

FRONT RANGE BARRACUDAS SWIM CLUB



March 2015

Message from the President

It has been a great short course season - 8&Unders defending their title, great swims and team showing at the Northern CO Districts and Silver State. Congratulations is definitely in order for all our athletes and coaches!

This weekend brings our Age Group Championships. We are anticipating another great weekend. This will be the second year, we as CUDAS, will be hosting State at our home pool. It will be a very busy and exciting time for everyone! If this is your first state meet, please reach out to your coaches for any questions. Thank you to all our families who are serving this weekend. Without your help, we couldn't make this a successful event!

As I sign off and get ready, I would like to leave you with a quote...

"Winning means you're willing to go longer, work harder, and give more than anyone else." - Vince Lombardi

Let's keep this in mind every day and let your athletes know that we believe they are all winners!

See you this weekend,

[Vilma Hassert](#)
Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
March 6- 8th	14 & under State @ VMAC
March 19th	Brighton April Fool's sign up deadline @ Teamcudas.com
March 25th	March Pizza Meet sign up deadline @ Teamcudas.com
March 25- 29th	Western Sectionals @ Austin, TX (UT campus)
March 27th	March Pizza Meet @ BCC
April 4th	Brighton April Fool's Meet @ Brighton High School

**** 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.**

Board Meetings

All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. This month's board meeting has been moved due to 14 & under States to **Monday, March 16th from 7:00 pm to 9:00 pm at VMAC**. We look forward to seeing everyone then!

Coaches Corner

Head Coach Andrew



Swimmer move-ups for our club will be announced in mid-March. Our staff is trying to focus on the task at hand (which is our championship meet season.) After the short course season is over; we'll look towards the future. I along with our entire staff weighs a myriad of factors regarding whether or not it is in the swimmer's best interest to be promoted to the next level of our program for the upcoming long course 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 Brand](#)

CUDA Birthdays



March Birthdays

Michael	Acker
Lane	Austin
Sydney	Bales
Kaley	Barnes
Peyton	Barnhardt
Michaela	Coringrato
Nicolas	Coringrato
Leonard	Dattilo
Daryn	Delescinskis
Ellie	Foulke
Madison	Foulke
Cody	Jeffers
Jackson	Lee
Taylor	Mead
Abigail	Moore
Agnes	Mu
Dylan	Raskay
Ansley	Schnelle
Annie	Shen
Edith	Simecek
Ashley	Tang
Vanessa	Tu
Jude	Walters
Amanda	Zou

Article of the Month

[Nutrition Tips for Peak Swimming Performance](#)

Congratulations to the following BCC Swimmers of the Month:

News from BCC

Coach Amy



Swimmer of the month:

Red:

Shuya Edmans- Shuya has shown a huge improvement over the past months with her increased focus and dedication to her swimming. She has a positive attitude at each practice, and takes our feedback to help improve her strokes.

Hector Mu- Hector has been working very hard to improve all 4 of his strokes so that he can compete in the IM and 50s of each stroke. It has been fun to watch Hector's growth, dedication and improvement in his strokes to help reach his goals.

Silver:

Emily Lighthart- Emily is an extremely positive and happy swimmer. She always gives 100% and is working very hard to improve her hardest stroke by working on it at home in front of a mirror. Emily starts and finishes a set with a smile on her face and always completes practice by asking what she can do to improve.

Bryce Li- Bryce has shown a huge step forward in his technique and endurance in practice this past month. He has gone from being the last in his lane to routinely leading his lane and demonstrating the proper technique. Bryce has become more open to receiving feedback on his strokes and applying that information.

Officials Corner

Richard Wilson



Congratulations to the following people who are now USA Swimming certified CUDA officials:

- Tim Bullen

We will be hosting another training clinic in April for anyone that is interested in learning about becoming a USA Swimming CUDA official.

Remember, becoming an active CUDA official has the following benefits:

- No fundraising commitments
- No service hour requirements
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

If you're Interested in finding out more information, please contact 'Richard Wilson | richnwilson@gmail.com