



FRONT RANGE BARRACUDA SWIM CLUB



October 2014

Message from the President

Once again, the Cudas have made me proud. The Red-Black meet raised over \$2,000 for our sweetheart Nora. It is great to see our family step up and help to take care of one of our own.

I love this team and am daily impressed at the progress that we have made in just the past six years that we have been here. I am even more excited about what the future holds for the Cudas. Due to personal and professional reasons, I will be stepping down as President of the Cudas at the end of October. I am confident that the continuing Board have some excellent ideas that will serve our team well. With everyone's participation, we are headed towards a better, and stronger team. We will still be part of the Cuda family and I look forward to seeing you at the pool.

Thank you,

[Sean Feran](#)

Coaches Corner

Head Coach Andrew



When it came to September weekends, Cudas saved the best for last. We crammed a lot into a 24 hour span. Friday night brought together over 140 swimmers ages 5-18 at one pool for our 7th annual Red/Black Relay Meet. It's an excellent annual opportunity for our older athletes to act as leaders and get to know some on the younger swimmers. It gives our younger swimmers a chance to look up to (literally and figuratively) someone on their own team. The meet was close throughout and into wasn't until the conclusion of the last relay that we knew for certain that Cuda Red would defeat Cuda black.

On Saturday we welcomed 2012 Olympic medalist Caitlin Leverenz to VMAC where she motivated our swimmers and taught them a thing or two about swimming Olympic level breaststroke. It's fun to use our weekends before meets begin to combine some fun and swimming education. Next up, October brings the start of short course meets- we are excited to keep the fun and momentum going strong throughout the season.

[Coach Andrew Brand](#)

Article of the Month

[The Ten Commandments for Parents of Athletic Children](#)

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, October 13th from 7:15 pm to 9pm at VMAC**. We look forward to seeing everyone then!

Mark your Calendar



DATE	EVENT
October 6 th	CUDA vs FAC meet sign up deadline @teamcudas.com
October 8 th	Longmont Pumpkin meet deadline @teamcudas.com
October 8 th	Goal Setting Course @ VMAC sign up @teamcudas.com
October 9 th	Goal Setting Course @ VMAC sign up @teamcudas.com
October 11 th	CUDA vs FAC meet @ VMAC
October 13 th	Board Meeting @ VMAC, 7:15 pm
October 21 st	Aces High Point meet sign up deadline @teamcudas.com
October 25- 26 th	Longmont Pumpkin meet

**** 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!

CUDA Birthdays



Lauren Anderson
 Alexandra Bullen
 Rachel Curtis
 Kulbida Emma
 Nattitan Jaraschatrkaew
 Ryan Luo
 Hayley McGovern
 Tyler Mills
 Hunter Roethig
 Emily Sanchez
 Anna Sharples
 Anya Singh
 Margaret Swanson
 Sarah Tang
 Rebecca Thompson
 Michael Truong
 Brittnie Yi
 Malia Zadorozny
 Chase Zeilstra

Broomfield Days Parade

Broomfield Days Parade Recap



A HUGE thank you to Nancy Adams Stovall for getting us all organized and for pulling off an amazing 2014 Broomfield Days Parade event! Great turnout of 47 swimmers plus parents for a walking total of 65 CUDA's! The Black group won for most walkers and received a prize at their practice the following Monday! Thanks to all that helped decorate the float, and a big shout out to Chris and Jennifer Raskay & Sean Feran for their construction skills and housing of the float, to Vilma and Mike Hassert for the trailer itself and dive blocks and silhouettes of the swimmers, Jon and Kerrie Trimm for pulling the float and Heather Armon ,Teri Romero and Jennifer Raskay for the final touches on the signs!! All the coaches were there, it was a beautiful day and a great day to be a CUDA!!!

News from BCC

Coach Amy



Congratulations to the following BCC Swimmers of the Month:

Red:

Julia Zimmelman- Julia is new to the red group but has improved her focus at each practice. Her increased focus has resulted in an improved technique. Julia also brings a fun positive energy to each practice that motivates her teammates.

Brady Randall- Brady has been attending a large number of practices each week, leading his lane and asks questions on how the drills should be done. Brady was a great cheerleader and knew where he needed to be for his races at the relay meet.

Silver:

Kaylee Austin- Kaylee has started this season with laser focus! She has set her goals and knows how she needs to practice in order to reach those goals. Kaylee has grown as leader for the Silver group helping set up for practice and always focused on the drills we are currently working on

Gautam Nambiar- Gautam's strokes are really starting to see an improvement, he is finding his groove and making the execution of the strokes look easy. This is because when he shows up for practice he is focused, looking and asking for help on how to improve his strokes. It is exciting to see the improvement he is displaying.

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.

Officials Corner

Richard Wilson



We are hosting an officials training clinic on Monday, Oct 27th from 5.30pm to 8.30pm at the Veterans Memorial Aquatic Center for those parents interested in taking the first steps to becoming a CUDA USA swim official.

Reach out to me (see below) with your contact details and I'll provide specific details.

Having taken the clinic you are not obligated to complete the entire officials training.

NOTE: There will also be a separate training clinic on Saturday, Oct 4th @ 9am in Denver. For those interested in attending this clinic, reach out to me and I'll provide further details.

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' as soon as possible.