



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

October 2012

Message from the President

CUDA Board

On Monday, September 17, the "team behind the team" took an important step forward. CUDA board members, along with Head Coach Andrew and Head Age Group Coach Tom, met with Rose Snyder, a long-time USA Swimming coach and former USA Swimming Development specialist. Rose now consults with teams and non-profit boards in the areas of strategic planning, which includes communication, governance, and team building, and organizational management. We all took this challenge to move our program into a more defined direction toward its future. What started out as individuals completing a survey about our program's strengths and weaknesses- in the areas of working relationship between coaches and board, club communications, facilities, retaining quality coaches, non-profit program governance, and vision for our future- turned into a fast-paced evening in which we tackled some of the challenges we face as well as celebrated how exceptional of a program we offer to families committed to a quality USA Swimming club!

Here are some of the highlights from the top four areas we chose to focus on for club development - 1) athlete development and retention, 2) board governance, 3) team goals, and 4) staffing and retention of quality coaches:

Established priorities to recruit and retain committed and quality board members and coaches, improve club communication avenues, develop a swimmer assistance fund for families in need, and secure our training facilities with written contracts (VMAC, as well as additional pool space in the future)

Celebrations of what we do well - committed, quality coaches, good parent involvement, excellent facilities (long course training is a premium in Colorado), knowledgeable board, financial stability, and team pride in our swimmers' successes and accomplishments

The board recognizes the need to plan medium and long range club goals, expanding opportunities for more committee chairs drawing from strengths and skills of its parents

The board recognizes the need to continually examine our communication channels (website, group meetings between parents and coaches, weekly email BLASTS, newsletter, visibility of board members at meets and practices with an open ear, and valuing input from our swimmer leaders, etc.) and improve that.

Finally, we are, after all, about the development of our swimmers - physically, emotionally, and socially - and toward that end keep our mission in the forefront of all our decisions on the deck, in the board meetings, and in the stands cheering for the red and black of the CUDAS.

This is the CUDA mission:

To develop and promote competitive swimming for all ages and abilities, to encourage health and fitness, and to develop athletes with high self-esteem, respect, and sportsmanship in the sport of swimming and the community.

We will all work together - board, coaches, parents, and swimmers - toward this mission!

Coaches Corner

Head Coach Andrew

A swim season is kind of like building a house. Sounds absurd, but let me explain... You can't start decorating a house with fancy furniture before there's even a hole in the ground. You can dream about what it's going to look like; but there's first some hard work that must take place. A combination of thoughtful planning and a bunch of elbow grease is needed to get to that stage. Right now (with our first meet on the horizon) we're in the foundation building stage of our season. Coaches are working with swimmers on setting a solid stroke foundation. The majority of practices are filled with shorter distances and drills. We don't just jump into pounding yardage, with any group on our team. As the season increases, trust me, there will be plenty time for those practices where your swimmer steps into the car exhausted on the drive home! If you have any questions about season plans for your swimmer's group please talk to their group coach.

Fall Apparel Website

Orders Due by November 2nd

The Official Cuda Apparel Store Is Now Open!

Go to: <http://front-range-barracudas-apparel-store.myshopify.com/>

We have partnered with Crown Trophy in Boulder to bring you an exciting opportunity to order all your Fall CUDA apparel gear online!

Deadline - Nov 2!!
Delivery Date - November 16

** pick up right before team pictures * please wear grey shirt for pictures * team suit or black shorts for bottoms * team pictures make cute personalized items **

The team is very excited about our new Cuda Store! Team stores are a new project for Crown Trophy, our trophy supplier, and we are proud to be their pilot team. (We continue to use MI Sports as our team meet apparel source). Our mutual goal is to make this site easy and intuitive to use as well as cost effective for our members. The team does not make a profit on our apparel orders! We would prefer to offer higher quality items at a reasonable rate. Crown fully stands behind all items. As with all new endeavors, we may come across a few hiccups. If you find something we need to address please direct your comments to [Kennedy Walsh](#) with APPAREL HICCUP in the subject line.

Within the next week we will have a personalized apparel section on the site. Items here may be ordered year around and ship directly to your home. You will have the option of providing pictures, slogans, or names for your personalized apparel. Please keep this in mind when thinking about your Cuda picture options this fall.

Place your order on the webpage and pay for your cart with your credit card, it's that easy!!
The link will also be available on the Cuda website, under the Parents Tab for your convenience.

Article of the month

[Thoughts On Age Group Development](#)

VMAC News

Coach Tom
Head Age Group Coach

This past weekend in sunny Siesta Key Florida our team was well by represented 6 different swimmers. **Rebecca Thompson, Noah Shauf, and Sam Shauf** along with their mothers and myself all swam in the Tropical Splash Open water swim. The weather was perfect, the water was warm, and everyone swam great. Both **Andrea Thompson** and **Michelle Shauf** completed the 1K race but were defeated by the women's 10 and Under (unofficial) champion **Rebecca Thompson**. Both **Noah** and **Sam** completed the 5K and were the youngest athletes to complete the 3.1 mile swim. The event was a huge success for our kids to see another side of competitive swimming, and we all had a blast. The team looks forward to continuing to offer exciting swimming opportunities, and look forward to taking an even bigger group next year for the **October 6, 2013 Tropical Splash**.

BCC Swimmers of the Month

BCC News

Coach Amy

Red Group:

Clementine Clyker- Clementine embraced the new challenges of the Red group practices with a positive attitude and puts her best effort forth every day. She is consistently leading her lane and signing up for upcoming meets.

Sam White- Sam has taken a strong interest in his improvement of his strokes, dives, and turns. He is invested in becoming a stronger technical swimmer and always looking to his coaches for tips and stroke development ideas. Sam comes to every practice with a positive attitude and treats his teammates with respect.

Silver Group:

Krista Potter- Krista comes to practice with a smile on her face ready to swim. She is actively working on improving her strokes, asking for help and tips on what she needs to improve at the end of practice. Krista isn't worried about racing her teammates in practice, her main concern is perfecting her strokes and executing the set to the best of her ability.

Stanislav Irisov- Stas is a new member of the team and has come in with his "A" game. He is early to every practice willing to help set up for practice, and clean up after practice. Stas has taken an active role on the team, learning his teammates names and taking part in all of the meets in October.

Special Message to our New Swimmer Families

Welcome to the Cuda's, we are so happy to have you on the team! We realize there is a lot of information provided and it is difficult to assimilate it all at once. Our number one source for new information is our website. Please take a look at the "New Swimmer" tab on our webpage for information on our dues, volunteering, and fundraising policies. This is also where you will find the [Parent Handbook](#) that is a guide for new parents covering the team basics all in one place. Practice schedules for both BCC and VMAC are listed under the "Schedules" tab. Information is updated regularly. Please don't hesitate to contact any member of the Cuda Board with any questions, comments, or concerns you may have. I look forward to working with you to make this a great year for the Cuda's.

BCC New Parent Liaison: [Kathy Jaschke](#)
VMAC New Parent Liaison: *Coming Soon!*

No Ordinary Pizza

Change of Ownership

Unfortunately, we are not able to run our **No Ordinary Pizza Meet** refunds due to this change. We will pursue options with the new owners and keep you updated. If you know of a great pizza place that may be interested in sponsoring our BCC Pizza Meets please contact our Marketing Chair, Vilma Hassert at vnhassert@yahoo.com

CUDA Hospitality

Recommendations Needed

The Cuda's 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. 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.

Mark Your Calendar

DATE	EVENT
October 10	Sign Up Deadline for Longmont @teamcudas.com
October 12 - 14	Foothills October Open @ Carmody Pool (Lakewood)
October 17	Sign Up Deadline Pizza Meet @ Teamcudas.com
October 19	Pizza Meet @ BCC
October 20	Challenge Ropes Course @ CU Challenge Course
October 27-28	Longmont Pumpkin Meet @ Centennial Rec Center (Longmont)
October 28	Deadline for Fall Apparel Order

**** 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.**

**Official Notice:
Board Position
Openings**

Official Notice*

Board Position Openings

- All Cuda Board positions are two (2) year terms.
- Board Members receive full volunteer hour and fundraising credit during term.
 - All Board Members are requested to attend team social events.
 - Board Members are expected to supervise or chair a committee.
- Per team bylaws, any position with two or more nominees must be put to a member vote.
- Nominees should plan to attend a board meeting prior to the election for an informal Q&A.
- All nominations need to be submitted to Kennedy at President@teamcudas.com by **October 31**

1. **Treasurer:** The Treasurer shall be the principal financial officer of the team and shall have the care and custody of all funds, securities, evidences of indebtedness and other personal property of the team and shall deposit the same in accordance with the instructions of the Board of Directors. It is preferred that the Treasurer have a background in finance, such as experience as a corporate controller, treasurer, director or vice president of finance, Chief Financial Officer or the like.
 - Training provided during Short Course (thru end of March) with full job transition at the start of Long Course.
 - Attend monthly Board meetings (has one vote on the FRBSC Board)
 - Give monthly financial reports to the Board
 - Manage the board's review of and action related to the board's financial responsibilities.
 - Work with the Head Coach to effort that proper financial reports are made available to the Board on a timely basis.
 - Prepare a budget, with input from the Head Coach and submitting it to the Board for approval
 - Oversee the preparation and distribution of the annual audit and answer Board members questions about the audit.
 - Responsible for Annual Taxes and working with the Club's Accountant
 - Able to use Xcel, Work and email and QUICKBOOKS Input all accounts receivable
 - Prepare and make deposits at bank
 - Reconcile Bank accounts Pay and mail meet entry reports and payments
 - Process coaching staffs payroll monthly
 - Process and sign on checks
 - Process monthly federal and quarterly state employment taxes
 - Pay/mail all Club bills
 - Clear P.O. Box weekly
2. **At-Large:** Board voting position. Please indicate which committee you would be interested in chairing if you are not currently chairing a committee. Current availability: Athlete Assistance, Fundraising, Event planning, Documentation, or New Parent Liaison Co-chair at VMAC. For further details please see last month's newsletter or contact Kennedy Walsh.

**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 or 303-410-4999.

**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 1st 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 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 or 303-410-4999.

Thank you,
Michelle Shauf
Cuda Manager

**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=csbbbc&_stabilid_=30150

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. Hope to see you there!

Happy Birthday

CUDA October Birthdays

Lauren Anderson
Rachael Curtis
Ainsley Harris
Sarah Hollis
Emma Kulbida
Lauren Leggio
Ryan Luo
Hayley McGovern
Kartik Raghavan
Emily Sanchez
Samuel Sherman
Mason Solmos
Margaret Swanson
Sarah Tang
Rebecca Thomas
Michael Truong
Allison Wester
Paisley Williamson
Brittnie Yi

Practice Schedules

BCC Swimmers:

280 Lamar Street
Broomfield

VMAC Swimmers:

136th Ave & Holly St.
Thornton

The Fall practice schedule is posted the team website. This information is subject to change so keep checking back for the most current information.

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.

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

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!

Web site: www.teamCUDAs.com

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
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 Cuda's 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
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.