



FRONT RANGE BARRACUDA SWIM CLUB



September 2013

Message from the President

Sean Feran

Short Course is my favorite swim season. I love watching the little ones swim in their first meets and the look of accomplishment in their eyes after they swim their first 25-yard race. It also means that we get to have our Red vs. Black meet, which is a fun relay competition that brings together swimmers from all ages and levels. Getting all of our swimmers together at the same time is fun for all of the swimmers and coaches.

Short Course also means that our coaching staff is coming back fresh from a break and with new ideas from their trip to the ASCA conference. We have such a wonderful coaching staff, and they care so much for all of our athletes.

A new season brings new needs. As members of the CUDA family, we need your help with creating a fun and memorable season for your CUDAS. We are a parent-run team and can use any help you can give. With such a diverse team, there are many parents with special talents that we would love to know about. We are currently putting together a float for the Broomfield Days Parade and could use some help with that, we are also looking for a bookkeeper type with some spare time, lawyers, computer people; we can probably use your skills no matter what you do. Please think about how your special talents could benefit the team and let us know. We are always looking for help and appreciate whatever parents can offer that will benefit our swimmers.

Thank you,

[Sean Feran](#)
President FRBSC

Coaches Corner

Head Coach Andrew



By the time you're reading this our coaching staff will be in the Big Easy (New Orleans) at the annual American Swim Coaches Association Clinic. This will be the second year we've sent our staff and we're hoping this time around it will be as good or better than last year's excellent experience. Last year our staff sat in on lectures from coaches of gold medalists, head age group coaches of top programs around the country and everything in between. This year we're looking for more of the same education. It's a great opportunity for Coach Sarah, Coach Alan, Coach Amy, Coach Tom and myself to learn some new tricks-of-the-trade as well as get fired up about the upcoming short course season. It's exciting that our club is able to send our staff to such an event and keep us current on latest training techniques from around the world.

[Coach Andrew Brand](#)

First Practice Date

First day of Short Course Practice is **Tuesday, September 10th** for all returning and new swimmers. Please check out the website for your swimmer's practice times. These times are subject to change throughout the season, so please check back regularly for any updates.

[BCC Practice Times](#)

[VMAC Practice Times](#)

**Tropical Splash
Open Water Swim**



Tropical Open Water Swim with Coach Tom

Event Date: October 5, 2013
Registration Deadline: September 9, 2013

Description

Who? Open to all VMAC Swimmers

What? An open water race right off of beautiful Siesta Key beach right outside of Sarasota Florida. 5K, 3K, and 1K options.

When? Saturday AM (early!) October 5th, 2013

Article of the Month

Ten Commandments For Parents

**New Group -
Advanced
Developmental**

Advanced Developmental Group

BCC has added a new group this fall to continue to offer the highest possible coaching to your swimmers. The Advanced Developmental group will be for swimmers in between Developmental and Red group, and will practice Monday/Wednesday from 5-5:45 and Fridays from 4-5pm. In this group Coach Sarah will coach all 4 strokes, dives and start to introduce turns. It will be a strong introduction to Red group. We as a coaching staff are really excited about this additional group and feel that it is going to take BCC swimmers to the next level.

Mark your Calendar




DATE	EVENT
September 9th	Tropical Splash Open Water swim sign up deadline at teamcudas.com
September 9th	Deadline to vote for the 2013-2014 Budget on Election Buddy
September 10th	First day of BCC practice at BCC
September 10th	First day of VMAC practice at VMAC
September 21st	Broomfield Days Parade at Broomfield Commons
September 25th	September Pizza meet Sign-up at teamcudas.com
September 27th	September Pizza meet at BCC
October 5th	Tropical Splash Open Water Swim in Sarasota Florida
October 7th	Longmont Pumpkin Meet Sign-up Deadline at teamcudas.com
October 8th	Red/Black Relay Meet Sign-up Deadline at teamcudas.com
October 11th	Red/Black Relay Meet at VMAC

**** 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.**

CUDA Birthdays



- | | |
|------------|----------|
| Katrina | Cardoso |
| Clementine | Clyker |
| Sean | Crumplar |
| Stanislov | Irisov |
| Nathan | Jaschke |
| Andrew | Jaschke |
| Evan | Johnson |
| Ethan | Steele |
| Sophia | Swanson |
| Allison | Xin |

<p>Board Meetings</p>	<p>Upcoming general Board meetings are typically scheduled for the second Monday of each month. All CUDA team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, September 9th from 7:15pm – 9:00pm at Brunner House in Broomfield. Hope to see you there!</p>
<p>Officials Corner</p> <p>Richard Wilson</p>	<p>Later this month we are considering holding another officials trainee clinic.</p> <p>This 3-4 hour session, probably at the VMAC, is the first part of the process in becoming a swim official. Please note that attending this clinic does not mean that you are obliged to complete the entire officiating process. In order to facilitate the training we need at least 2 or 3 participants. If you're interested, please contact me at the email address below. For those on the fence, consider logging onto our CUDA website and then from the menu bar select 'Official's Corner Why Officiate?' to watch a brief video about the benefits of officiating.</p> <p>For parents interested in either learning more about the Officials process or have questions about the swimming stroke and turn rules, I'm available both at the BCC and the VMAC during the week. Feel free to email me ahead of time and I'll do my best to make myself available.</p> <p>Richard Wilson Officials Coordinator</p>
<p>Broomfield Days Parade</p>	<p style="text-align: center;"><u>Broomfield Days Parade</u></p> <p><i>Mark your calendars and come have some fun with your team walking in the Broomfield Days Parade! This is a CUDA Tradition!!</i></p> <p>Who: ALL CUDAS!</p> <p>Where: Parade Staging Area (More Details to come the beginning of September)</p> <p>When: Parade will begin staging around 8:30am. Parade will begin at 9:30 and end at Main & Midway around 10:30am</p> <p>Details: Come one, come all CUDAS! The Broomfield Days Parade is a CUDA tradition! Wear your CUDA gear, decorate your bikes or scooters in red & black, wear your swim caps and goggles, bring some candy to toss and HAVE FUN with your team!!</p> <p>If you are interested in helping with design and decoration of the float, please contact Vilma Hassert. Thank you!</p>
<p>Broomfield Days Fundraiser for CUDAS</p>	<div style="display: flex; align-items: center;">  <p>JAMBA JUICE is hosting a Smoothie Fundraiser to benefit the CUDAS</p> </div> <p>Broomfield Days is being held on Saturday, September 21st in the Broomfield Commons. This day is packed with activities including a 5K race, a clown contest, a parade, a trade fair, a craft festival, food booths, three stages of entertainment, demonstrations, and great community spirit. This is an opportunity for CUDAS to raise money. So have your friends and family stop by and purchase a smoothie, and help raise some money for the CUDAS.</p>

Red & Black Relay Meet

Who: All Cuda Swimmers

When: Friday, October 11

Where: VMAC

Red and Black Relay Meet

MI Sports will be at VMAC to support the CUDAS at our meet. Please stop by their table to buy all your swimming and equipment needs for the new season!

Pizza & Costs: When signing up, please let us know how many additional family members will be attending in the comments section. The cost of \$10/swimmer includes the swimmer's entry fee, cap, pizza, and a drink. Family members are welcome to partake in pizza and drinks at the meet for an additional \$4/per person.

Notes: This is one of the more exciting meets all year. Coaches get to select teams and athletes will be competing via relays in an intra-squad meet! Coaches will make sure the teams are divided evenly and teams can compete fairly; this meet will be a lot of FUN! You must sign-up for this event by the deadline. No late entries will be accepted.

CMA Short Course Invite Meet

Who: VMAC Groups

When: November 8-10, 2013

Where:

Cheyenne Mountain High School
1200 Cresta Rd, Colorado Springs, CO

Hotel:

We have a block of 30 rooms set aside at the...

Cheyenne Mountain Resort
3225 Broadmoor Valley Rd
Colorado Springs, CO
(719) 538-4000

Call the above number, or book online, and reference the Front Range Barracudas. Please **reserve your rooms by 10/18** to ensure the excellent group rate of \$99 per night per room. [Cheyenne Mountain Resort bookings](#)

Cheyenne Mountain Invite Meet and Hotel Information

Notes from the CUDA Account Manager

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.

If you have any questions regarding your bill, please contact **Michelle Shauf** at cudamanager@teamcudas.com or 303-410-4999.

Michelle Shauf

Adding Cell Numbers to your Swimmer Account

Team Unify has added functionality where we can send a group text message. The plan is to use this feature when we have a pool closure or a message we need to get communicated urgently. We are encouraging all families to please add their cell number(s) to their account so we can utilize this feature. There are step-by-step instructions online (link below) or you can log in, go to My Account, click Add SMS and follow the directions from there. Make sure the number is verified.

[Adding SMS Information to Your Swimmer Account](#)

If you have any questions, please contact our web admin [Nikki Gast](#)

Service Hour Policy

The Board wishes to thank every family for their time and commitment. We could not keep this team running without your help. In order to keep our dues as low as possible, we host several swim meets throughout each season. In order to run these swim meets it takes help from **all** our families. We rely on you to help fill in the positions needed.

To view the most up-to-date Service Hour Policy, please visit our website:

[Service Hours](#)

Please contact our FRBSC Service Hour Program Coordinator if there are questions regarding a particular activity, responsibilities/descriptions, hours completed, etc. [cudavolunteer@teamcudas.com](mailto: cudavolunteer@teamcudas.com)

Long Course Fundraising Scrip Credits and New Program Roll Out

For those of you that participated in our King Soopers Scrip or Old Chicago Pizza Pals program....Congratulations! Your Fundraising Credit will be applied to your swimmer's account this week if you have registered for the Short Course season.

Now, that Short Course Season is starting, why not start earning your \$50 Fundraising fee back by purchasing Scrip?

As you know, each CUDA family is assessed the fundraising commitment for the team. Expectation is that each family contribute to fundraising \$50 per season, for a total of \$100 per year per family. These amounts are pre-paid for the season, and monies contributed are credited towards the account.

After fulfilling the CUDA fundraising commitment of \$50 per season, a portion of monies raised will be credited back to the swimmers' account.

We will be launching a new and exciting additional option to our scrip program

shopwithscrip.com

We will be sending more information shortly, as our rollout for this program will be in September. So STAY TUNED!

Thank you,

Lisa Abeyta
Fundraising Committee Head

Fundraising

To view the most up-to-date Fundraising Policy and requirements please visit the CUDA website.

[Fundraising Policy](#)

If you would like to earn back some of your \$50 Fundraising Commitment payment, obtain a reloadable CUDA King Soopers card and use it over and over again. Don't forget to use your card to get gas, it adds up really fast!!

1. Contact: Lisa Abeyta via email at scripsales@teamcudas.com
2. Arrange to meet
3. Make sure your card number is recorded so you get credit!
4. Give Lisa a check or cash for \$25
5. Go to King Soopers and load up your card