



FRONT RANGE BARRACUDA SWIM CLUB



October 2013

Message from the President

Sean Feran

Sometimes with all of the running around, sitting through practices, and the other "swim parent" duties, we forget what it's all about. Last Friday, I made it to the Pizza Meet at the BCC and had a chance to see why we do what we do. Watching the little swimmers, some in their first competition, swim their hearts out, reminded me of those first years of swimming, when it didn't seem like a job.

I hope that we as a team never lose sight of how important it is for our swimmers to have that same fun and enthusiasm throughout their swimming careers. We have a very long season ahead of us and will be trying to schedule some fun team building activities for our athletes. If you have any ideas on how we can help our athletes have fun, or let off some steam, please feel free to forward them to a board member and we'll see what we can do.

Thank you,

[Sean Feran](#)
President FRBSC

The best way to give advice to your children is to find out what they want and then advise them to do it. [Harry S. Truman](#)

Coaches Corner

Head Coach Andrew



Goal setting with CUDAS starts at the Red group level and continues all the way through Elite group. Setting goals and realizing what work needs to be done to achieve those goals, is an important role in the swimmer's maturation process. It helps young athletes connect the dots between hard work and success. Not only does it help with their swimming career, but it's a great life skill as well. Our process varies from group to group and becomes a little more elaborate as the swimmer grows and matures. Making an analogy to school: A third grader might be asked to write a paragraph for a writing assignment, which a high school junior will be tasked with writing an eight page essay. If you have any questions about the goal setting process, or how you can help your swimmer out, please talk to your group coach for more details. Thanks and go CUDAS!

[Coach Andrew Brand](#)

Article of the Month

[Breathing and Swimmers' Posture Article](#)

Red/Black Meet

[Red/Black Relay Meet](#)

Our 7th Annual CUDA Red/Black Relay Meet is fast approaching. Please sign up on the events page to take part in this fun CUDA tradition! The registration deadline is October 8, 2013. After the event, pizza and drinks will be served upstairs at VMAC. We are currently looking for a few parents to help out with the pizza party. Service hours will be awarded for your time. Please see the Events page for more information or contact us directly at events@teamcudas.com.

News from BCC

Coach Amy



BCC Swimmers of the Month

Red Group

Ansley Schnelle- Ansley is new to the red group this season. As a new member to the group she has shown immense dedication to the group and to practice. Coming to practice 4-5 times a week since the beginning of the season giving each set and drill her full attention.

Ryan Luo- Ryan has stepped up to be the positive leader that the Red group needs. He is a strong lane leader helping his teammates understand the drills and sets, while entertaining them with stories during interval rests.

Silver Group

Delaney Osborn- Delaney has taken on the role as one of the leaders in Silver. By coming to practice at least 4 times a week, helping set up for practice with lane lines and equipment, and making the new swimmers feel welcome. She participated in the first Pizza Meet this last week and made sure to stay in the water to shake her competitors/teammates hands after every race demonstrating great sportsmanship.

Wilson He- Wilson is coming to practice with his full attention set on improving his strokes and speed. He demonstrates great listening and focus during practice and if he doesn't understand something, he will speak up to ask for help.

Broomfield Days Recap

Thank you to all our CUDA families and coaches for participating in the Broomfield Days Parade! We had a great turnout this year, as we debuted the first CUDA float! The kids (and adults) had so much fun riding on the float and handing out candy as they walked along the parade route. We couldn't have done this without your support! Thank you to all the families that participated and helped decorate the float. A special shout out to Jennifer and Chris Raskay for providing the trailer, many decorations and construction work AND driving the float through the parade. We really appreciate all that went into making this year's parade a success!



Also, thank you to everyone who stopped by the  tent for a cold beverage. Jamba Juice will be donating \$411 profit to the CUDAS from the sales.

We hope to see you all again at Broomfield Days next year!

Pancake Breakfast Social for VMAC Swimmers

VMAC Pancake Breakfast Social

We hope you can join us after practice on Saturday, October 19th for breakfast upstairs at VMAC! This is a great time for all VMAC swimmers and their families to get to know one another. We are currently looking for a handful of parents to man the pancake cook stations and help set up and clean up after the event is over. Service hours will be awarded for your time on these jobs. We also will have a sign-up page for the food items we need families to bring. While you will not earn service hours for donating food items, we are very thankful for the items you can contribute to make this year's VMAC pancake social a success! Please see the Events page for more information or contact us directly at events@teamcudas.com. We look forward to seeing you there!

Mark your Calendar



DATE	EVENT
October 5th	Tropical Splash Open Water Swim in Sarasota, FL
October 7th	Longmont Pumpkin Meet Registration Deadline at teamcudas.com
October 8th	Red/Black Relay Meet Registration Deadline at teamcudas.com
October 11th	Red/Black Relay Meet at VMAC
October 19th	Pancake Breakfast Social for VMAC Swimmers at VMAC
October 26-27th	Longmont Pumpkin Meet in Longmont
October 28th	CMA Short Course Invite Meet Registration Deadline at teamcudas.com
November 8-10	CMA Short Course Invite Meet at Cheyenne Mountain High School in C. Springs
November 8th	Pizza Meet at BCC

**** 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 Corner

Richard Wilson

Q. Why should I be interested in being a USA Swimming official for the CUDA's ?

A. Check out our 'WE WANT YOU' flyer at the BCC and VMAC.

Q. Do you have more information on the benefits and reasons for officiating?

A. Log onto our CUDA website and then from the menu bar select 'Official's Corner | Why Officiate?' to watch a brief video.

..... Interested? Please contact Richard Wilson at richnwilson@gmail.com for more details.

[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, October 14, 2013 from 7:15pm – 9:00pm** at VMAC in Thornton. Hope to see you there!

CUDA Birthdays



Lauren	Anderson
Alexandra	Bullen
Rachael	Curtis
Emma	Kulbida
Ryan	Luo
Hayley	McGovern
Hunter	Roethig
Emily	Sanchez
Gracie	Shauf
Margaret	Swanson
Sarah	Tang
Laura	Thompson
Rebecca	Thompson
Michael	Truong
Brittanie	Yi
Malia	Zadorozny
Chase	Zeilstra
Alvin	Zhang

<p>Fall Apparel</p>	<p>The Fall CUDA Apparel will be available for order in October. Please order a t-shirt for your swimmer to wear in the Team pictures in November, and at meets this season, so we can all look uniform. The order form and more information will be sent out in the coming week.</p>
<p>Adding Cell Numbers to your Swimmer Account</p>	<p>Team Unify has added functionality where we can send a group text message. The plan is to use this feature when we have a pool closure or a message we need to get communicated urgently. We are encouraging all families to please add their cell number(s) to their account so we can utilize this feature. There are step-by-step instructions online (link below) or you can log in, go to My Account, click Add SMS and follow the directions from there. Make sure the number is verified.</p> <p>Adding SMS Information to Your Swimmer Account</p> <p>If you have any questions, please contact our web admin Nikki Gast</p>
<p>Cheyenne Mountain Invite Meet and Hotel Information</p>	<p style="text-align: center;"><u>CMA Short Course Invite Meet</u></p> <p>Who: VMAC Groups</p> <p>When: November 8-10, 2013</p> <p>Where: Cheyenne Mountain High School 1200 Cresta Rd, Colorado Springs, CO</p> <p>Hotel: We have a block of 30 rooms set aside at the...</p> <p>Cheyenne Mountain Resort 3225 Broadmoor Valley Rd Colorado Springs, CO (719) 538-4000</p> <p>Call the above number, or book online, and reference the Front Range Barracudas. Please reserve your rooms by 10/18 to ensure the excellent group rate of \$99 per night per room. Cheyenne Mountain Resort bookings</p>
<p>Notes from the CUDA Account Manager</p> <p>Michelle Shauf</p>	<p>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.</p> <p>If you have any questions regarding your bill, please contact Michelle Shauf at cudamanager@teamcudas.com or 303-410-4999.</p>
<p>Service Hours</p>	<p>The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. We will need every family's help with working at the Cuda Pentathlon in November. The Job signups will be posted in mid-October, so please take the time to sign up early and secure your time.</p> <p>To view the most up-to-date Service Hour Policy, please visit our website: Service Hours</p> <p>Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com</p>



We are excited to announce that we are participating in the [ShopwithScrip](#) Program. Now swim families will be able to order 1000's of types of gift card and ScripNow® eCards. We will be including our current King Sooper's Scrip cards and Old Chicago Pizza Palz in this new program

With scrip fundraising, families can easily earn their \$50 fundraising commitment while they shop. Simply use scrip gift cards for everyday purchases, and earn a rebate on each one at no additional cost.

New Features include:

- **Convenience.** Order scrip at your convenience from anywhere with internet.
- **Full Selection.** See all the available brands and denominations at a glance.
- **Immediate Delivery.** Order and print ScripNow® eCards right from your ShopWithScrip account, and Reload funds onto gift cards you already own.
- **PrestoPay™.** All families need to participate in Presto pay. This gives you the added convenience of getting your orders quicker and be able to download E-Scrip (ScripNow) cards as well. You can pay for your order instantly by electronic debit using the secure ACH process.
- **In-Depth Information.** Access your own purchase and rebate history. No need to wait for End of the season reporting.

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, 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).

Thank you again, for supporting the CUDAS!

To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website.

[Fundraising Policy](#)

Lisa Abeyta
Fundraising Committee Head

**Here's how you can
earn your \$50
Fundraising
Commitment back**