

FRONT RANGE BARRACUDAS SWIM CLUB



March 2016

Message from the President



Hello CUDA families ~

We are still in the midst of finishing the 2016 SC season. Our kids did well at Senior State and Age Group Championships, congratulations! We are not quite done though, our athletes are focused on Districts and Far Westerns next.

The most important message I have for this month, THANK YOU to all our volunteers! We couldn't do this without you. For the month of March, USA Swimming is focused on our volunteers... please tell us on Facebook, Instagram, and Twitter why you and your parents, and sibling volunteer, tag it with #1VolunTeam.

CUDA Volunteers deserve major recognition, this is just one way for us to do it... let's keep social media busy with familiar faces...

Also, we have Board positions open. Please contact any member of the board if you have any question about what this entails! We need you, your energy and ideas!

Thanks and see you all at the pool very soon!
My best always,

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

Mark your Calendar





DATE	EVENT
March 11- 13 th	Northern Colorado Districts @ EPIC
March 12 th	Northern Colorado 8 & Under Champs @ EPIC
March 31- April 1 st	Far Western Championships @ Pleasonton, CA

**** 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. The next meeting is scheduled on Monday, March 14, 2016 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!

<p>Article of the Month</p>	<p align="center"><u>Moving Up to a New Workout Group</u></p>
<p>Coaches Corner</p> <p>Head Coach Andrew</p> 	<p>Head Coach</p> <p>At the conclusion of both short course and long course seasons every year the coaches reflect on the past season and make sometimes difficult, but always well thought out decisions regarding promoting a swimmer to a new group. This is a big deal for swimmers and parents and because of this, it's something the coaching staff does not take lightly. Move-ups are discussed at multiple staff meetings. We weigh a number of factors (including, but not limited to) Ability to complete a move-up set that represents what a standard practice at the next level might look like, level of commitment to practice attendance and competition expectations, effort and behavior while at practice, Age, etc... All of those components play a role in the final decision, but the most important factor is that we get things correct when looking at long term success of each individual swimmer. Please look for e-mails and letter from coaches in mid-March with practice transitions occurring the first full week of April. For more information on this, please check out the Group Promotion philosophy document on teamcudas.com under the Group Description link.</p> <p>Thanks and go Cudas!</p> <p><u>Coach Andrew Brand</u></p>
<p>Account Manager</p>	<p>The Long Course season starts on April 1st. As we did last year, we are automatically registering everyone for the Long Course season and charging \$50 per family for the Long Course fundraising commitment fee. This amount will be deducted from your AutoPay along with your monthly dues on April 1st. If your swimmer WILL NOT be swimming with the Cudas for Long Course, you need to send an email to cudamanager@teamcudas.com before March 28th.</p>
<p>News from BCC</p> <p>Coach Amy</p> 	<p>BCC Swimmer of the Month</p> <p><u>Red Group:</u></p> <p>Cambrie Mahonchak- Cambrie is a joy to coach! She comes to practice with so much energy and focus and applies it all to whatever we might be working on that day. She is always positive when talking with her teammates, whether she is cheering them on or answering a question they have about the set.</p> <p>Nathan McCracken- Nathan is a hard worker. He looks for and appreciates feedback on his technique. Once he receives the feedback you can tell that he is trying hard to fix his mistakes. With that focus we have seen an improvement in all 4 strokes.</p> <p><u>Silver Group:</u></p> <p>Lan Tran- Lan has so much fun at practice but also works so hard! Her positive energy and work ethic drives those around her and raises the bar of excellence. Lan leads but such great example that no one realizes they are working harder in her presence, because they are all laughing and having too much fun.</p> <p>Alex Zou- Alex has been a very hard worker over the past few months. He has focused in on the smallest of details on his strokes in order to improve. He is always looking for feedback and ways to refine his stroke a little more to make it faster and more efficient. He was able to vastly improve his breaststroke over the short course season and earned himself a spot on the state team with it.</p>

Officials Corner

Richard Wilson



A special thanks to all the CUDA officials and timers/volunteers that worked at the 14 & Under State meet last month - your time and commitment is very much appreciated.

Congratulations to those officials that passed their N2 certifications at the same State meet. Remember, becoming an active CUDA official has the following benefits:

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

We currently have a couple of parents interested in attending an officials clinic, but we'd need a few more to warrant setting one up at a CUDA location.

If you're Interested in finding out more information or attending a clinic, please contact Richard Wilson | richnwilson@gmail.com ,or watch the following video - <https://goo.gl/tpzdWE>

* We'll pay for background check, registration fee and custom officials shirt.

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**Mental Performance
Coach Gail**



How's That Preparation Coming Along?

I hope you were able to see Peyton Manning's retirement press conference. There were so many great stories and comments by Elway and Kubiak. But for me, the most impactful remark was when Peyton said, "There were other players who were more talented, but there was no one could out-prepare me, and because of that I have no regrets."

We've all heard the legendary stories of his work ethic and meticulous preparation. But to hear him say it of himself with so much conviction and passion was a goosebump moment.

So my question to you is, would you be able to say that about yourself?

As a swimmer you have big dreams and lofty goals. You want to make sectional cuts, you hope to qualify to Nationals, you want to get a scholarship, you dream of making it to the Olympic Trials. But are you doing everything possible to make it happen? Is your preparation in EVERY area of your swimming the best it can be? Not just in the pool, but in dryland training, your nutrition, your mental work. Do you do the minimum you're asked or do you take responsibility for doing the extra things that will help you be more prepared and more successful?

The goal is to take the blocks knowing that you did everything you could do to be ready for that race. With that knowledge you'll be a more confident and faster swimmer.

So maybe a good place to start is to ask yourself this question at the end of every day before you go to sleep....

"Did I do everything possible today to make myself better and move myself closer to my goals?"

And then see how many times you can actually answer, "Yes!"

Happy swimming to you all!!

**CUDA Birthdays
November**

March Birthdays:

- Michael Acker
- Lane Austin
- Sydney Bales



Peyton Barnhardt
Michaela Coringrato
Nicolas Coringrato
Luke Crumplar
Leonard Dattilo
Daryn Delescinskis
Ellie Foulke
Madison Foulke
Ellen Holmes
Jackson Lee
Abigail Moore
Gillian Moran
Dylan Raskay
Maya Russell
Ansley Schnelle
Edith Simecek
Rylan Simecek
Vanessa Tu
Jude Walters
Amanda Zou