



Front Range Barracudas Swim Club



COLORADO
SWIMMING

May 2012

Message from the President

Kennedy Walsh

Hello Cuda's,

I would like to sincerely thank everyone who participated in the Drozda Shotgun meet this past weekend. I think we all had a lot of fun! The Pennies for Patients drive was a huge success. We received many compliments on the signs our BCC athletes made at their tie-dye party to help support the drive. They were truly beautiful – thank you! Please scroll down to the coach's section to read about our swimmer's success at the meet and other exciting Cuda news.

Our next board meeting is **Monday May 14** in the hospitality suite at VMAC from 7:15 pm – 9:00 pm. Parents are always welcome to board meetings with the exception of the occasional closed meeting. The perspective you are able to provide is both welcome and encouraged. In the past couple of months we have had wonderful parent participation that has enriched our discussions. The topic for this month is equipment requests for the BCC & VMAC and continuing education for our coaches. I hope to see you there.

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

I consistently got thanks from other coaches this weekend for hosting such a smooth and well run meet. Every time I deflected the praise and gave credit where credit is due: to our awesome parent base! The 145+ (yeah, 145+ is not a typo...) volunteer slots we filled allowed for our swimmers to have some awesome times in the pool, smiles on the pool deck and in the bleachers and an all-around blast this weekend hanging out with their CUDA teammates. We are lucky to have our home pool be the nicest pool in the Denver metro area, and being able to run quality meets is a double whammy. We have one more hosted meet to go this summer, but the good news is this time we share the heavy lifting with Colorado Stars from Aurora. That meet will more than likely be the last in state meet for Olympic hopeful and world record holder Missy Franklin from STARS, before she heads to Omaha for trials and possibly London for the 2012 Olympics. Make sure to grab a front row seat by timing during that meet.

On the philanthropic side, we made over \$1,100 dollars which we are going to send to Omaha for the Nebraska Medical Center's Oncology Patient Assistance Funds Foundation in the name of our former board member, coach and parent Steve Drozda. Awesome weekend all-around!

Article of the Month

[What is Long Course, What is Short Course?](#)

VMAC News

Coach Tom

March closed with a bang, and April opened with some medals for 9 CUDA swimmers who competed at the 2012 Far Western Championships the weekend of 3/30. I was pleased to take the biggest group of CUDA's that the team has ever sent to the meet that took place in Morgan Hills CA. After a spectacular state meet the kids stepped up their intensity to break another 8 team records in sunny California. **Sophia Romero, Shannon Feran, Marisa Emoto, Payten Irwin, Sam Hahn, Sidney Trimm, Jacob Hahn, Daniel Bradford, and Andrew Jaschke** all represented the CUDA's proudly, and helped to continue to build the culture of a great travel meet for our team. Congratulations to all the swimmers, and thanks to all the parents for making it such a positive experience for everyone involved.

News from BCC

Coach Amy

BCC Summer Schedule is posted, please head out to the website to check it out! [BCC SUMMER SCHEDULE](#)

SWIMMERS OF THE MONTH

RED GROUP

Vaughn Bigelow- Every day Vaughn comes to practice with a smile on his face ready to work. Because of his positive attitude and willingness to train not only does he improve his strokes and times he encourages those in his lane to do the same. Vaughn has risen to the challenge of long course season and proven his dedication to the sport and team.

Sarah Tang - Sarah is a quiet but driven force in the red group, every practice she puts her best foot forward and strives to perfect her technique. Sarah has a positive role as lane leader and never leads her group incorrectly.

SILVER GROUP:

Indigo Armon- Indigo has established her goals for long course and uses every practice as an opportunity to get closer to reach those goals. She shines with positive energy and rebounds quickly from an event with thoughts on how to improve.

Jaden Bensky- Jaden has set his goals for the long course season and strives to reach those goals at practice and meets. He will ask for help and pointers on his technique while pushing himself to improve every practice.

Thank You!

Drozda Family

Thank you to all the families who participated, volunteered, and donated hospitality food for the 2nd annual Steve Drozda Memorial Shotgun Meet. Especially appreciated were the amazing posters promoting the Pennies for Patients drive made by BCC swimmers and coaches -they rocked! The exact amount of donations going to the Leukemia/lymphoma Society is unknown at publication time, but thank you to all who donated to make it a great success. We had some tremendous swims from all swimmers, more testament to the talented and dedicated coaches we are fortunate to have with us. Great job CUDAS, with sincere appreciation from the Drozda family.

Mark Your Calendar

DATE	EVENT
May 11, 2012	Swim-A-Thon Money Deadline
May 14, 2012	Board Meeting, 7:15pm VMAC Pool
May 17, 2012	May No Ordinary Pizza Meet sign-up deadline
May 18, 2012	May No Ordinary Pizza Meet @ BCC
May 21, 2012	Sign-up deadline for Cuda*Star
June 1 - 3, 2012	Cuda*Star @ VMAC
June 3, 2012	Sign-up deadline for Lifetime Silver Circuit
June 6, 2012	Sign-up deadline for Grand Junction Long Course
June 8, 2012	Swim-A-Thon Prize Party
June 10, 2012	Lifetime Silver Circuit Meet
June 11, 2012	Sign-up deadline for Boulder 10 & Under

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

Welcome New Swimmers!!

DEVELOPMENTAL:

Brianna Bratt
Fiona Hynes
Samarah Latif
Dhruv Nambiar
Benjamin Sandow
Caden Williamson

WHITE:

Adrianna Choury

**Swim-A-Thon
2012**

2012 Swim-A-Thon

The 2012 CUDA Swim-A-Thon was a huge success!! Thank you for everyone's help, we couldn't have done it without all of our volunteers and snack donors!!

DEADLINE TO TURN IN \$\$

All money is due by **Friday, May 11th** to be eligible for prizes. Make sure to turn in your money to one of the contacts listed below or to one of the coaches. 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.

PRIZES

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.

BCC Contact: Bobbi Cunningham
mimesisoflife@yahoo.com

VMAC Contact: Jennifer Raskay
thehandwritingcoach@hotmail.com

Swim-A-Thon Prize PARTY!

Who: **All CUDAS**
What: **Swim-A-Thon Prize Party**
Why: **Because it will be a lot of fun and you will get your S-a-T prizes!**
When: **Friday, June 8**
Time: **6:00pm - 8pm**
Where: **Girl Scout Shelter, Midway Park, Broomfield**

The Cudas are hosting a BBQ potluck for our Swim-A-Thon prize party. The team will supply hamburgers, hotdogs, and charcoal. The coaches have volunteered to operate the grills.

We are asking participating families to contribute a potluck item based upon group level. Please remember to mark your dishes and utensils so they are returned to you.

VMAC groups will be responsible for paper products, condiments, hamburger/hotdog buns, and beverages/ice. Please contact Karla Paquette if you would like to contribute and to avoid duplications.

BCC groups will have appetizers, salads, and dessert based on last names.

A-H appetizers

I-P salads (lettuce, fruit, pasta, potato...)

Q - Z dessert

Please contact Jennifer Raskay with your contribution at thehandwritingcoach@hotmail.com

	<p>We will hand out grand prizes from the Swim-A-Thon, as well as award every swimmer who earned \$101 or more with their own personal CUDA cap.</p> <p style="text-align: center;">**If you do not eat hamburgers or hotdogs and would like to bring something else to grill, please feel free.**</p> <p style="text-align: center;">We look forward to seeing you on June 8!</p>
<p>Officials Corner</p> <p>Sean Feran</p>	<p>Hello Cuda parents.</p> <p>This month I'd like to thank the dedicated and hard working parents that have stepped up to be swim officials for our club. As you may or may not know, hosting swim meets raises a lot of money for our club that helps to keep our dues low. Without our swim officials, we would not have the quality meets that teams are excited to come to and keep coming to every season.</p> <p>I'd like to thank Ken Emoto, Kennedy Walsh, Aimee Irwin, Rich Wilson, and Val & Jess Wilkins for their exceptional dedication to making our team one of the best in Colorado.</p> <p>Sean Feran Front Range Barracudas Vice President</p>
<p>Notes from the CUDA Account Manager</p> <p>Kathy Jaschke</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>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, May 14th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!</p>
<p>Website Additions</p>	<p>Performance Tab: The 2012 Long Course State Qualifying times are now posted</p> <p>Schedule Tab: The summer practice schedules for both pools are posted online. Keep in mind these are subject to change so keep checking back for updates.</p> <p>Parents Tab: There are a few new articles online, check them out!!</p> <p>Meets (Home Page): Most of our Long Course travel meets have been updated with hotel block information, make sure to reserve your rooms early!!</p>

Happy Birthday

CUDA May Birthdays

Chester Anderson
Anna Barjenbruch
Skylar Berman
Kelsey Carson
Elaina Crowley
Jack Elliott
Madeline Gregory
Samuel Hahn
Anissa Mata
Dhruv Nambiar
Nakita Overberg
Sierra Parks
Elisa Peterson
Wyatt Srock
Robert Talder
Bradley Willard

Practice Schedules

BCC Swimmers:
280 Lamar Street
Broomfield

VMAC Swimmers:
136th Ave & Holly St.
Thornton

The practice schedule for the individual groups is listed on the website. Summer practice schedule is posted for both VMAC & BCC.

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.

Volunteer Policy

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!

Volunteer Requirements:
8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers)
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.

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!!

Team Communications

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!

Web site: www.teamCUDAs.com.

Fundraising

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 Soppers 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 Soppers and load up your card

Also don't forget to use your King Soppers 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.