



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

October 2011

### Message from the Vice President

Sean Feran

Are you new to swimming and wondering what your child is learning? Do you go to swim meets and wish you knew what's going on? Or are you just looking to get involved with the team and not sure how?

The Front Range Barracudas are looking for a few dedicated parents to join our officiating group.

Cuda swim officials are volunteers who undergo the USA Swimming training program and work meets when and where they want. As an official, any time that you put into the program goes towards your volunteer hours with the team. All officiating costs are paid by the Cudas. All we need is your time and enthusiasm.

Officiating is one of the best ways to make sure that you can be down on the deck while your child is swimming. It allows you to better understand the sport. Without officials meet times do not count. Best of all there's always free tasty meals and snacks for the officials.

If you are interested or have any questions, please ask your child's coach, any board member, or the team's officials coordinator Sean Feran ([VicePresident@teamcudas.com](mailto:VicePresident@teamcudas.com)).

Sean Feran,

FRBSC VP & Team Officials Coordinator

### Coaches Corner

Head Coach Andrew

Thanks to all of our swimmers that took part in the Red/Black relay meet last week. It was the second closest, in terms of points, Red/Black meet we've ever had, and it was a lot of fun. Every fall that meet marks the unofficial start of our short course season. We've got a meet this weekend in Boulder for our young swimmers; Colorado Springs is a couple weeks away for our older swimmers, and then we really get into the swing of things. Make sure you mark your calendar with meets you are going to attend. We'd love for you to be a regular at our scheduled meets. Swimmers that traditionally show the most progress are swimmers who get racing experience at meets. If you have any question regarding which meets your swimmer(s) should attend, ask your swimmer's group coach.

It looks far away in the distance now, but by-far our most important meets are our championship meets in February and March. No matter which level your swimmer is at, there is a championship meet for them. Be it: Northern Colorado Championship, Silver State Championship, Senior State Championship, CSI State Championship, Far Westerns, or Western Sectionals. Cudas does their best to accommodate the needs of every swimmer by scheduling a season ending meet your swimmer can set goals for. Your swimmer's group coach has had the discussion with your swimmer regarding which meet they should be targeting. If you want more information about that meet, please shoot them an e-mail or chat after practice one evening. Thanks in advance for making this a successful short course season! Thanks.

Coach Andrew

### Notes from the CUDA Treasurer

Lisa Abeyta

**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 your 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.

As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at [cudamanager@gmail.com](mailto:cudamanager@gmail.com).

**News from BCC**

**Coach Jonathan**

Welcome new and returning Barracuda families. Due to the continued interest and expansion of our swim club, we have had an unexpected increase in our Red and Silver Team numbers making some practices feel overcrowded. Making sure that our swimmers get the pool space and coaching attention they need is a standard we value. We have made move ups that will take effect in November that create room in Red and Silver and will create the lane space standards that give our kids the best chance to succeed. I appreciate your understanding in this matter, and can assure you that we are making efforts to balance our rosters and create the most effective swimmer/coach ratio.

Coach Jonathan

**SWIMMERS OF THE MONTH**

**RED GROUP**

**Mikaela Walsh-** Mikaela has really turned her practices up a notch to start the season and has moved up the ranks in Red group to emerge as steady lane leader. Her aggressive approach to practices will lead to huge time drops this season, and I can not wait to see her compete!!!! Keep working hard Mikaela!!!!

**Rodrigo Gutierrez-** Rodrigo deserves the seasons first swimmer of the Month Award for improving his practice attendance by starting the season having one of the best practice attendance % in Red Group. Coming to practice has accelerated Rodrigo's progress and as a result Rodrigo is moving on to Silver!!!! Rodrigo has shown that when focused he can have perfect fundamentals. Rodrigo always come to practice ready to push himself into an intense workout. Continue working hard in Silver Rodrigo!!!!

**SILVER GROUP:**

**Connor Hassert-** To start the season Connor has 100% perfect practice attendance and while he is at practice he is always sure to be one of the hardest working kids in the pool. Its true Connor is a gifted swimmer, but its his hard work and dedication to his goals that has allowed him success. Connor has demonstrated true leadership by being the trusted leader of his lane and one of the all around true leaders of Silver Group. For his hard work in the pool and in setting and achieving his goals, I am proud to announce Connor as the First Boy Swimmer of the Month to start the season. Keep working hard and good luck in White Group!!!!!!!!

**Kaylee Wu-** Kaylee is off to a great start to the season, by working hard at practice and by always racing at practice Kaylee has become a premier swimmer in her age group!!!! Kaylee is one of the best listeners in Silver and is always well behaved at practice. I have coached Kaylee for 2 years and have never once gotten on her case for not being focused. She is truly a dedicated swimmer and I am proud to award Kaylee with Swimmer of the Month!! Good luck in White Group Kaylee!!!!

**Colorado Springs  
Olympic Training  
Center Tour**

**October 22<sup>nd</sup>**

Attention all swimmers headed to Colorado Springs for our first big meet! We have set up 2 FREE tours with the Olympic Training Center. This will be an hour long tour, and bring a little cash to spend in the store at the end for all of your Olympic Gear needs! Please note, the training center cafeteria is not open to the public so be sure you plan accordingly.

Date: Saturday, October 22<sup>nd</sup>

Time for 13 & U Swimmers (and families): 9am to 10am

Time for 12 & U Swimmers (and families): 2pm to 3pm

Address: 1 Olympic Plaza  
Colorado Springs, CO 80909

Go to the CSST meet information on the website and print out the tour information flyer. Also, keep your eyes open for information on the team dinner in Colorado Springs for Saturday night. Details will be posted on the website as soon as everything is solidified.

Mark Your Calendar	DATE	EVENT
	October 9, 2011	Boulder 10 & Under @ South Boulder Rec
	October 10, 2011	Sign-up deadline for CSST Fall Open
	October 10, 2011	October Board Meeting @ Brunner House
	October 12, 2011	Sign-up deadline for Longmont Pumpkin Meet
	October 13, 2011	Sign-up deadline for October Pizza Meet
	October 14, 2011	No Ordinary Pizza Meet @ BCC
	October 15, 2011	Challenge Course Team Building @ CU Ropes
	October 18, 2011	Sign-up deadline for Eaton Fall Fest Meet
	October 21 – 23, 2011	CSST Fall Open, Colorado Springs
	October 22, 2011	Cuda Olympic Training Center Tour, Colorado Springs
	October 22, 2011	Team dinner, Colorado Springs. Details posted soon online
	October 29, 2011	Longmont Pumpkin Meet
	November 5, 2011	Eaton Fall Fest @ Eaton HS
	November 7, 2011	Sign-up deadline for CUDA Pentathlon XXIV

**\*\* Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

Welcome New Swimmers!!	<b>DEVELOPMENTAL:</b>		
	Stella Ashfield-Salter	Vaughn Bigelow	Liliana Briggs
	Jared Brotamonte	Clementine Clyker	Elaina Crowley
	Madeline Cullen	Olivia Cullen	Gautam Nambiar
	Jeffrey Li	Olivia Aldridge	Zackary Niedzwiecki
	Sierra Parks	Matthew Poshusta	Sabrina Rachjaibun
	Morgan Lowrey	Amelia Solmos	Wyatt Srock
	Samuel White	Sarah Tang	
	<b>RED:</b>		
	Pax Armon	Johnee Shields	Jack Elliott
	Lindsey Gracheck	Jocelyn Harris	Emma Kulbida
	Maxwell Kulbida	John Liu	Sydney Mattei
	James Overberg	Brianna Taylor	
	<b>SILVER:</b>		
	Matthew Hankinson	Nikolaj DeNiro	Zachary Kohnen
	Ryan King	Marissa Payne	Megan Wilkins
	<b>SENIOR:</b>		
	Megan Mesmer	Rachel Vigil	Irene Yuste
	<b>WHITE:</b>		
	Anthony Saenz	Luke Sauls	Ashley Sprague
<b>BLACK:</b>			
Taytum Ridgway	Alecia Sprague		

**Northern Colorado Swim Camp**

The Northern Colorado Swim Camp was a HUGE success! All the kids had a wonderful time and learned lots of great skills to take them into the Short Course season. What an experience holding the Olympic medals and meeting some of the best swimmers ecer to come out of Colorado.

As a reminder, you can order pictures of your kids in recent meets and of the swim camp from Mike Hassert at: [www.sportkiddos.com](http://www.sportkiddos.com) Click on the **SWIMMING** link.

**What's New Online**

2012 Short Course State qualifying times: **Performance Tab -> Time Standards Link**  
 2012 Short Course SILVER State qualifying times: **Performance Tab -> Time Standards Link**  
 Updated Meet Schedule (updated 9/21/2011): **Schedule Tab -> SC Meet Schedule**

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 done via email.  
 Web site: [www.teamCUDAs.com](http://www.teamCUDAs.com).  
 The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

## Practice Schedules

### BCC Swimmers:

280 Lamar Street  
Broomfield

### VMAC Swimmers:

136th Ave & Holly St.  
Thornton

Please see the team website under the **Schedule** tab for the most up-to-date information.

## Board Meetings

Upcoming general Board meetings are usually 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 10th from 7:15 pm-9:00 pm at the Brunner House. Hope to see you there.

## 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 2011 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@gmail.com](mailto:cudavolunteer@gmail.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](mailto: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! It adds up really fast!!

**Fundraising**  
**(Continued)**

**Other easy opportunities to meet your fundraising goal:**

- ⇒ **Pizza Pal cards**  
Contact: Scott Bratcher via email at [scripsales@teamcudas.com](mailto:scripsales@teamcudas.com)

**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. The Pentathlon alone is expected to bring in 750 swimmers over two days. 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.