



FRONT RANGE BARRACUDA SWIM CLUB



November 2013

Message from the Vice-President

Vilma Hassert

Hello CUDAS!

It is hard to believe it is November already. The CUDAS kicked off the short course season this past weekend at the Great Pumpkin Meet in Longmont. The swimmers performed well and placed 2nd overall in high point - we are proud of you all!

Of course, winning is always gratifying, but what makes a team even greater is unity and teamwork. What touched me the most during this particular meet, was the camaraderie and togetherness our CUDAS showed to one of our swimmers who has never swam a 200 fly before; the kids, parents, and coaches cheered her on while she battled to finish successfully. Thank you everyone for the amazing support. You just elevated a swimmer's game!

This month also brings us to our first home meet this season, the CUDA Pentathlon. We expect a great turn out and will need all of your help to make this a success! Please sign up early for service hours.

Last, but not least, I'd like to leave you with a thought by Henry Ford:

"Coming together is a beginning; keeping together is progress; working together is success."

Let's keep this in mind as we continue on this season - Go CUDAS!

My best,
[Vilma Hassert](#)
Vice President, FRBSC

Coaches Corner

Head Coach Andrew



I know it feels like short course season just began, but the calendar is telling me that the "meat" of the meet schedule for the first half of the short course season is right around the corner! Next weekend our BCC swimmers are participating in their second pizza meet of the season, while our VMAC swimmers are headed south to Colorado Springs to swim in the Cheyenne Mountain Aquatics Invite. After that comes our longest running and most tradition rich swim meet we have as a club. The 26th installment of the CUDA Pentathlon is the week before Thanksgiving. We've got dozens of shiny trophies to hand out to swimmers from around the state.

Then comes December- where we have CSI Pioneer Open at Denver University, CUDA-FST Dual meet at VMAC or Junior Nationals in Greensboro, NC. Please make sure your swimmer is participating in the December meet that is right for them. If you are unsure about which meet is the best fit. Please talk to your group coach. Time flies when we're swimming fast!

[Coach Andrew Brand](#)

Article of the Month

[Which Events Should Your Child Swim?](#)

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Natti Jaraschatrkaew- Natti is new to the team this year. She came in with complete focus to every practice working to improve her technique. After being on the team only for a few weeks, she has signed up for all the past team meets with challenging events and is working to meet her fellow swimmers.

Nathan Kral- Nathan has been working very hard in practice to perfect his stroke. He is fine tuning his stroke at each practice, applying the tips his coaches give him.

Silver Group

Hannah Adams- Hannah has really stepped up her game this season in the Silver group! She is willing to help out in any way possible in the group, and willing to swim in any lane, in any lane order. Hannah comes to each practice with a smile and gets to work perfecting her strokes and turns.

Lucas Williams- Lucas is proving to be a strong leader in the Silver group. Each practice he offers to help set up the lanes, is happy to move to different lanes and be the lane leader if needed. Lucas is always asking what he can do to improve, and actively applies coaching tips given to help improve his strokes.

**Fall Apparel
Deadline November
4th**

Please order your swimmer a t-shirt to wear in the team picture on November 22nd. Apparel Order **is Due Monday Nov 4th at 5pm**, so please place your order today! Login into your account, and find the 2013 Fall Apparel order form under Parents tab.

**Team and Individual
Photos**

Who: ALL Cudas!

What: Team Pictures, followed by individual photos if desired

When: **Friday November 22.** Please arrive around 5 pm to get lined up for the team photo. Individual photos after.

Please wear the NEW CUDA apparel t-shirt available now, or wear a plain black t-shirt for the photo.

Order Forms are available on the event page.

Mark your Calendar



DATE	EVENT
November 4th	Apparel Orders are due at 5pm at teamcudas.com
November 6th	Sign-up Deadline for the Pizza Meet at teamcudas.com
November 7th	Officials Training at VMAC
November 8-10	CMA Short Course Invite at Cheyenne Mountain High School in Colorado Springs
November 8th	Pizza Meet at BCC
November 19th	Sign-up Deadline for CSI Pioneer at teamcudas.com
November 22nd	Team & Individual Picture Day at VMAC
November 23-24	Cuda Pentathlon at VMAC
December 6th	Sign-up Deadline for CUDA-FST Dual at teamcudas.com
December 6-8	DU Pioneer Open at University of Denver
December 15th	CUDA-FST Dual at 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.**

OFFICIALS TRAINING CLINIC AVAILABLE....

Officials Corner

Richard Wilson

We will be running an officials training clinic on Thursday, November 7th starting at 5:30pm in the VMAC hospitality room. This is the first step on the path to becoming an official, and will give you a sense of whether it's something you want to pursue or not. The clinic should last between three to four hours, with food and drinks provided.

If you're already attending multiple meets a year, want to help educate swimmers, want the 'best seats in the house' and want to take an active interest in the sport and the club then consider coming along.

Please contact Richard Wilson at richwilson@gmail.com to register.

[Richard Wilson](#)
Officials Coordinator

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 11th from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

CUDA Birthdays



Shuya Edmans
Macy Murphy
Landon Sullivan
Kevin Wu
Joshua Mak
Hayden Connors
Brianna Bratt
Anna Ohrstrom-Sandgren
Angela Li
Abigail Zadorozny

Notes from the CUDA Account Manager

Michelle Shauf

Reminder – Please keep your AutoPay billing information up to date. If your credit card is expiring soon and you receive a new card, please make sure to update your AutoPay with your new credit card expiration date.

If you have any questions regarding your bill, please contact **Michelle Shauf** at cudamanager@teamcudas.com or 303-410-4999.

Service Hour Policy

The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. To view the most up-to-date Service Hour Policy, please visit our website:

[Service Hours](#)

Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com

Fundraising

If you haven't had a chance already, please sign up for Shop With Scrip to order your Holiday or King Soopers gift cards. Purchasing gift cards is a great way to earn back your seasonal \$50 Fundraising payment.



It is easy to register

1. Create your free ShopWithScrip account in just a few easy steps. Go to www.shopwithscrip.com and click on Enroll or [click here to sign up!](#)

Our enrollment code is: **89A6D31B14921**.

SWS Coordinator: **Lisa Abeyta**

SWS Coordinator Email: Scrip@teamcudas.com

2. Once you are enrolled, then Signup for Presto Pay. We will not be accepting checks for this program .

3. Receive confirmation that your presto has been set up and confirmed. **(You will receive a 4 digit code, that must be sent to the coordinator to finalize your enrollment.)**

Now, you are ready to SHOP!

All purchases will be made directly through the [ShopwithScrip](#) website. Twice a month on the 1st and 15th we will gather all the orders from processing. Your card(s) will be delivered to one of our coordinators who will make arrangements with you delivery your scrip.

If you have any questions, please feel free to email us: Scripsales@teamcudas.com

or Call Lisa Abeyta at [303-548-2755](tel:303-548-2755).

To view the Fundraising Policy and requirements please visit the CUDA website.

[Fundraising Policy](#)