

FRONT RANGE BARRACUDAS SWIM CLUB



October 2015

Message from the President



Hello CUDA families ~

The start of the new season and the fall weather always reminds me to slow down and reflect. For a swim organization to be great, the team should be built upon tireless efforts, hard work, and the dedication of so many. I feel blessed to have talented athletes, coaches, board, and family members who are all of that and much more! Together, we will work toward building on last season's successes.

Over the years we have seen the CUDAS change and grow. It has caused the coaching staff and board members on a few occasions to pause and reflect on where we needed to go and what we need to become in order to be of more value to you, our athletes and members. We have solicited your feedback periodically and invited you to attend board meetings to help us move in the right directions. Being that this is a new season, I would like to shift our focus to you, our members. We would like to see all members more engaged, connected, and gaining value from their involvement in the CUDAS. We are all CUDAS and the board needs your help. As a parent-driven team, the CUDAS thrives on each of us taking a leadership role and serving. We are currently looking for new faces to train and serve in the areas of marketing, branding, fundraising, event planning, hospitality, meet computer operator, and travel coordinator. There are some key board positions opening up in the near future and one of the requirements is a prior involvement in a chair or committee position. If you have any questions, please reach out to any of the board members. Our contact info can be found by going to this link: <http://www.teamunify.com/SubTabGeneric.jsp?team=csbbssc&stabid=30060>

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
October 12, 2015	Sign-up Deadline for Scary Fast invite @ Teamcudas.com
October 13, 2015	Sign-up Deadline for Longmont Pumpkin @ Teamcudas.com
October 14, 2015	October Pizza Meet Sign-up Deadline @ Teamcudas.com
October 14, 2015	Sign-up Deadline for Aces High Point @ Teamcudas.com
October 16, 2015	October Pizza Meet @ BCC
October 17, 2015	Cuda Clinic with Olympian Gold Medalist Ian Crocker @ VMAC
October 20, 2015	Sign-up Deadline for Eaton Fall Fest @ Teamcudas.com
October 23-25, 2015	Scary Fast Invite @ EPIC
October 24-25, 2015	Longmont Pumpkin @ Centennial Rec

**** 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>Board Meetings</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 Monday, October 12, 2015 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!</p>
<p>Coaches Corner</p> <p>Head Coach Andrew</p> 	<p>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. Goal setting with Cudas starts at the Red group level and continues all the way through Elite group. Our process on working with individual swimmers varies from group-to-group and becomes a little more elaborate as the swimmer's 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. Goal setting is the ammunition for motivation and motivation leads to hard work, which in turn leads to fantastic performance! I know this paragraph is just a tiny overview; If you have any questions about the goal setting process for your swimmer, or how you can help you swimmer out, please talk to your group coach for more details.</p> <p>Thanks and go Cudas! Coach Andrew Brand</p>
<p>News from BCC</p> <p>Coach Amy</p> 	<p>BCC Swimmer of the Month Red Group: Nandana Kannaiyan - Nandana is doing a fantastic job in Red Group. She shows great focus to what her coaches are explaining in practice and is able to apply the feedback she receives to her strokes.</p> <p>Max Wu-Max has started Red group with great enthusiasm. He comes to each practice ready to work on his strokes and to have fun with his buddies. Max is a hard focused worker which will show its benefits in the upcoming meets.</p> <p>Silver Group: Alex Zou- Alex knows how to work hard and have fun. He has shown great dedication in improving his strokes, he is happy to swim at the end of the lane so that he can focus on developing his technique and asks what he can do to improve his strokes.</p> <p>Anika Dash- Anika is always looking for constructive feedback on how to improve her stroke. Once she receives the feedback she works hard to apply it to the stroke we are working on.</p>
<p>Article of the Month</p>	<p style="text-align: center;"><u>What's Going on in Swim Practice- pg. 43</u></p>
<p>Officials Corner</p> <p>Richard Wilson</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"> • No fundraising commitments • No service hour requirements • Officiating expenses covered* • You help to educate the swimmers • You become actively involved in the club • You help raise the visibility of the club <p>If you're Interested in finding out more information, please contact 'Richard Wilson richnwilson@gmail.com ,or watch the following video - https://goo.gl/tpzdWE</p> <p>* We'll pay for background check, registration fee and custom officials shirt.</p> <p>If you're Interested in finding out more information please contact 'Richard Wilson richnwilson@gmail.com</p>

**CUDA Birthdays
October**



October Birthdays

Lauren	Anderson
Alexandra	Bullen
Curran	Carter
Anika	Dash
Kulbida	Emma
Harrie	Ha
Nattanan	Jaraschatrkaew
Ryan	Luo
Hayley	McGove
Tyler	Mills
Hunter	Roethig
Emily	Sanchez
Anna	Sharples
Aanya	Singh
Margaret	Swanson
Sarah	Tang
Rebecca	Thompson
Michael	Truong
Jonah	Wang
Brittnie	Yi
Maila	Zadorozny