at 2:00pm)
- Where:** Broomfield VFW Hall
11700 Wadsworth Blvd, BROOMFIELD CO 80020-2712
- Categories:** Red, Green, Hottest, Other*
Other entry examples: Asian, vegetarian, white...your only limitation is your imagination
- Cost:** \$35 per entry
\$5 per taster

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. Additional details will be posted on the events page as they become available. If you would like to join the Chili Cook-off committee, please contact Teri or Janel at events@teamcudas.com.

Save the Date!!

DATE	EVENT
March 11	Cuda Board Meeting @ VMAC 7:15PM
March 12	Far Westerns Informational Meeting @ VMAC 6:30PM
March 14 – 17	Sectionals @ Federal Way, WA
March 20	March Pizza Meet Deadline @ Teamcudas.com
March 21 st	Last Day for Long Course Registration!!
March 22	March Pizza Meet @ BCC
March 25	BCC Dinner Sign-up deadline @ Teamcudas.com
April 1 st	First day of Move-Ups
April 2 nd	FST Long Course Meet sign up deadline @ Teamcudas.com
April 3-7	Far Western's @ Coronado, CA
April 5	BCC Groups Dinner @ Ciancio's
April 9 th	Officials Stroke & Turn Clinic @ VMAC Hospitality (5pm – 8pm) Email Rich Wilson to RSVP
April 13	VMAC Groups Pancake Breakfast @ VMAC Please sign up to bring a food item! @ teamcudas.com

**** Dates are subject to change. Please refer to the Events section on the home page of TeamCudas.com for the most up-to-date information.**

2013 Swim-A-Thon

Save the Date
2013 Swim-A-Thon
 Wednesday, April 17 at VMAC
Team Goal \$125 per swimmer

**** Look for packets being distributed the week of March 18th!!**

Mark your calendars for a night of fun at VMAC for the 2013 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. Outside of swim meets, S-A-T is our team's biggest fundraiser!

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 healthy 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.

The coaches will request prize ideas for the top earners as we get closer to S-A-T. Start thinking about what you would like to win! Don't forget that earning \$100+ will win you **TWO** personalized Cuda swim caps only available thru S-A-T. If you know of a company that would be willing to donate prizes please contact Kennedy Walsh.

Fundraising Tips from Prior Prize Winners:

- Remind sponsors that we are a 501c3 non-profit organization and we can provide receipts for tax purposes.
- Ask local businesses you frequent to sponsor you.
- Throw a fundraising party and ask to receive proceeds rather than merchandise as your "hostess gift" (jewelry, candles, food, wine, scrapbooking, toys, books, etc....). That way your sponsors receive something they want while helping you at the same time.

- Check with your employer for company matching. The team will count your entire S-A-T contribution towards your prize.

Big Team Prize for Achieving Team Goal

* \$25,000 is only \$125 per swimmer *

**** Olympic Level Swimmers at a Day Long Cuda Swim Clinic ****

All participants raising \$100 or more will receive TWO personalized Cuda swim caps!

Questions, please ask our SaT Chairs:

Bobbie Cunningham & Diana Clyker

SAT Contact Email:

Swimathon@teamcudas.com

Where does the money go?

S-a-T 2013

- **5% goes to USA Swimming to further develop the sport of swimming:**
 - build the base, promote the sport, and achieve competitive success
- **95% of the proceeds go directly to the CUDA's**
 - Helps cover pool costs, keeping up-to-date with team equipment, helping cover coach costs to travel to out of state meets, coaches costs to travel to out of state swim clinics, etc...
 - Starting this year, a portion of the proceeds will go towards the Cuda Athlete Assistance Fund. Cuda's supporting Cuda's in times of need and success!
 - Please note: S-a-T does *NOT* count towards LC fundraising.

CUDA Hospitality

Recommendations Needed

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 Marketing Chair, Vilma Hassert at vnhassert@yahoo.com.

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.

The next meet we are trying to secure meals for is the **Steve Drozda Long Course Shotgun – May 3-6.**

Notes from the CUDA Account Manager

Michelle Shauf

Reminder - Please set up AutoPay - You can pay in two ways...

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.

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.

If you have any questions regarding your bill, please contact Michelle Shauf at cudamanager@teamcudas.com or 303-410-4999.

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, March 11 from 7:15 pm-9:00 pm at VMAC in the hospitality room. Hope to see you there!																								
Team Communications	<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>Website: www.teamCUDAs.com</p>																								
Payment On Demand	<p>We have launched the new "PAYMENT ON DEMAND" feature on our website.</p> <p>This function allows you to pay your bill at anytime of the month. As you know, the system is now set up to charge on the 1st of every month.</p> <p>Please note: if you do take advantage of this "ON DEMAND" feature, you will be resetting your auto pay account with that credit card moving forward. In other words, you can only have ONE account set up at a time, and that PAYMENT on DEMAND overrides the current credit card or bank account on file.</p> <p>There will be a \$2.00 processing fee when using this feature.</p> <p>To learn how to use this feature, there are two options:</p> <ol style="list-style-type: none"> 1. Go to teamcudas.com and login to your account. Under your Account you will see a tab called 'My Tutorials'. Within this tutorial you will need to go to the tab 'Understanding your Billing' and select the On Demand Payment tutorial. 2. OR go to this direct link - http://teamunify.wistia.com/m/9z77WQ <p>If you have any questions, please contact me at cudamanager@teamcudas.com or 303-410-4999.</p> <p>Thank you, Michelle Shauf Cuda Manager</p>																								
Happy Birthday CUDA March Birthdays	<table> <tr><td>Dylan</td><td>Raskay</td></tr> <tr><td>Sydney</td><td>Bales</td></tr> <tr><td>Michaela</td><td>Coringrato</td></tr> <tr><td>Nicholas</td><td>Coringrato</td></tr> <tr><td>Luke</td><td>Crumplar</td></tr> <tr><td>Leonard</td><td>Dattilo</td></tr> <tr><td>Madeline</td><td>Harnden</td></tr> <tr><td>Cole</td><td>Kuszek</td></tr> <tr><td>Lauren</td><td>Paredes</td></tr> <tr><td>Desiree</td><td>Salais</td></tr> <tr><td>Ansley</td><td>Schnelle</td></tr> <tr><td>Annie</td><td>Shen</td></tr> </table>	Dylan	Raskay	Sydney	Bales	Michaela	Coringrato	Nicholas	Coringrato	Luke	Crumplar	Leonard	Dattilo	Madeline	Harnden	Cole	Kuszek	Lauren	Paredes	Desiree	Salais	Ansley	Schnelle	Annie	Shen
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Desiree	Salais																								
Ansley	Schnelle																								
Annie	Shen																								

Practice Schedules

BCC Swimmers:

280 Lamar Street
Broomfield

VMAC Swimmers:

136th Ave & Holly St.
Thornton

Please see the team website under the **Schedule** tab for the most up-to-date practice information for both pools

Web site: www.teamCUDAs.com.

The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

**** With the popularity of the VMAC pool, this schedule will change so keep checking back online for the most current information.**

Service Hour Policy

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.

To view the most up-to-date Service Hour Policy, please visit our website:

[Service Hours](#)

Reporting & Tracking of Service Hours:

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

Fundraising

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

[Fundraising Policy](#)

Steps to obtain your CUDA King Soopers card:

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!!