

FRONT RANGE BARRACUDAS SWIM CLUB



May 2016

Message from the President



Hello CUDA families ~

Long course season is off to a great start!

Our swimmers are busy training hard and we just finished a successful Swim-A-Thon. It was so fun to watch all the kids swimming with one goal in mind, 200 laps. The kids kept swimming until they reached that 200th turn! I had a younger swimmer approach me after and with all smiles, she said, I did it. That moment was precious, she didn't care how long, but she finished! That moment reminded me what was shared with me a long time ago now - swimming is a marathon. Keep doing the work and you will meet your individual goals! As a parent, it's hard to be patient sometimes and not see improved results meet after meet; let's trust our athlete, coaches, and the training they put in, the individual goals will be achieved as long as they keep going.

This month's board meeting is scheduled for Monday, 16th @ VMAC from 7-9pm. Feel free to stop in and join us. We have a couple of board positions opening up and we would like to see folks step up for the club...

Thanks for your participation always!

My best always,

Vilma Hassert
Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
May 22 nd	Cuda/ FST Long Course @ VMAC

**** 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, May 16, 2016 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!

Article of the Month

[Swimming and the Art of Recovery](#)

Coaches Corner

Head Coach

Head Coach Andrew



We are just wrapping up that time of year again... Swim-A-Thon time! It's our one big fundraiser annually; and it sure beats selling wrapping paper or chocolates. It's a lot more fun too. Our annual Swim-A-Thon accomplishes two things: One- it's a lot of fun! It gives our entire team a chance to come together at one pool at one time and swim for a couple of hours with music on the speakers and snacks awaiting us upstairs. It was a great time this last Wednesday as a team! Two- it gives us a chance to make our budget healthy. There's no coincidence that with the expenses we have: facility rental, growing coaching staff, travel expenses, equipment, etc... we have not had to raise our swimmer dues in close to a decade! A large piece of that is due to the success we've had at with the Swim-A-Thon. As I'm writing this, we have one week left to finish fundraising and turn in your money by Monday, May 23rd. We are a little over 2/3 of our way to our goal! If the prizes we are dangling in front of your swimmers are not enough, please encourage your kids to help reach our goal in this annual event and make 2016 our best Swim-A-Thon ever. Thanks!

Thanks and go Cudas!

[Coach Andrew Brand](#)

News from BCC

BCC Swimmer of the Month

Coach Amy

Red Group:

Madison Foulke- Maddie has a special internal drive that allows her to work hard in practice, but still able to enjoy practice and her teammates. She seems to have found her groove in Red group and is really seeing the improvement in her technique.

Riley Glass- Riley is determined to make the best of the Long course season. He has started off really focusing on his technique, asking for feedback on his swimming and taking the extra steps he needs to do to improve.

Silver Group:

Abigail Moore- Abby attends more than the recommended practices and attacks each practice with determination and focus. In just the last 2 weeks she has dropped over 15 seconds in her tootsie roll Tuesday time, which is a direct correlation to her hard work in practice.

Caden Mahonchak- Caden has really stepped up his focus this season. He takes the critique I give him positively and applies that to the next 25 and works hard to continue it through practice. At the end of practice he asks how he did and what he needs to improve on.



Officials Corner

A big thanks to those officials and volunteers that worked at the CUDA | FAST | HRA Tri meet in mid-April.

Richard Wilson

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.

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

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**

CONSISTENCY! CONSISTENCY! CONSISTENCY! CONSISTENCY!

To become a successful athlete, there are countless things you need to be and do. You need to be confident, resilient, disciplined and focused, along with about a hundred other things. You need to work hard, eat healthy, set goals, sacrifice, challenge yourself, and then work even harder. The to-do list is lengthy. And the hard truth is that "being and doing" these things will only help you by putting them into practice on a regular basis. You must establish a strong habit of consistency or the success you seek will always escape you.

It doesn't matter what you want your achievements to be. You may want to be the best on your team, to podium, to qualify to Nationals, to beat your toughest opponent, swim your fastest time or to become an Elite, Professional or Olympic athlete.

It does you no good to eat healthy....some of the time. It doesn't help you to stretch.... once in a while. You don't improve by giving it 100%....when you feel like it.

Any mediocre athlete can train all-out once or twice a month. It's easy to do a few extra drills or condition on your own when the mood happens to strike you. Any average athlete can occasionally visualize or use their pre-competition routine.

The successful athletes do these things, and more, every single day. They get it done day in-day out, even when they're tired, hurting, busy or unmotivated. They grind through when the task is tedious, tough or unpleasant. They maintain their planned routine and regimented mindset in the face of distractions and peer pressure.

So if you truly want to be successful, every day must be a day dedicated to consistency of purpose, behavior, mindset and action. Because I'm pretty sure your toughest competitor's day is!



**CUDA Birthdays
MAY**



May Birthdays:

- | | |
|----------|-------------|
| Ace | Armon |
| Anna | Barjenbruch |
| Tegan | Barrier |
| Savannah | Cardenas |
| Robert | Cerimele |
| Gracie | Champlin |
| Madeline | Gregory |
| Samuel | Hahn |
| Marissa | Inouye |
| Torre | Jones |
| Nathan | Kral |
| Morgen | Moody |
| Sierra | Parks |