



November 2014

Message from the President

It has been a successful short course season so far, and for that, I am thankful: to the athletes - for your hard work and dedication; coaches – for your continued development and support; parents – for your service/involvement in the club and support for your swimmers!

As you all know, I have been given the responsibility of being the CUDA's upcoming president. I see this role as an opportunity for the Board to work more collaboratively with the coaches and parents. We welcome all suggestions and feedback!

The Board has added a few extra meetings this season discussing strategy, direction, and continued growth. As we further develop the mission and overall strategy for the team, it is our goal that you will see the difference, both in and out of the water. Feel free to reach out to any of the board members with any questions. Current board members are Jon Trimm, Clark Saenz, Teri Romero, Jodi Walters, Heather Armon, Lee Lierz and I.

Again – thank you for your help and we look forward to seeing great improvements as we head into our November swims!

Thank you,

[Vilma Hassert](#)

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, November 10th from 7:15 pm to 9pm at VMAC**. We look forward to seeing everyone then!

Coaches Corner

Head Coach Andrew



The deadline for Cuda Pentathlon XXVII is November 6! This is the longest running and most tradition rich meet the Cudas host. It is renowned around Colorado for the shiny trophies we present after each session. Our swimmers have been working hard in practice, all of the volunteer slots are full (thank you parents!!!) Now we need to make sure we fill the lanes with swimmers wearing CUDA caps for this meet. We have a lot of swimmers already signed up for the meet, but us CUDA coaches are a greedy bunch, we would like to see every swimmer ages 5-18 in the meet.

Don't forget that our 2014-15 team pictures are set for the Friday before the meet and take place at VMAC. An event page has been posted on teamcudas.com and more information will follow. If you have any questions regarding the meet please e-mail me or your swimmer's group coach, and we'll be sure to help you out. Thanks.

[Coach Andrew Brand](#)

Article of the Month

[How Achievement Motivation and Fear of Failure Develop.pdf](#)

Mark your Calendar



DATE	EVENT
November 6 th	CUDA Pentathlon sign-up deadline @ teamcudas.com
November 7-9	Aces High Point @ Arapahoe High School
November 7-8	Eaton Fall Fest @ Eaton High School
November 10 th	Board Meeting @ VMAC, 7:15
November 12 th	Sign-up deadline for November Pizza meet @ teamcudas.com
November 14 th	November Pizza meet @ BCC
November 21 st	Team Picture Day
November 22-23 rd	CUDA Pentathlon XXVII @ VMAC
November 20 th	Deadline for CSI Pioneer

**** 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.**

Service Hours

Now is the time to start logging Service Hours for the Short Course season! Job Sign Ups for the upcoming CUDA/FAC Dual Meet and October Pizza Meet have been posted and are almost full. Don't worry if you were not able to commit to a job assignment either because you won't be in attendance or the slots were already full. The Cuda Pentathlon coming in November is a big meet with lots of service hour opportunities.

Just a reminder for those who want to review the newly implemented Service Hour Policy: Start by logging onto our team website using your Account Name and Password. Next, go to the Parents tab near the top right of the page. From this drop down menu click on the Service Hour link. Here you will find detailed information about our Service Hour Policy.

As always, feel free to email me at cudavolunteer@teamcudas.com with any questions!

Notes from the CUDA Account Manager

Teri Romero

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.

Teri Romero is the Account Manager. If you have any questions regarding your bill, please contact **Teri Romero** at cudamanager@teamcudas.com.

CUDA Birthdays



November Birthdays

Kristen	Abdallah
Brianna	Bratt
Hayden	Connors
Shuya	Edmans
Angela	Li
Samuel	Lindberg
Cambrie	Mahonchak
Macy	Murphy
Anna	Ohrstrom Sandgren
Mason	Wangerin
Myrielle	Weingand
Abigail	Zadorozny
Alexander	Zou

Broomfield Days Parade

Post-Practice Team Breakfast – Saturday, November 1 Recap



A HUGE thank you to Nancy Adams Stovall for getting us all organized and for pulling off a great post practice team breakfast. We had a great turnout, 93 swimmers and family members!

News from BCC

Coach Amy



Congratulations to the following BCC Swimmers of the Month:

Red

Samuel Lindberg- Sam is a great motivator for the group. He comes to practice knowing what he wants to accomplish and once he gets into the water he is completely focused to the task at hand. With his increased focus, his confidence has improved and he has asked to start being put into harder events, like the 50 Fly and IM at the meets.

Malia Steel- Malia is new to the team and already showing her dedication and commitment to the team. Malia comes to practice regularly every week, with questions at the ready on how to improve her strokes. Malia attends the practices and meets with a smile and excited to get into the water!

Silver

Tegan Barrier- Tegan shows incredible sportsmanship! You can always find Tegan at meets or Tootsie Roll Tuesday cheering on his teammates and friends until he is blue in the face. Tegan puts his best foot forward for each practice and race he does, he understands what he is trying to accomplish and what he has to do to reach it.

Maddie Gregory- Maddie LOVES to help get ready for practice, she is the first person to ask me if she can help take down a lap lane and get set up for practice. Maddie is happy to help her teammates understand a new set, where to go at a meet, or how to understand a heat sheet. She has also set up many month/ season goals for herself and is working very hard to achieve them.

High Point for BCC: In the month of October we had the highest group participation in our team meets and practice within the last 4 seasons. Great job!

Officials Corner

Richard Wilson



Thanks to the twelve parents that turned up for the October 'Stroke and Turn' officials clinic - that's the largest attendance we've ever had and your commitment is very much appreciated.

Also, a big thanks to the CUDA officials that worked at the Longmont Pumpkin meet - without your participation the times from those races would not have counted. 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 attending, or finding out more information, please contact 'Richard Wilson | richnwilson@gmail.com.