

# FRONT RANGE BARRACUDAS SWIM CLUB



November 2015

## Message from the President



Hello CUDA families ~

I hope that you have recovered from the weekend by the time you receive this message. Congratulations to all swimmers for giving your best this weekend!

The kids have been working very hard in the last few weeks gearing up to either meet or beat their respective goals - be very proud of each and every one of them, regardless of where they're at!

November is the time to give thanks; the athletes for giving it their 100% day in and out; the parents for providing the means to get there, and the coaches for always encouraging the athletes to get better!

I am thankful for the facility we call home, our coaches, athletes, and our families! I know that no one person can do this alone; which reminds me of a coach telling me once, as a young athlete, "if you want to go fast, go alone, but if you want to go farther, go at it together with your team"... Swimming is for the most part not a team sport, but we can certainly make it a team supportive environment by supporting one another regardless of where your athlete is at in their journey! This sport is not a "once-in- a-meet" journey, let's remember that always!

On that note, please allow me to close with below:

"Be strong when you are weak, be brave when you are scared, and be humble when you are victorious!"

Let's go CUDAS - keep making us proud by your actions! Wishing you all a happy Thanksgiving season!

Thanks in advance for your participation and I look forward to seeing you at the pool this weekend!

My best always,

[Vilma Hassert](#)




Cell: (303) 859-8142

## Mark your Calendar



DATE	EVENT
November 19, 2015	CSI Pioneer Sign-up Deadline @ Teamcudas.com
November 20, 2015	CUDA Team Pictures @ VMAC
November 21-22, 2015	CUDA Pentathlon XXVIII @ VMAC
December 4-6, 2015	CSI Pioneer Invite @ DU

**\*\* 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.**

<p><b>Board Meetings</b></p>	<p>All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. The next meeting is scheduled on Tuesday, November 9, 2015 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!</p>
<p><b>Coaches Corner</b></p> <p><b>Head Coach Andrew</b></p> 	<p>When we invited Olympian Ian Crocker this past month, it marked the second consecutive year that CUDA has invited athletes to bring motivational speeches along with medals and words of wisdom to VMAC. To my knowledge this is something unique to our team in the region. I'm proud that we're able to add what is hopefully an awesome experience to our calendar on what is becoming an annual basis. There are probably autographed photos hanging on bedroom walls of many of our young swimmers and that's really exciting. We're able to budget for this annually because our Swim-A-Thons in the spring have been so successful. So whether you're new to CUDA or been with us for a few years, keep that in mind as the winter turns to spring and help make our excellent annual tradition continue.</p> <p>Thanks and go Cudas!  <a href="#">Coach Andrew Brand</a></p>
<p><b>News from BCC</b></p> <p><b>Coach Amy</b></p> 	<p><b>BCC Swimmer of the Month</b>  <b>Red Group:</b>  Karlie Chandra- Karlie comes to practice with the most amazing attitude towards practice. She always has a smile on her face and turns her full attention to the coaches when we are explaining drills, and technique improvements. With her focus and energy towards improving her strokes she is seeing great strides in her improvement.</p> <p>Tyler Mills- Tyler has been working consistently to improve his technique, speed and endurance. With his persistence and positive attitude he is seeing large gains in his technique. It has been fun to watch his improvement over the first part of this season.</p> <p><b>Silver Group:</b>  Yada Jaraschatrkaew- Yada is a leader by example. She comes to practice prepared with all her gear and ready to work. She is so intently focused on what the drill is and how to apply the feedback she is given to improve her strokes. By being in her lane she raises the bar for her teammates and the teammates follow suit.</p> <p>Hoku Kawasugi- Hoku is brimming with positive energy. He makes sure to have fun at practice but understands when to have fun and when to buckle down and focus at the task at hand. Hoku demonstrates one of the best streamlines in the Silver group, which is a product of his hard work.</p>
<p><b>Article of the Month</b></p>	<p style="text-align: center;"><a href="#"><u>Swimming and the Art of Recovery</u></a></p>
<p><b>Officials Corner</b></p> <p><b>Richard Wilson</b></p> 	<p>We ran a successful USA swimming officials training clinic in September and look forward to seeing the attendees on deck in the near future.</p> <p>Remember, becoming an active CUDA official has the following benefits:</p> <ul style="list-style-type: none"> <li>• No fundraising commitments</li> <li>• No service hour requirements</li> <li>• Officiating expenses covered*</li> <li>• You help to educate the swimmers</li> <li>• You become actively involved in the club</li> <li>• You help raise the visibility of the club</li> </ul> <p>If you're Interested in finding out more information, please contact 'Richard Wilson   <a href="mailto:richnwilson@gmail.com">richnwilson@gmail.com</a> ,or watch the following video - <a href="https://goo.gl/tpzdWE">https://goo.gl/tpzdWE</a></p> <p>* We'll pay for background check, registration fee and custom official's shirt.</p> <p>If you're Interested in finding out more information please contact 'Richard Wilson   <a href="mailto:richnwilson@gmail.com">richnwilson@gmail.com</a></p>

**CUDA Birthdays  
November**



November Birthdays

- |           |                   |
|-----------|-------------------|
| Kristen   | Abdallah          |
| Brianna   | Bratt             |
| Elijah    | Conner            |
| Shuya     | Edmans            |
| Iris      | Kline             |
| Samuel    | Lindberg          |
| Jerry     | Liu               |
| Cambrie   | Mahonchak         |
| Cody      | Mills             |
| Anna      | Ohrstrom Sandgren |
| Ellie     | Rogers            |
| Elizabeth | Schroeder         |
| Surabhi   | Sharma            |
| Kyle      | Waller            |
| Mason     | Wangerin          |
| Abigail   | Zadorozny         |
| Alexander | Zou               |

**Mental Performance  
Coach Gail**



So which comes first, confidence or success? Many athletes believe they'll only feel truly confident when they attain a certain time, beat a longtime rival, or get the big win. But I feel strongly that confidence is a seedling within every athlete that only grows through hard work, taking risks, strong thinking & overcoming obstacles. So what are some things can you do to grow your confidence?

1. **PREPARE-** It's impossible to be confident when you don't **DO THE WORK**. Quality, consistent, grinding, dedicated hard work! You must sharpen and improve your **SKILL SET** every day. You'll feel much more confident stepping up to the blocks if you know you've trained as hard as you can.
2. **Purposefully develop a HIGH PERFORMANCE MINDSET.** Decide how you want to think and be. Maybe focused, persistent, brave or resilient. Then commit to consistently practicing those qualities every day. A strong mindset creates strong confidence.
3. **GET OUTSIDE YOUR COMFORT ZONE-** Seize opportunities to attempt skills and experiences beyond where you feel comfortable. Take risks; push your mental and physical limits, continually challenging yourself. Learn to "be comfortable with being uncomfortable." Just attempting something you've never tried before, whether you're successful or not, does wonders for your confidence!
4. **EMBRACE MISTAKES-** Be willing to use your mistakes and failures as valuable feedback and information. What you take from a disappointing performance can destroy or strengthen your confidence. If you choose the "I sucked and I swam terrible" attitude your confidence will shrink. If you choose the mindset of, "What can I learn from this to make me a stronger swimmer?" Your confidence will grow significantly.

So if you're feeling a little short of belief in yourself, make the decision to work on the ideas above. A confident swimmer becomes a stronger and more successful swimmer!  
Self-confidence is the best outfit. Rock it and own it!