



October 2016

**Message from the President**

**Jodi Walters**



As the weather cools, short course season is back in full swing, and the kids are once again diligently training. Our club has continued to grow over the last year, and our athletes have continued to improve. Thus I am excited to have the responsibility of being the board president for the coming year. It is such an honor to get to work with such a dedicated group of volunteer parents and excellent coaches. I want to take a moment to thank Vilma Hassert for all her efforts as past president, as well as Lee Lierz who also completed his term as a member at large of our board.

I am looking forward to working with our new board as we continue to work to provide our children with a wonderful athletic experience that meets their goals. October is a great time to look forward and to set goals as to what we would like to accomplish this season. Our kids will be working with their coaches to outline what they would like to accomplish this short course season. Likewise, we want to hear your feedback and suggestions! Our goal is to work collaboratively with all of our families. As you support your kids through their goal development process, do not hesitate to reach out to a board member to share your ideas and goals as well. Our current board includes our head coach Andrew Brand, Heather Armon, Teri Romero, Shawn Pace, Geneanne Payne, Clark Saenz, Laura Lierz and myself.

Enjoy the fall, train hard, and I look forward to seeing you at the pool!

[Jodi Walters](#)

303-775-0235



**Mark your Calendar**



**Important Dates**

DATE	EVENT
October 3	Registration Deadline Scary FAST @ Teamcudas.com
October 3	Silver Group Meeting @ BCC
October 4	Red Group Meeting @ BCC
October 4	Senior Group Meeting @ VMAC
October 5	White Group Meeting @ VMAC
October 5	Advanced Developmental Group Meeting @ BCC

	October 6	Black Group Meeting @ VMAC
	October 6	Elite Prep Group Meeting @ VMAC
	October 6	Developmental Group Meeting @ BCC
	October 7	Gray Group Meeting @ VMAC
	October 12	Aces High Point Deadline @ Teamcudas.com
	October 14	October Pizza Meet @ BCC
	October 14-16	Scary FAST Invite @ VMAC
	October 19	Coach Gail 'Improved Focus' class @ VMAC
	October 29	Cuda/Star Dual @ VMAC
	October 29-30	Longmont Pentathlon @ Centennial Pool
	November 4-6	Aces High Point Meet @ Arapahoe High School
	<p><b>** 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.</b></p>	
<b>Board Meetings</b>	<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 10, 2016 from 7:00 pm to 9:00 pm at VMAC. We look forward to seeing everyone then!</p>	
<b>Article of the Month</b> (you must be logged into the CUDA website to access the article)	<p style="text-align: center;"><b>“Moving Up to a New Workout Group”</b></p> <p><a href="http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1555&amp;Alias=Rainbow&amp;Lang=en&amp;mid=9332&amp;ItemId=4464">http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1555&amp;Alias=Rainbow&amp;Lang=en&amp;mid=9332&amp;ItemId=4464</a></p>	
<b>Coaches Corner</b>  <b>Head Coach Andrew</b>	<p>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 this help with their swimming career, but it's a great life skill as well!</p> <p>As a club, we like to focus on the process leading up to a goal and realize that the outcome is dependent upon a smart, well thought-out plan and followed through with process. Our way of communicating this with swimmers 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, while a high school junior will be tasked with writing an eight page essay.</p> <p>If you have any questions about the goal setting process, or how you can help you swimmer out, please talk to your group coach for more details.</p> <p>Thanks and go Cudas!</p> <p><a href="#">Coach Andrew Brand</a></p>	

<p><b>News from BCC</b></p> <p><b>Coach Amy</b></p> 	<p><b>BCC Swimmer of the Month- September</b></p> <p><b><u>Red Group:</u></b>  <b>Malia Zadorozny-</b> Malia has shown marked improvement from last season in MANY ways! She is so incredibly focused on what her coaches are saying in practice and then working hard to apply it. This season I have seen Malia's strokes improve considerably, because she is thinking about each part of her stroke while she is practicing.</p> <p><b>Fletcher Slavik-</b> Fletcher shows great determination and passion. He comes to more than the required practices per week, so that he can improve his strokes. Fletcher is always the one in his lane who has his full attention on his coaches, no matter what his teammates are doing.</p> <p><b><u>Silver Group:</u></b>  <b>Alex Remaklus-</b> Alex has a great sense of humor and work ethic during Silver practice. She is a swimmer that all her teammates want to be in her lane, and she brings the level of focus and application of the drills in her lane up. Her endurance and focus have improved dramatically because of her consistent effort.</p> <p><b>Benjamin Ohrr-</b> Benji has a lot of talent and has been working on trying to "slow down" in order to fix a few technical mistakes in his strokes. He is a quiet, strong leader for Silver group, showing his teammates that hard work and dedication will pay off.</p>
<p><b>Account Manager</b></p> <p><b>Terri Romero</b></p> 	<p>Please be sure to check your account invoices monthly. To do this, please login to the team website and click on "My Account" tab located on the left of the page. Then click on "My Invoice/Payment" tab also on the left side of the page. From there you can check balances, make a payment, and see your service hour balance. Remember if you have any questions about your account, please email <a href="mailto:cudamanager@teamcudas.com">cudamanager@teamcudas.com</a></p>
<p><b>Volunteer Coordinator</b></p> <p><b>Heather Armon</b></p>	<p>If you are new to the team or just need a quick refresher, here is a quick "user" guide for the two most important service hour questions:(1) <i>How many hours to I owe?</i> (2) <i>How do I sign up to time?</i></p> <p><b><i>How to check your service hour commitment/balance:</i></b></p> <ul style="list-style-type: none"> <li>● Login to team website</li> <li>● Click on "My Invoice/Payment"</li> <li>● Click on the "Service Hours" tab</li> <li>● Here you will find detailed information regarding what your starting balance is, what hours you have worked and the remaining balance. Any balance at the end of the season will be charged at \$50 per hour.</li> <li>● Service Hour commitment for Short Course are as follows: <ul style="list-style-type: none"> <li>● Developmental = 5</li> <li>● Advanced Developmental, Red, Silver = 10</li> </ul> </li> </ul>

- Females swimming High School = 6
- White, Grey, Black, Senior, Elite Prep, Elite = 15

**How to commit for a service hour job spot:**

- Login to team website
- Click on "Job Sign Up" button associate with desire meet
- Carefully select the check box next to the desired Date/Time/Job Description
- Enter your mobile number in the additional note section
- Click on the "Save Changes" button before exiting the page. This step is VERY IMPORTANT! Once you have saved changes you should be able to see your name and number listed under the Date/Time/Job Description.

As the season gets into full swing and questions arise, please feel free to send any questions to [cudavolunteer@teamcudas.com](mailto:cudavolunteer@teamcudas.com).

I look forward to seeing you all at volunteer check in at some point this season!

**Fundraising**

**Jackie Hahn**



**Two Great Ways to Spend Less on Swimming and Fundraise for the CUDAS**

Did you know you can earn rebates that gets added to your swimmer's account? Using King Soopers cards or ScripNow, you can earn rebates that go to the CUDAs. The CUDAs split the rebates with you.

**King Soopers Cards** can be purchased through the Cudas using a check, cash, or your ShopWithScrip account. King Soopers gives 5% back to the Cudas whenever you reload the King Soopers card. King Soopers cards can be used in the stores and at the gas stations.

Use your **ShopWithScrip** account to purchase ScripNow - electronic gift cards right on your phone. Imagine a 9% rebate on your meal at Panera or a 14% rebate at Old Navy, Gap or Banana Republic.

Get more info [here](#) or contact me at [scripsales@teamcudas.com](mailto:scripsales@teamcudas.com) with questions or to purchase a King Soopers card.

**Officials Corner**

**Richard Wilson**


There will be an officials training clinic on Sat, Oct 8th in the hospitality room | <https://goo.gl/A5jeLB> at the VMAC pool | <https://goo.gl/saHJ9t>.

The clinic will start at 8am and last a couple of hours. For those attending, there is a swim meet immediately afterwards where you can shadow on deck.

The clinic is the first step in seeing whether officiating is something you'd be interested in.

Becoming an active CUDAs official has the following benefits:

- 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 or attending a clinic, please contact Richard Wilson   <a href="mailto:webadmin@teamcudas.com">webadmin@teamcudas.com</a> or watch the following video - <a href="https://goo.gl/tpzdWE">https://goo.gl/tpzdWE</a></p> <p><b>* We'll pay for background check, registration fee and custom officials shirt.</b></p>
<p><b>Websites Update</b></p> <p><b>Richard Wilson</b></p>	<p>The following changes were made to the CUDA website:</p> <ul style="list-style-type: none"> <li>● Club Info   Board of Directors - added new board member details</li> <li>● News   Board Meeting Minutes* - new section with minutes from previous board meetings</li> <li>● Home - link to SC Apparel store</li> <li>● Home - new photo of 2016 CSI award honorees</li> </ul> <p><b>*Please make sure you are logged in to have full access to all of the website features.</b></p>
<p><b>Mental Performance</b></p> <p><b>Coach Gail</b></p> 	<p><b>Please don't miss out...</b></p> <p><b>Coach Gail: Increase Your Focus to Improve Your Performance! (12 &amp; Over)</b></p> <p>Registration Deadline October 19, 2016</p> <p><b>Description</b></p> <p>Who: 12 &amp; Over Cuda VMAC Swimmers</p> <p>When: Wednesday, October 19 // 4:30-5:30pm</p> <p>Where: VMAC Classroom</p> <p>Unfortunately, we need to limit the class size to make sure it's a valuable experience for those involved.</p>

**CUDA Birthdays**  
**October**



**October Birthdays**

Lauren Anderson  
Ryo Arakawa  
Curran Carter  
Ava Crumplar  
Anika Dash  
Jackson Davis  
Harrie Ha  
Nattanan Jaraschatrkaew  
Kaaviyan Kannaiyan  
Emma Kulbida  
Ryan Luo  
Sydney Mayes  
Hayley McGovern  
Tyler Mills  
Benjamin Ohrr  
Hunter Roethig  
Emily Sanchez  
Anna Sharples  
Aanya Singh  
Margaret Swanson  
Sarah Tang  
Rebecca Thompson  
Michael Troung  
Anushka Udeshi  
Jonah Wang  
Brittnie Yi  
Malia Zadorozny