



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

Front Range Barracudas Swim Club Newsletter

November 2010

Message from the President

The short course season has started with a bang!! I want to welcome you all back to the team and I am looking forward to meeting you poolside. There are many new families this season and we are very excited to have you with us.

We have begun swimming in our new pool! So far the reports have all been positive – thanks to everyone who helped out on this transition.

We have updated our name and website to better reflect our geography and streamline the flow of information we provide to you. Go check it out. I want to thank the many parent volunteers and the coaches who worked hard over the August break to make this happen, this is a great team to be a part of, and I encourage you to jump in and help out wherever you can.

You may contact me directly if you have any questions or concerns. CUDAPresident@gmail.com
Thank you for your continued support of the FRBSC. Kevin Mackey, FRBSC President

Coaches Corner

Head Coach Andrew

The Cudas had a very cool thing happen recently; something that most swim clubs don't get the chance to experience. Last week we had two prominent individuals from the club development side of USA Swimming drive up I-25 from Colorado Springs to visit our club. They met with me and Tom, and spent some time chatting with a couple of members from our board. We got to give them the layout of our club, we got to convey what we are doing to progress forward, and we were able to ask important questions about the future of our team. We left the meeting, for the most part, with the feeling that we are doing the right things as a club to eventually become one of the elite swim teams in Colorado. There were some interesting and intriguing angles that they brought to the table. We learned that we have a ways to go to get to where we want to be, but the overall consensus was that we were definitely going in the right direction. It was great to hear it from their mouths; that we are doing a lot of things well. It was a great to have such a reaffirming response from these individuals who have worked with literally hundreds of clubs from around the country.

Now, I used the word 'we' almost a dozen times in this article up until now, and when I use that word, I don't just mean the coaching staff and the board. I truly mean every family who has a Cuda swimmer. Without you folks, we would not be here, and would not be doing what we're doing. Your continued support is appreciated and absolutely necessary as 'we' move towards becoming one of the top swim clubs in the state. Thanks.

Coach Andrew

News from BCC

Coach Tom

October Swimmers of the Month

Red Group
Girl

Maja Deniro- Maja went out of the 8 and under age group with a bang. In her last meet before she turned 9 Maja went swimming crazy at the Boulder meet achieving all best times. She then had that carry over to some great practices and is setting herself up for Silver group soon. Keep it up Maja!

Boy

Kayin Bratach-Kayin has come a long way in his 2 years on the team. He is showing that he is really growing into being a swimmer by going two meets without getting disqualified, and getting all best times! Congratulations Kayin!

Silver Group
Girl

Sophia Verlinich- Sophia has begun to really find her stride in the pool. Her much improved practice attendance, and her swimming all best times at both the Boulder and the Longmont meet were evidence that her hard work is starting to pay off. Great job Sophia!

Boy

Micah Bratach- Micah is walking proof that daily pushups have a positive effect on swimming! After a year of not being

	<p>able to get a time in a swim meet due to being DQ'd, Micah has shown that he is starting to figure out this swimming thing. His practice habits are becoming much better, and he also went two whole meets without being disqualified. Nicely done Micah!</p>																										
<p>Mark your Calendar</p>	<table border="1"> <thead> <tr> <th data-bbox="358 310 516 344">Date</th> <th data-bbox="521 310 1536 344">Meet</th> </tr> </thead> <tbody> <tr> <td data-bbox="358 373 516 407">Tuesday, November 9</td> <td data-bbox="521 373 1536 407">Apparel Order form deadline</td> </tr> <tr> <td data-bbox="358 407 516 441">Friday, November 12-14</td> <td data-bbox="521 407 1536 441">Pineapple Open</td> </tr> <tr> <td data-bbox="358 441 516 474">Saturday, November 13</td> <td data-bbox="521 441 1536 474">Officials Clinic @ George Myers Pool</td> </tr> <tr> <td data-bbox="358 474 516 508">Tuesday, November 16</td> <td data-bbox="521 474 1536 508">Pentathlon Job sign-up deadline</td> </tr> <tr> <td data-bbox="358 508 516 541">Friday, November 19</td> <td data-bbox="521 508 1536 541">Team Pictures @ VMAC</td> </tr> <tr> <td data-bbox="358 541 516 575">Saturday, November 20-21</td> <td data-bbox="521 541 1536 575">Cuda Pentathlon XXIII</td> </tr> <tr> <td data-bbox="358 575 516 609">Friday, December 3</td> <td data-bbox="521 575 1536 609">Jump Street---*BCC Groups*---4pm-6pm</td> </tr> <tr> <td data-bbox="358 609 516 642">Friday, December 3-5</td> <td data-bbox="521 609 1536 642">CSI Open</td> </tr> </tbody> </table>	Date	Meet	Tuesday, November 9	Apparel Order form deadline	Friday, November 12-14	Pineapple Open	Saturday, November 13	Officials Clinic @ George Myers Pool	Tuesday, November 16	Pentathlon Job sign-up deadline	Friday, November 19	Team Pictures @ VMAC	Saturday, November 20-21	Cuda Pentathlon XXIII	Friday, December 3	Jump Street---*BCC Groups*---4pm-6pm	Friday, December 3-5	CSI Open								
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<p>Practice Schedule</p> <p>BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave and Holly St. Thornton</p>	<p>Developmental:</p> <table border="1"> <tr> <td data-bbox="358 772 516 806">Monday - Thursday</td> <td data-bbox="521 772 1536 806">5:00 – 5:45 @BCC</td> </tr> <tr> <td data-bbox="358 806 516 840">Tuesday/Thursday</td> <td data-bbox="521 806 1536 840">6:30 – 7:15 @BCC</td> </tr> <tr> <td data-bbox="358 840 516 873">Friday</td> <td data-bbox="521 840 1536 873">4:00 – 4:50 @BCC</td> </tr> </table> <p>Red:</p> <table border="1"> <tr> <td data-bbox="358 924 516 957">Monday - Thursday</td> <td data-bbox="521 924 1536 957">5:45 – 6:30 @BCC</td> </tr> <tr> <td data-bbox="358 957 516 991">Friday</td> <td data-bbox="521 957 1536 991">4:00 – 5:00 @BCC</td> </tr> </table> <p>Silver:</p> <table border="1"> <tr> <td data-bbox="358 1041 516 1075">Monday - Thursday</td> <td data-bbox="521 1041 1536 1075">5:00 – 6:00 @BCC</td> </tr> <tr> <td data-bbox="358 1075 516 1108">Friday</td> <td data-bbox="521 1075 1536 1108">5:00 – 6:30 @BCC</td> </tr> </table> <p>White:</p> <table border="1"> <tr> <td data-bbox="358 1159 516 1192">Monday - Friday</td> <td data-bbox="521 1159 1536 1192">VMAC winter schedule is posted on the website.</td> </tr> </table> <p>Senior:</p> <table border="1"> <tr> <td data-bbox="358 1243 516 1276">Monday - Thursday</td> <td data-bbox="521 1243 1536 1276"></td> </tr> <tr> <td data-bbox="358 1276 516 1310">Friday</td> <td data-bbox="521 1276 1536 1310"></td> </tr> <tr> <td data-bbox="358 1310 516 1344">Saturday</td> <td data-bbox="521 1310 1536 1344"></td> </tr> </table> <p>Elite:</p> <table border="1"> <tr> <td data-bbox="358 1394 516 1428">Monday - Friday</td> <td data-bbox="521 1394 1536 1428"></td> </tr> <tr> <td data-bbox="358 1428 516 1461">Saturday</td> <td data-bbox="521 1428 1536 1461"></td> </tr> </table>	Monday - Thursday	5:00 – 5:45 @BCC	Tuesday/Thursday	6:30 – 7:15 @BCC	Friday	4:00 – 4:50 @BCC	Monday - Thursday	5:45 – 6:30 @BCC	Friday	4:00 – 5:00 @BCC	Monday - Thursday	5:00 – 6:00 @BCC	Friday	5:00 – 6:30 @BCC	Monday - Friday	VMAC winter schedule is posted on the website.	Monday - Thursday		Friday		Saturday		Monday - Friday		Saturday	
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<p>Notes from the CUDAs Treasurer</p>	<p>Dues and Payment Options</p> <p>Below is the dues structure (11-month billing cycle):</p> <table border="1"> <tr> <td data-bbox="358 1535 516 1568">Developmental</td> <td data-bbox="521 1535 1536 1568">\$55/month</td> </tr> <tr> <td data-bbox="358 1568 516 1602">Red</td> <td data-bbox="521 1568 1536 1602">\$71/month</td> </tr> <tr> <td data-bbox="358 1602 516 1635">Silver</td> <td data-bbox="521 1602 1536 1635">\$82/month</td> </tr> <tr> <td data-bbox="358 1635 516 1669">White</td> <td data-bbox="521 1635 1536 1669">\$104/month</td> </tr> <tr> <td data-bbox="358 1669 516 1703">Senior</td> <td data-bbox="521 1669 1536 1703">\$125/month</td> </tr> <tr> <td data-bbox="358 1703 516 1736">Elite</td> <td data-bbox="521 1703 1536 1736">\$142/month</td> </tr> </table> <p>DUES AND MEET FEE PAYMENT POLICY: All dues and meet fees are billed on the 21st of the month with payment due by the end of that month. Non-payment of all dues/fees past the 1st day of the following month will necessitate non-</p>	Developmental	\$55/month	Red	\$71/month	Silver	\$82/month	White	\$104/month	Senior	\$125/month	Elite	\$142/month														
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	<p>participation for the swimmer(s) in practice and all meets until payment is made. Late Fee: If dues are not paid by the 1st (check, CC, ACH), a \$15 late fee will be assessed and the swimmer(s) will not be allowed to practice.</p> <p>Returning swimmer(s): Thank you for completing the on line registration.</p> <p>Family Information & Demographics: Please edit any demographics that are not current in your swimmers account on the website, email address, phone numbers, etc. It is very important that all info is current and correct.</p> <p>As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at cudamanager@gmail.com.</p>
Board Meetings	<p>Upcoming general Board meetings are generally scheduled for the third Monday of each month, from 7:00 pm-9:00 pm. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, December 13th from 7:00 pm-9:00 pm, location TBD.</p>
Call for Officials	<p>The CUDAS want YOU!!! Want an easy way to accrue volunteer hours? Become an official for USA swimming! You will learn the technical side of the sport and help the Cudas in a huge way. Officials play a critical role in making each meet count for times; without this role, meet times can not be entered into USA swimming results. You do not need to have previous swimming experience, just the joy of seeing your child from the front row.</p> <p>There is a clinic scheduled for Saturday, November 13 taking place during the Pineapple meet. If you are interested in attending the clinic, or if you would like more information, please send an e-mail to CoachAndrew@teamcudas.com.</p> <p>Thanks, Coach Andrew</p>
Volunteer Policy	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. Other teams have much higher volunteer hours required. We offer many volunteer opportunities so you are able to complete your 4 hours/family/season. Volunteer hours are 4 hours/family/season-</p> <ul style="list-style-type: none"> • 4 hours for Short Course (Sept 1-Feb 15) • 4 hours for Long Course (Feb 16-Aug 5) <p>4 hours must be completed by the end of Short course (or LC), otherwise your swimmer's account will be charged \$25/hour for hours not completed. All volunteer job postings (meets, CUDA events, etc.), descriptions and job sign-up is done on the www.teamcudas.com site. This enables real-time sign-up, reporting, and volunteer hours tracking Volunteer duties include: Each volunteer (parent/guardian) is responsible for signing up for a volunteer job (done online). 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.</p>
Team Communications	<p>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 done via email. Web site: www.teamCUDAs.com.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>