

FRONT RANGE BARRACUDAS SWIM CLUB



September 2015

Message from the President



CUDA Families –

Welcome to the 2016 Swim Season. I hope that you and your athletes got your much needed rest and break away from the pools and that you all are excited to be heading back!

I have spoken to some of you, and yes, we are looking forward to a yet another new and strong beginning! As with any new season, there are many exciting things to look forward to, so please make sure that you visit our team website often to stay current, www.teamcudas.com.

We kicked off our season a couple of weekends ago by hosting the Annual CUDA Membership Meeting. Thank you again to the families who took time out of your busy day to join us, (Carter, Weaver, Dirks, Saenz, Armon, Romero, Lierz, Trimm), we appreciate it! The presentation is online for members to view under Annual Meeting, once you log in to your account. Special thanks as well to the parents who helped with registration at the new swimmer try-outs!

I am positive that the Coaches have a lot in store for us this coming season and they are more motivated than ever to get going.

As I close, I will leave you with a quote by Antoine de Saint-Exupery, "A goal without a plan is just a wish.", so let's go after the goal and the plan this year, CUDAS!

My best always,
[Vilma Hassert](#)
 Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
September 8th	First Day of Short Course Practice @ BCC and VMAC
September 28th	Red/ Black Relay Deadline @ Teamcudas.com
October 2nd	Red/ Black Meet @ 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.**

Board Meetings

All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. The next meeting is scheduled on Monday, September 14, 2015 from 7:00 pm to 9:00 pm at the VMAC. We look forward to seeing everyone then!

Account Manager

Please note that in July, the Cuda board approved an increase in the Cuda charge for all away meets. The new charge is now \$5 instead of \$4. This charge pays for expenses coaches incur on travel meets.

If you have questions about your account, please contact Teri Romero our Account Manager at cudamanager@teamcudas.com.

Coaches Corner

Head Coach Andrew



Short course practices have started and before we know it, weekend meets will be upon us again. Our coaching staff has done our best to make sure we provide a meet schedule that offers something for every swimmer on our team. We believe the schedule that we've constructed sets a challenging bar for those willing to work hard enough to make cuts they've never made before; and allows plenty of quality opportunities to meet those goals.

One big change this year, if you've been with our team for a while- is Colorado Swimming's decision to shuffle the championship meet schedule in the Spring. This changes what Senior State and Silver state will look like, both in format and where they fall on the calendar. This also affects what the Northern Colorado Championship will look like. As a league we will do our best to make the Northern Colorado Championship meet the best it's ever been. This means our focus as a team will shift away from Silver State for 14 & Unders and towards Northern Colorado Championship. After deliberation in multiple staff meetings, we've determined that this is the best thing for our team and swimmers under the new Colorado Swimming landscape. Let me know if you have any questions about this.

[Coach Andrew Brand](#)

Mental Performance Coach Gail



Greeting Swimmers! It's Coach Gail, Mental Performance Coach, here to help you do a little work on your "mental muscle."

It's a new swim season and a fresh start; an opportunity to get after some new skills and goals! The attitude, or mindset, you bring to the pool in these early days will set the foundation for how successful you can be in attaining those goals.

If you start off feeling negative, worried, afraid, doubtful, sluggish, anxious, nervous or uncertain, those feelings will continue to negatively influence your training and competitions.

If you feel positive, hopeful, in control, confident, mentally tough, brave, open to change, energetic, challenged and excited, you're setting yourself up for a strong and successful season.

And the thing is, you have a choice about how you feel. Before you walk into the pool, take a minute to check for any of the negative feelings. Leave them outside the building, in your bag or in your locker. Make the mentally tough choice to get in the pool with the more constructive and productive feelings.

CUDA Birthdays September



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|---------|----------------|
| Karlie | Chandra |
| Makayla | Davis |
| Yada | Jaraschatrkaew |
| Evan | Johnson |
| Brady | Randall |
| Addison | Shaffer |
| Lan | Tran |
| Allison | Xin |

Article of the Month

[Watching Your Child at Swim Team or Swim Practice](#)

Officials Corner

Richard Wilson



As we start short course, we are contemplating training the next wave of CUDA officials. I already have a couple of people interested, but we need a couple more in order to set up a class. If your swimmer is active in the sport and you find yourself attending lots of meets, you are an ideal candidate for officiating.

Remember, becoming an active CUDA 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

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>

* We'll pay for background check, registration fee and custom official's shirt.

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