

FRONT RANGE BARRACUDAS SWIM CLUB



May 2015

Message from the President



Hello CUDA Families,

Short Course season is definitely behind us and long course is here! We have just kicked off our first official home meet this weekend and much excitement is on the horizon for the CUDAS. It was fun to see the swimmers start embracing long course lanes again. If I didn't get to personally thank you for serving this weekend, please accept my thanks. It was another successful meet hosted by the CUDAS!

We have many exciting events this month, including Effective Sports Parenting by Coach Gail – May 6th and the Swim-A-Thon on May 13th. Our coaches and many swimmers have already taken CUDA performance mental classes with Gail Royce, our Performance Mental Coach. The CUDAS are starting to utilize her expertise more this season. Gail will be sharing thoughts on the best ways to help our young athletes navigate the competitive swimming world. She will also give a brief introduction on using mental skills in training and competition. To learn more about Coach Gail, visit <http://www.mentaledgecoaching.net/aboutcoachgail.html>.

As we look forward to the progression of long course, your ideas are welcome, I truly see this as an avenue for the CUDAS to continue to improve and grow. Send and share your suggestions! We are always planning ways to build upon the strengths we have as a group. You may also consider serving on the board next year or head up one of the chairs this year; in particular, we are looking for a team to lead our events. You will find more info in the Events Lead position in this newsletter.

Have a great Cinco de Mayo, enjoy your night off, and we will see you soon!

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

Mark your Calendar



DATE	EVENT
May 6th	Effective Sports Parenting w/ Coach Gail @ VMAC
May 11th	Sign-up deadline for CUDA/ STAR @teamcudas.com
May 13th	Sign-up deadline for CUDA-FAST-HRA @teamcudas.com
May 13th	SWIM-A-THON @ VMAC
May 23rd	CUDA-FAST-HRA tri meet @ EPIC
May 24th	Silver Circuit Sign-up deadline @teamcudas.com
May 29th	Silver Circuit meet @ BCC

**** 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. Board meetings are held every second Monday of the month; next meeting is scheduled on Monday, May 11, 2015 from 7:00 pm to 9pm at VMAC. We look forward to seeing everyone then!

Coaches Corner

While suffering from writers block preparing for this month's newsletter, I went back into our archives looking at past years for inspiration for what I should write. May 2011 was a fun trip back in time:

Head Coach Andrew



The Cudas had never hosted a full 2.5 day meet before the Steve Drozda Shotgun Long Course. Our coaching staff and board was anxious, but confident going into the weekend. It's a task that's more daunting than it seems; We needed to fill over 100 volunteer spots over the course of the weekend to pull it off. Looking back today, playing Monday morning quarterback, I don't think I could be more pleased with how it turned out. We were able to attract teams from all over Colorado. From Eaton to the north, Pueblo to the South, and Delta to the west. The conversations that I had with coaches on the deck were all positive. They thought the meet was smooth and efficient. They were pleased with how the meet ran and impressed by our facility. There is absolutely no way we could have built such a successful meet without the foundation of parent volunteers. Our coaching staff and board can't thank you enough for timing, organizing hospitality, announcing, running results, wearing an orange vests, etc... It's due to you that our meet rocked!

It's very cool to see how far we've come! Since then we've hosted double digit two and a half and three day meets and are known around the state for smooth and quickly run meets. This past weekend is the first time that we've been able to staff every lane with our own personnel, and not have to ask for help from other teams. We appreciate having one of the best parent bases in the state, as we could not come as far as we have without you guys!

[Coach Andrew Brand](#)



Team Day at Water World - Wednesday, June 24th!

Join your fellow CUDAS and coaches for our Team Day at Water World on Wednesday, June 24th! Group discounted tickets and sign-up information will be available soon! This is an annual tradition that the CUDAS look forward to every summer!

A few things to keep in mind:

- If you own a season pass, or wish to use a different pass/coupon than ours, do not sign up online, but feel free to meet us at the park.
- If you want to sign up multiple people under one account, please include in the comment box how many extra park goers you will have that day.
- Cuda Coaches will be present at the park, but will not be responsible for chaperoning children. Please make arrangements with another family if you will not be present and are not comfortable with your children being at the park by themselves. Please take this into account when deciding how many tickets you will need.

For more information and to sign-up for discounted tickets, please stay tuned for information on the Events page on the CUDAS website. For any additional questions, email us at events@teamcudas.com.

We look forward to seeing all our CUDAS families at Water World!



End of the Year Party & Awards – Save the date for Monday, August 3rd for our annual End of Year Party & Awards at The Bay!

CUDA Birthdays



May Birthdays

Anna	Barjenbruch
Tegan	Barrier
Madeline	Gregory
Samuel	Hahn
Rishi	Hancock
Kade	Hischke
Marissa	Inouye
Torre	Jones
Nathan	Kral
Emily	Lighthart
Caitlyn	Melby
Morgen	Moody
Sierra	Parks
Jessica	Scheer
Connor	Slobada
Reed	Wangerin

Article of the Month

[Practice and Competition for 12 & Unders](#)

News from BCC

Coach Amy



Red:

Lan Tran: Lan has been working very hard to improve her form, endurance and speed. As soon as she joined red group she jumped in feet first ready to go and hasn't slowed down since. She is ready for any drill we throw at her and seeks out tips to help her improve.

Nathan McCracken: Nathan has a wonderful attitude when it comes to swimming. He works hard in practice, and races hard. Nathan doesn't seem to get disappointed he just sees opportunity to improve and then tries again with a renewed sense of determination.

Silver:

Macy Murphy: Macy is a swimmer that will not quit no matter what you throw at her. She may make jokes about it, but when it comes time to rise to the challenge she steps up and faces it like a champ. Macy keeps her teammates entertained and driven to continue improving their technique, speed and endurance.

Sam Lindberg: Sam recently joined Silver and has risen to the expectations. Every practice he is open to critique, looks to improve, and is game for just about anything! Sam is extremely self-motivated and has many different personal goals he is striving to achieve.

**HELP
WANTED**



The CUDAS need your events planning skills! Do you throw great parties and/or events? We are looking for another parent to be the CUDAS Event Planner. You and a team partner will be in charge of running the following events: CUDA Holiday Party, Pancake/Team Breakfast, Red/Black Relay Meet, Broomfield Days Parade, Water World Day, End of Year Party, etc. As you know, this position will benefit the CUDA kiddos greatly! In return, your service hours will be waived, as well as, your current season's fundraising dues! Send Teri Romero an email (cudamanager@teamcudas.com) or approach one of the board members if interested.

The Board would also like to say a **HUGE thank you to Nancy Adams-Stovall** for helping make this position a success for the past year!!



2015 Swim-A-Thon

Fundraising

Mark your calendars for a night of fun at VMAC for the 2015 CUDA Swim-A-Thon! The USA Swimming Swim-A-Thon is a fundraiser in which all CUDAS are able to fundraise for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first. **Our team goal for this year is \$30,000. Imagine how quickly we can achieve that goal if each member raised a minimum of \$125?**

This is a great time for ALL swimmers; ask any veteran swimmer on the team, and they will tell you that one of their favorite events is the Swim-A-Thon. Swimming 200 lengths in 2 hours for the first time is something a swimmer will never forget! For the more veteran swimmers, this test of endurance is an effort to beat their last year's best time (and their friends). Swim meets show the athletes how fast they swim; Swim-A-Thon allows the athletes to see how strong they are in the endurance department.

Once they finish, they will be given an opportunity to partake in healthy and tasty snacks, as well as cheer on the other swimmers - encouraging them to keep going!

The Front Range Barracuda Swim Club ("FRBSC") is a 501(c) 3 nonprofit organization and a USA Swimming member. Membership dues allow the club to cover some portion of the team's expenses. Other expenses such as, coaches' salaries, travel expenses, training expenses, and pool supplies are the responsibility of the team. To supplement, we must ALL be active in contributing to our fundraising efforts. With everyone's help, we can keep our fees low and our program's quality high. **Check out the events page under Swim-A-Thon for more information!**

What are the important dates?

Swim-A-Thon: **Wednesday, May 13th 5:30 pm – 7:30 pm** (please be at the pool by 5:00pm)

Location: VMAC 5310 E. 136th Ave. Thornton, CO 80602

Money deadline: Wednesday May 27th (to be eligible for prizes)

Prize Banquet: June 10th 6:00 pm – 8:00 pm

All Swim-A-Thon participants are invited to this awesome party to celebrate our fundraising efforts as a TEAM.

Officials Corner

Richard Wilson



We will be hosting a training clinic shortly for anyone that is interested in learning about becoming a USA Swimming CUDA official. We are particularly interested in parents with kids that swim at the BCC.

A special thanks to all the officials, and timers that worked the Foothills and Longmont meets in April. In regards to the Longmont meet, had the CUDA officials not turned up those swimmers would not have been credited with valid swim times - thank you.

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 | richwilson@gmail.com



Congratulations to the following swimmers that broke team records:

11-12 Girls

50 Free Abby Taugner

13-14 Girls

200 Fly Payten Irwin