



September 2012

Message from the
President

Kennedy Walsh

*Swimming is fun!
This year we are going to have LOTS of fun!*

Welcome to a new season Cuda's!

We hope you are as excited to begin the season as we are. While our team provides swimmers the opportunities to grow and achieve their ultimate potential in swimming one of the things I admire about our team is that the value place upon our swimmers goes beyond their skills in the water. There is a great deal more to swimming than just learning the four strokes. The swimmers learn the values of proper nutrition, the necessity for setting goals, the value of positive thinking, and the importance of conditioning, the need for teamwork, and the benefits of self-discipline. The team builds self-esteem in all the swimmers. The competitive spirit and discipline of young swimmers carry over into other aspects of their lives. One typical result is that the average academic achievement of swimmers is well above that of all other students. The lessons that the children learn through swimming will prepare them for whatever the future may hold for them.

We believe in and stand behind the Cuda Mission Statement:

To develop and promote competitive swimming for all ages and abilities, to encourage health and fitness, and to develop athletes with high self-esteem, respect and sportsmanship in the sport of swimming and the community.

Sportsmanship and character go hand in hand; it is a contradiction in terms to have one without the other. Whether in or outside of practice, in training or socially, there is no substitute for high expectations of behavior. You can only get out of someone, some team, or yourself what it is you expect; the less you expect, the less you can anticipate getting. Rather than merely accepting the traditional assumption that competitive sports builds character, it might be best to conclude that sports participation actually reveals one's character. Due to their very nature, sports offer athletes, teams, and families the opportunity to build their character through the choices they make based on the environment they are in and situations they face.

Using the above viewpoint of character building in sports, you can surely understand how "winning at all costs" attitudes, along with a loss of perspective, can negatively impact an athlete's character. Conversely, how a conscious, determined, intentional effort and focus (by **all** those involved) to shape one's character through participation in competitive sports can become part of the solution. In the latter, it is not something you assume will happen; it is something everyone works toward making happen. Please see the volunteer section or contact me personally at President@teamcudas.com for suggestions on how you can be part of the solution. Let's *make* this a great year for the Cuda's!

Kindly,
Kennedy Walsh
FRBSC President

Coaches Corner

Head Coach Andrew

This week we watched the short course season kick off at BCC and VMAC pools with a large group of new excited swimmers joining a whole bunch of returning CUDAS anxious to get back into the pool after a month off. It was fantastic to see the energy in practice during the first couple of days back! The coaches are also refreshed and ready to get back into the swing of things after having attending a coaches clinic with 1,400+ fellow coaches from around the world in Las Vegas last week. Speakers ranged from many coaches who have been working with Olympians and gold medalists to age group coaches who have been doing successful things with their clubs around the country. There were plenty of new ideas that our staffed walked away with; and also, just as importantly, a sense of pride as many of the suggestions the renowned coach speakers gave echoed what CUDAS are already doing. It was fun to spend a weekend with coaches from around the country trading industry secrets and best practice ideas. Our staff was able to come back fired up for the season to start!

More VMAC News!

Head Age Group Coach Tom

As we gear up for another exciting season I wanted to take a quick second to highlight some spectacular performances that occurred over our hiatus. Our team was represented by both **Payten Irwin** and **Sidney Trimm** at the Pacific Zone Championships meet that was the 2nd weekend of August in Grand Junction. The meet consisted of All-Star like teams from California through Hawaii and up to Alaska, making it a highly competitive meet. Both girls swam best times in nearly all their races, and qualified top eight for finals. **Sidney** achieved her first Western Sectional qualifying time in the 50 LCM free. **Payten** was the 100 LCM Free Champion, and was top 5 in all her races.

Great job Cuda swimmers, and we look forward to rolling that momentum into the upcoming season!

Officials Corner

**Sean Feran
Vice President**

*******OFFICIALS CLASS*******

WHEN: SEPTEMBER 26TH

WHERE: VMAC

WHAT TIME: 6:00-9:00

WHO: ANY INTERESTED PARENTS

Dinner will be served and all attending will receive 3 Volunteer Hours

Please RSVP to Sean Feran at VicePresident@teamcudas.com

Help Wanted....

Needed....

And

VERY MUCH APPRECIATED!!

Help Wanted, Needed, and Very Much Appreciated

The Cuda's are a 501(c)3 parent run team. This means that we are not-for-profit and anything that is not done by our wonderful coaches is only possible with parent involvement. Swim meets are not only a lot of fun to watch and participate in but they also help finance the team (no dues increase in 4+ years!). They also happen to require a lot of volunteer hours and dedication to run smoothly. In addition to meets we host a number of social, fundraising, and team building events that count towards your volunteer hour requirements.

Main Volunteer Options

Various Pizza Meets	BCC	30 +/- hours available per meet
Nov 17-18	CUDA Pentathlon XXIV	350 +/- hours available
Jan 18-20	CUDA Classic	600 +/- hours available
Officiating	Multiple locations	4-16 hours available per meet
Committee Chair*	Many fun options	seasonal volunteer hours & fundraising credit
Committee Co-Chair*	Many fun options	seasonal volunteer hours credit

Committee Positions Available

*Appointed by Board of Directors

*Please contact Kennedy Walsh if you are interested in any of the following:
Chair, Co-Chair, committee member, or have expertise in an area and are available to consult with a committee.
Often, jobs overlap and committees work together for a common goal.*

- **Hospitality** – If you can plan a menu for a party and shop for supplies you can do this! As a meet host, we are responsible for providing meals, snacks, and beverages to coaches and officials. Many of our meals are donated helping to keep costs down. Don't worry – everyone helps with the loading and unloading of cars. There are also several volunteer slots offered per meet session to provide support.
- **Athlete Assistance** – This is a new program for the club that is still in the developmental stages. We would like to be able to offer financial assistance for our athletes ranging from covering meet fees to dues assistance. If you have experience in this area or just think it is a great idea and want to help, let us know.
- **Event Planner** – This job may be taken on in its entirety or broken into subcommittees. The coaches plan team building events for their groups but events for the entire team would fall under the event planner.
- **Apparel Coordinator** – Do you want to help pick out merchandise for the team? Have you sat at a meet and thought, "We should do that?" when you see something cute? Our CUDA TEAM STORE will be entirely online with our vendor processing payments and orders. You will need to be the customer service person throughout the year and oversee the distribution of seasonal orders at a member pick-up for each season (Short Course & Long Course).
- **Fundraising** – You guessed it, this job requires raising money. We are entirely open to suggestions! If you have ideas that you think our members would like and can take the lead in implementing them this is a job for you!
- **New Parent Liaison: VMAC Co-Chair** – Are you a veteran Cuda parent that feels comfortable answering new parent questions? You don't have to know all the answers but should be able to direct new members to the right person or resource. Must have access to email and regularly attend swim meets to mingle with new parents.
- **Documentation** – This committee keeps our documents (codes of conduct, parent manual, official documents, etc.) organized and up to date. The up to date part is looking pretty good and may just need some minor adjustments. We would like all of our documents organized in Google docs to facilitate storage, retrieval, and use. Must have access to computer with internet access. If you are a Google docs aficionado (or have the time to become one) this job is for you!

Special Message to our **New Swimmer** Families

Welcome to the Cuda's, we are so happy to have you on the team! We realize there is a lot of information provided and it is difficult to assimilate it all at once. Our number one source for new information is our website. Please take a look at the "New Swimmer" tab on our webpage for information on our dues, volunteering, and fundraising policies. This is also where you will find the [Parent Handbook](#) that is a guide for new parents covering the team basics all in one place. Practice schedules for both BCC and VMAC are listed under the "Schedules" tab. Information is updated regularly. Each practice group will have a parent meeting very soon to cover information relevant to your athlete's specific level. Please make a point to attend, it really is helpful. Please don't hesitate to contact any member of the Cuda Board with any questions, comments, or concerns you may have. I look forward to working with you to make this a great year for the Cuda's.

BCC New Parent Liaison: [Kathy Jaschke](#)
VMAC New Parent Liaison: **Coming Soon!**

No Ordinary Pizza Offer

Attention BCC Families
Exciting NO ORDINARY PIZZA Meet news!

1070 E 10th Ave
Broomfield, CO 80020
(303) 410-1800

Beginning with our first **No Ordinary Pizza** meet of the season we are offering a special BCC Cuda incentive. If you bring in two (2) No Ordinary Pizza meet receipts dated between two pizza meets to the meet we will waive one pizza meet entry fee. Receipts must be stapled together with the swimmers first & last name and the group. Please watch for ****NEW**** No Ordinary Pizza coupons under Cuda Sponsors on our web page.

****Volunteer opportunity****

We will need someone to collect receipts and verify that they fall between two consecutive pizza meets.

Receipts will be handed over to the Account Manager for credit.

Receipts will only be accepted at the pizza meet for the current meet – **no exceptions**.

News from BCC

Coach Amy

Welcome back swimmers!!

Please check the calendar below and online and plan to attend the parent meeting for your swimmer's age group!

Also make sure your calendar is clear for the 6th Annual Red and Black meet, it is tons of fun for all swimmers! MI Sports will also be at this event to stock up on any gear you may need for the season!

Mark Your Calendar

DATE	EVENT
September 18	Elite Prep Group meeting @ VMAC
September 18	Grey Group meeting @ VMAC
September 18	Developmental A Group meeting @ BCC
September 19	White Group meeting @ VMAC
September 19	Black Group meeting @ VMAC
September 19	Silver Group meeting @ BCC
September 19	Developmental B Group meeting @ BCC
September 20	Elite Group meeting @ VMAC
September 20	Senior Group meeting @ VMAC
September 22	New Swimmer Registration Begins
September 24	Red Group meeting @ BCC
September 24	Sign-up Deadline FST Open @ Teamcudas.com
September 25	Sign-up Deadline Red/Black meet @ Teamcudas.com
September 26	Officials Clinic @ VMAC – 6pm Free Dinner & 3 Volunteer Hours!!
September 28	6 th Annual Red/Black Relay meet @ VMAC
October 12-14	FST October Open @ Carmody pool

**** Dates are subject to change. Please refer to the Events section on the home page of TeamCudas.com for the most up-to-date information.**

<p>Notes from the CUDA Account Manager</p> <p>Michelle Shauf</p>	<p>Reminder - Please set up AutoPay - You can pay in two ways...</p> <p>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 you invoice prior to the 1st of the month.</p> <p>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.</p> <p>New Swimmers: New swimmer registration will open on September 22nd. Please click on the Start Registration tab on the home page of the TeamCudas.com website and sign up for your coach approved group!!</p> <p>Michelle Shauf has officially taken over as the Account Manager for the CUDAs in September. If you have any questions regarding your bill, please contact Michelle at cudamanager@teamcudas.com or 303-410-4999.</p>
<p>Article of the Month</p>	<p>Moving Up to a New Coach – Click the hyperlink to go to the article on the team website, or visit www.teamcudas.com and then go to the Parents Tab, Articles.</p>
<p>Board Meetings</p>	<p>Upcoming general Board meetings are typically 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 8th from 7:15 pm-9:00 pm at VMAC. Hope to see you there!</p>
<p>Happy Birthday</p> <p>CUDA September Birthdays</p>	<p>Liliana Briggs Katrina Cardoso Clementine Clyker Victoria Holton Andrew Jaschke Nathan Jaschke Evan Johnson Andrew Otterson Issac Rupprecht Amelia Solmos Ethan Steele Sophia Swanson Allison Xin</p>
<p>Practice Schedules</p> <p>BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave & Holly St. Thornton</p>	<p>The Fall practice schedule is posted the team website. This information is subject to change so keep checking back for the most current information.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>Web site: www.teamCUDAs.com.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>

<p>Team Communications</p>	<p>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 posted on the website. We also send out updates via email so make sure your information is up-to-date!</p> <p>Web site: www.teamCUDAs.com.</p>
<p>Volunteer Policy</p>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2012 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!</p> <p>Volunteer Requirements: 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers) <i>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.</i></p> <p>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@teamcudas.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!!</p>
<p>Fundraising</p>	<p style="text-align: center;"><u>Earn Cash Back with Scrip</u></p> <p>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.</p> <p>What do I need to do?</p> <ol style="list-style-type: none"> 1. Contact: Scott Bratcher via email at 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 <p>Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!</p> <p>Other easy opportunities to meet your fundraising goal:</p> <p>Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.</p> <p>⇒ 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. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!</p>

⇒ **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.