



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

November 2012

### Message from the President

**Kennedy Walsh**

Hello CUDA Families,

We have our first home meet of the season, **CUDA Pentathlon XXIV, November 17 & 18**. I hope you are as excited as we are! This is always an exciting event and a lot of fun. I would like to thank everyone who signed up for the over 350 volunteer hours to help our meet run smoothly. We simply can't do it without you. Don't worry if you still need volunteer hours, our CUDA Classic will need over 600 volunteer hours over three days and five sessions January 18 - 20. If you would prefer to earn your hours thru committee involvement or officiating please contact our volunteer coordinator, official's coordinator, or any board member for details.

**Team pictures** will be held **Friday November 16 at VMAC**. Fall apparel will be available for pick-up prior to pictures. No apparel will be available for purchase on the 16th. We are wearing gray shirts this year. If you don't have a gray CUDA shirt, please wear a gray t-shirt. Please wear black shorts or your team swim suit for the bottoms for a uniform picture. We would like to see 100% participation for the team picture. It is always amazing to see how large our team really is when we are all in one place!

Please feel free to contact me directly should you have any comments or concerns. We are a parent run team and your input is always welcome.

Kindly,

[Kennedy Walsh](#)

FRBSC President

### Coaches Corner

**Head Coach Andrew**

For those CUDAS who have already qualified for the CSI Open, please remember that the sign-up deadline for that event is November 13. If your swimmer has qualified for that event, or are a 10 & under swimmer with a Silver State cut, we want you to sign-up for that meet. If your swimmer has not yet qualified, you might have been planning on attending the Golden Phoenix meet (which was recently cancelled by the host club.) We've been working on finding an adequate replacement for that meet, without making you drive to Colorado Springs or Fort Collins. **CUDAS have decided to conduct a dual meet with Foothills Swim Team on Sunday, December 9 at VMAC**. I felt that this was the best possible replacement option for our families and their swimmers. Information was posted on the event page last week and more will follow as we finalize the meet. We wanted to make sure that all CUDAS have a great opportunity to compete and improve their times before our holiday break, in meets.

Thanks and go CUDAS!

### Article of the month

[Entering Events for Swim Meets](#)

BCC News

Coach Amy

**BCC Swimmers of the Month**

**Red Group:**

**Emma Kulbida-** Emma has improved greatly over the past season. She has showed more attention to the finer details of her strokes which has resulted in stronger, faster, and legal races at the team meets. Emma has made a large effort to participate in all team meets and events that she can, showing her pride to be a part of the Cudas

**Jeffrey Li-** Jeffrey is an extremely hard worker always asking for further help and pointers. His technique has improved greatly and he leads his lane extremely well. Jeffrey comes to practice ready to work and with a smile on his face, which is contagious to any of those that swim in his lane

**Silver Group:**

**Allison Xin-** Allison attends as many practices as possible and makes up for the ones she misses by coming in on her own to practice her basics. She is always volunteering to help with things at practice, and pushing herself to improve her strokes in speed. At the Longmont Pentathlon she attended both days and participated in the maximum amount of events. When she wasn't competing she was cheering on her teammates and carried a smile through the entire meet.

**Owen Feran-** Owen is a swimmer that has shown great improvement in his technique and leadership. Owen leads by example at practice, he never complains, completes every set to the best of his ability keeping the basics in mind, and never competes for his place in the lane he is there to improve his swimming. Owen demonstrates sportsmanship at practice, pizza meets, and team meets showing respect to his competitors and teammates.

**\*\*Please note that we have a Pizza Meet on Friday the 9th and Practice on November 30th will be at Paul Derda.**

Thanks!

November Fundraising Promotion

**NOVEMBER FUNDRAISING PROMOTION!**

Earn Fundraising Credit for doing what you normally do during the Holiday Season...SHOP!

This year we are offering Holiday Gift Cards coming this November. A variety of gift cards will be offered so that you can buy them for your family and friends or as corporate gifts and don't forget Teachers and Coaches!

We have plenty of options for all kinds of gift giving. Look for an email explaining the details later this month. Stay tuned and shop for your Holiday gift cards while benefiting the CUDAS!

[Lisa Abeyta](#)

CUDA Hospitality Recommendations Needed

The CUDAS are responsible for providing snacks, meals, and beverages for officials and coaches at our home meets. We are looking for restaurants that may be willing to donate a meal (breakfast, lunch, or dinner) for our home meets. If you have a favorite restaurant that may be interested please contact our Marketing Chair, Vilma Hassert at [vnhassert@yahoo.com](mailto:vnhassert@yahoo.com).

The team is happy to provide complimentary heat sheet advertising for any restaurant that contributes to our team and helps keep our expenses down. If a donation is made, secured and delivered, exceeding \$50, we will credit your family's fundraising fee for the season.

The next meet we are trying to secure meals for is the **CUDA Classic – January 18-20**.

## Cuda Holiday Bowling Party

Sunday, December 16

1:00pm - 3:00pm

Mark your Calendar!

Holiday Bowling Party

Sunday  
December 16

1:00pm - 3:00pm

**Why:** Because parties are fun!

**Who:** All CUDAS and their families

**Where:** Chipper's Lanes  
100 Nickel St., Broomfield, CO

**When:** Sunday, December 16

**Cost:** \$15 per person - applied to your CUDA account

- 2 games & shoes
- 2 slices of pizza and a large soda
- Bar service or additional food items not included in price

**RSVP:** Register under Holiday Bowling Party on the events page. Please indicate how many bowlers will attend and we will apply the fee to your account.

### Secret Santa

- We will hold an oversized candy bar Secret Santa exchange.
- Bring one wrapped candy item (oversized) per participant.
- Price limit \$5.00 per person.
- Don't forget to get your hand stamped when you check in to participate in the Candy Bar Secret Santa exchange.

2013 Time Standards Posted

Time standards for the 2012 - 2013 Short Course Season are now posted the website, you can find the time standards here:

[https://www.teamunify.com/SubTabGeneric.jsp?team=csbbbsc&\\_stbid\\_=30150](https://www.teamunify.com/SubTabGeneric.jsp?team=csbbbsc&_stbid_=30150)

**\*\*Zones time standards have been added\*\***

Updated Short Course Meet Schedule Posted

[Updated Short Course Meet Schedule](#)

## Mark Your Calendar

DATE	EVENT
November 7	Sign Up Deadline for November 9 <sup>th</sup> Pizza Meet @ <a href="http://teamcudas.com">teamcudas.com</a>
November 9	November Pizza Meet @ BCC
November 12	FRBSC November Board Meeting – 7:15pm @ VMAC (Hospitality Room)
November 13	Sign-up Deadline CSI Open @ <a href="http://teamcudas.com">teamcudas.com</a>
November 16	Team Pictures VMAC Pool, Wear Gray Shirt & Black bottoms
November 17-18	CUDA Pentathlon XXV @ VMAC
November 20	Brighton SC Sign Up Deadline @ <a href="http://teamcudas.com">teamcudas.com</a>
Nov 30 – Dec 2	CSI Open @ Denver University
December 1	Brighton Silver Circuit @ Brighton High School
December 4	CUDA-Foothills Dual Sign-up Deadline @ <a href="http://teamcudas.com">teamcudas.com</a>
December 5	Pizza Meet Sign-Up Deadline @ <a href="http://teamcudas.com">teamcudas.com</a>
December 9	CUDA-Foothills Dual @ VMAC
December 10	FRBSC December Board Meeting
December 16	CUDA Holiday Party @ Chippers Bowling

**\*\* Dates are subject to change. Please refer to the Events section on the home page of TeamCudas.com for the most up-to-date information.**

## Notes from the CUDA Account Manager

**Michelle Shauf**

**Reminder - Please set up AutoPay - You can pay in two ways...**

**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.

**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.

If you have any questions regarding your bill, please contact Michelle Shauf at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com) or 303-410-4999.

## Board Meetings

Upcoming general Board meetings are typically 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, November 12 from 7:15 pm-9:00 pm** at VMAC in the hospitilatly room. Hope to see you there!

December's meeting will be held on **Monday, December 10 from 7:15pm – 9:00pm**

## 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!

Website: [www.teamCUDAs.com](http://www.teamCUDAs.com)

## Payment On Demand

We have launched the new "PAYMENT ON DEMAND" feature on our website.

This is a new function that allows you to pay your bill at anytime of the month. As you know, the system is now set up to charge on the 1<sup>st</sup> of every month.

Please note: if you do take advantage of this "ON DEMAND" feature, you will be resetting your auto pay account with that credit card moving forward. In other words, you can only have ONE account set up at a time, and that PAYMENT on DEMAND overrides the current credit card or bank account on file.

There will be a \$2.00 processing fee when using this feature.

To learn how to use this feature, there are two options:

1. Go to [teamcudas.com](http://teamcudas.com) and login to your account. Under your Account you will see a tab called 'My Tutorials'. Within this tutorial you will need to go to the tab 'Understanding your Billing' and select the On Demand Payment tutorial.
2. OR go to this direct link - <http://teamunify.wistia.com/m/9z77WQ>

If you have any questions, please contact me at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com) or 303-410-4999.

Thank you,  
**Michelle Shauf**  
Cuda Manager

## Happy Birthday

### CUDA November Birthdays

Joshua Mak  
Troy Williams  
Aiden Caspar  
Kevin Wu  
Gretta Barrington  
Angela Li  
Megan Wilkins  
Michaela Olsen  
Brianna Bratt  
Abigail Azdorozny  
Keira Bensky  
Kyle White  
Hayden Connors  
Shuya Edmans  
Anna Ohrstrom Sandgren  
Caden Williams

## Practice Schedules

### BCC Swimmers:

280 Lamar Street  
Broomfield

### VMAC Swimmers:

136th Ave & Holly St.  
Thornton

**\*\* VMAC practice schedules shift a little starting Friday, November 9<sup>th</sup> because of the High School swimming season.**

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](http://www.teamCUDAs.com).

The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

**\*\* This information is subject to change so keep checking back for the most current information.**

## 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](mailto: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!!

## Fundraising

### Earn Cash Back with Scrip

The CUDAS have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers 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](mailto: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 Soopers and load up your card

Also don't forget to use your King Soopers 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.

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