



# Front Range Barracudas

## Swim Club



COLORADO  
SWIMMING

September 2011

### Message from the President

**Kennedy Walsh**

Welcome back Cudas, we are so excited to kick off another great year with the team! 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. 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 and teams 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. Let's *make* this a great year for the Cuda's!

Kindly,

Kennedy Walsh

FRBSC President

### Coaches Corner

**Head Coach Andrew**

The season got kick started this week at both BCC and VMAC, and the coaches couldn't be more excited with the energy at both pools! I hope you feel the same way. Welcome back to all our returning swimmers and it's fun to welcome all of the new faces as well. We've added something new this year in an effort to better communicate with our parents and swimmers... Each group will have it's own individual parent and swimmer meeting with your group coach. The meeting will have information on: Season schedule, practice plans, Cuda Code of Conduct, as well as information specific for that group. Please log on to Teamcudas.com's event page and mark your calendars, and plan on attending your meeting with your swimmer. If you have any questions, please e-mail your group's coach.

Thanks.

Coach Andrew

### News from BCC

**Coach Jonathan**

Hi Cudas,

Welcome to another great season with the Barracudas. I just wanted to go over Swimmer of the Month Awards and expectations. Every month a boy and a girl from Red and Silver get chosen as swimmer of the Month. Swimmer of the Month receives a cool CUDA T-shirt, on deck recognition as swimmer of the month and a paragraph written by the coach praising hard work and success in meets. Swimmer of the Month is chosen because of great practice attendance, racing hard at swim practice and meets, listening to coaches instruction, and showing good leadership. I'm always impressed with our swimmers and I can't wait to start another fun season!!!!!!!!!!!! LET'S GO CUDAS!!!!!!!!!!!!

Coach Jonathan

## Broomfield Days

### PARADE:

- ⇒ The Broomfield Optimist parade begins at 9:30 a.m. at Main and Lamar, and will arrive at Midway Park at 10 a.m. **ARRIVE AT OUR NUMBER BY 9AM**
- ⇒ The parade line-up has not been posted yet. We will send out a blast once we know our parade line-up number.
- ⇒ You are welcome to hand out candy. All candy **must** be handed to a person and not thrown to the crowd, as this is a zero waste event. We want to do our part to keep Broomfield clean. On average, 2-4 Costco sized bags will last one child the entire parade.
- ⇒ **Cuda Pride:** Don't forget to wear your Cuda t-shirts and decorate in red & black. Feel free to get creative and decorate your bike, wagon, stroller, or family members.
- ⇒ The coaches cannot be responsible for your child at this event. If you have a little Cuda please plan to join in the fun.

### CUDA DUNK TANK:

- ⇒ \$1 per ball or 6 for \$5
- ⇒ All coaches will take a shift in the tank
- ⇒ Maybe even an official or two...come DQ them right into the tank!
- ⇒ We need volunteers to help run the booth. Please contact Coach Andrew if you can take a shift.

### JAMBA JUICE:

- ⇒ Franchises may only participate in Broomfield Days if they are sponsored by a not for profit organization. The Front Range Barracuda Swim Club is proud to sponsor Jamba Juice as a fundraiser for our club.
- ⇒ We will receive 50% of the proceeds from the Jamba Juice booth! Please make sure you stop buy the booth and support the team.
- ⇒ \$4 per smoothie

## Mark your Calendar

DATE	EVENT
September 12, 2011	September Board Meeting, Brunner House
September 12, 2011	White Group Season Meeting @ VMAC
September 12, 2011	Senior Group Season Meeting @ VMAC
September 12, 2011	Red Group Season Meeting @ BCC
September 12, 2011	Silver Group Season Meeting @BCC
September 13, 2011	Elite Group Season Meeting @ VMAC
September 14, 2011	Gray Group Season Meeting @ VMAC
September 14, 2011	Black Group Season Meeting @ VMAC
September 17, 2011	Broomfield Days Parade
September 25, 2011	Deadline to sign up for 10 & Under Boulder Fall Fest
September 27, 2011	Deadline to sign up for Red/Black Relay Meet
September 30, 2011	Red/Black Relay meet @ VMAC
October 10, 2011	Deadline to sig up for CSST Fall Open in Colorado Springs
October 10, 2011	October Board Meeting @ VMAC
October 12, 2011	Deadline to sign up for Longmont Pumpkin Meet

**\*\* Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.**

**Practice Schedule**

**BCC Swimmers:**

280 Lamar Street  
Broomfield

**Developmental:**  
Monday - Thursday  
Tuesday/Thursday  
Friday

**Red:**  
Monday - Thursday  
Friday

**Silver:**  
Monday - Thursday  
Friday

**White:**  
Monday - Friday

**Senior:**  
Monday - Thursday  
Friday  
Saturday

**Elite:**  
Monday - Friday  
Saturday

*BCC Fall schedule is posted on the website under Schedule.*

*VMAC Fall schedule is posted on the website under Schedule.*

**VMAC Swimmers:**

136th Ave & Holly St.  
Thornton

**Notes from the  
CUDA Treasurer**

**Registration**

All Families should be registered by now. Please use the information below to register ASAP if you have not done so.

**Please Note: ALL RETURNING FAMILIES MUST REGISTER!! If you haven't done so already, please make sure to get online and register ASAP! If you have any questions, please email Lisa Abeyta.**

Whether you're a returning family or new family joining our team, the registration process is simple and takes only a few minutes. You will be requested to pay during the last step of the registration process. Discover Card is now an accepted method of payment!!

If you have decided not to return in the fall please notify the business manager immediately at [cudamanager@teamcudas.com](mailto:cudamanager@teamcudas.com)

When registering please read and accept all the waivers, and verify all information. Pay special attention to your email address as this is how we communicate for all team related messages. Your private account is your one-stop-shop for maintaining your contact information, declaring for swim meets, signing up for jobs, interactively tracking your kids times, and much more. We look forward to having you be part of our incredible swim team. Just click on the link below and you be brought directly to the registration page on our team's website. [www.teamcudas.com](http://www.teamcudas.com)

As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at [cudamanager@gmail.com](mailto:cudamanager@gmail.com).

**Board Meetings**

Upcoming general Board meetings are usually 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, September 12th from 7:15 pm-9:00 pm at the Brunner House. Hope to see you there.

**Team  
Communications**

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 done via email.

Web site: [www.teamCUDAs.com](http://www.teamCUDAs.com).

The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

## Volunteer Policy

Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2011 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!

### **Volunteer Requirements:**

8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers)

*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.*

### **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@gmail.com](mailto:cudavolunteer@gmail.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!!

## Fundraising

### Earn Cash Back with Scrip

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.**

What do I need to do?

1. Contact: Scott Bratcher via email at [scripsales@teamcudas.com](mailto: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

### **Other easy opportunities to meet your fundraising goal:**

#### ⇒ **Pizza Pal cards**

Contact: Scott Bratcher via email at [scripsales@teamcudas.com](mailto:scripsales@teamcudas.com)

### **Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.**

⇒ **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. The Pentathlon alone is expected to bring in 750 swimmers over two days. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!

⇒ **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.