

FRONT RANGE BARRACUDAS SWIM CLUB



September 2016

Message from the President



Hello CUDA families ~

It is with great pleasure that I introduce our new board members effective Sept 12, 2016, led by Jodi Walters as President; followed by Laura Lierz, VP; Geneanne Payne, Secretary; Clark Saenz, Treasurer; Teri Romero, Account Manager; At Large Members: Heather Armon (Service Hours/Apparel), Richard Wilson (Website/Communication), and Shawn Pace (Marketing/Travel). Each of our new board members bring a unique addition and skill set to the team. I am very excited to see what our Board will be accomplishing in their upcoming terms as they continue to further develop the CUDAS with the help of our coaches!

I want to personally thank each one of you for helping make my term a success in the last few years. Without your help, we wouldn't be where we are today - I feel blessed and grateful to be part of this club...

I will be staying on as Past President for transition, continuity, and guidance for the upcoming board and the coaches. As always - feel free to reach out should you have any questions.

I am excited to join you all at the stands and cheer on the CUDAS!
I look forward to seeing all of you at the pool....

I look forward to seeing you all at the pool! Go CUDAS!

My best always,



Vilma Hassert
Cell: (303) 859-8142

Mark your Calendar



DATE	EVENT
September 17 th	Broomfield Days Parade @ Broomfield Commons
September 26 th	Red/ Black Relay Sign-up Deadline @ Teamcudas.com
September 27 – October 6 th	Short Course Season Group Meetings @ see Teamcudas.com
September 30 th	Red/ Black Relay Sign-up Deadline @ Teamcudas.com

** 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.

<p>Board Meetings</p>	<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>
<p>Article of the Month (you must be logged into the CUDA website to access the article)</p>	<p style="text-align: center;"><u>Moving Up To a New Workout Group</u></p>
<p>Coaches Corner</p> <p>Head Coach Andrew</p> 	<p>Head Coach</p> <p>Every sport deals with numbers in some way; be it the score kept, time remaining, etc... Swimming is perhaps near the top of that list. You've got the distance, time, number of strokes, stroke tempo, etc... The list could take up this entire newsletter. A big-picture number that I like to use, provided by USA Swimming, to gauge our progress over the years is their Virtual Club Championship rankings. Out of the, I don't even know... 3,000+ club teams in the country big and small, it ranks teams based on performances of 11-18-year-old athletes. We have mile markers throughout the year, like the 14 & Under meet (which gives us feedback on our 9-14-year-old performance) or Sectionals and Futures (which gives us feedback on the 13-18-year-old performances) 8 & under meet is an obvious yard stick for our young athletes. Virtual Club Championship however gives us the most well rounded look at how well our swimmers are performing in the pool. Below is a charting of our finished in terms of top teams in the country over the past five years. The progress is fun to see as the movement in the right direction has been relatively constant. Of course as we get closer to the top, it will be harder to continue the positive trend. But my goal is that we'll continue to see years of that improvement.</p> <p>2012: 601th 2013: 486nd 2014: 394th 2015: 328th 2016: 266th</p> <p><u>Coach Andrew Brand</u></p>
<p>News from BCC</p> <p>Coach Amy</p> 	<p>BCC Swimmer of the Month- From the last month of Long Course in August!</p> <p><u>Red Group:</u></p> <p>Iris Kline- Iris has such a fun positive light around her. She is a joy to coach and and watch compete. Iris has overcome many of her fears this past season, especially at our travel meet in Grand Junction.</p> <p>Andrew Liu- Andrew has one of the most vivid imaginations in a swimmer that I've seen. He pushes me to be creative in my coaching. By doing so Andrew's strokes have improved and his smile never faded during practice.</p> <p><u>Silver Group:</u></p> <p>Cambrie Mahonchak- Cambrie is one of the hardest workers around. She is constantly seeking coaching tips on how to improve her strokes and applies the critique to her strokes immediately. I have enjoyed watching Cambrie improve due to her incredibly work ethic.</p> <p>Max Wu- Max is one fast 8 year old. He has a determined heart to improve his times and win his heats. A passion like Max is one you can't coach. Over the past season his strokes have been improving, very proud of his efforts this past season.</p>

Account Manager



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 cudamanager@teamcudas.com.

New Team Records



August Team Records

11-12 boys Medley Relay
Sam White, Max Kulbida, Tegan Barrier, Kyle Raskay

11-12 Boys Free Relay
Tegan Barrier, Sam White, Max Kulbida, Kyle Raskay

Max Kulbida.
11-12 Boys 200 Breast

Harrison Lierz:
13-14 Boys & Open Boys 100 Back,
13-14 Boys & Open Boys 200 Back,
13-14 Boys & Open Boys 400 IM

Daniel Bradford:
Open Boys 400 Free,
Open Boys 800 Free

Casey Hamilton:
Open Boys 200 Free,
Open Boys 200 IM

Tony Saenz:
13-14 & Open Boys 200 Breast

Fundraising



Cuda Families,

King Soopers gift cards are available for purchase through the Front Range Barracudas. Every time you reload the card, 5% of the reload is rebated to the Front Range Barracudas. The team gives families the full price of the rebate up to \$50 as a credit to their account. After you hit the \$50, the rebate gets split 50/50 with the team. With scrip fundraising, families can easily earn their \$50 fundraising commitment while they shop. Simply reload the gift cards for everyday purchases, and earn a rebate with no additional cost. Many Cuda families save HUNDREDS of dollars every season using the King Soopers cards. This is a win/win program for families and for the Cudas.

Jackie Poor Hahn will be selling King Soopers cards during the Red/Black meet on September 30. She will be upstairs in the stands selling the cards. The cards are \$25 per card. She can take cash or checks (made out to Front Range Barracudas). You pay \$25 for a \$25 gift card. The card can be used any time at King Soopers for store purchases or for gasoline. Reloading the card is what gives you the rebate.

Jackie can also answer Scrip questions you have. If you have any questions, you can email Jackie at scripsales@teamcudas.com.

Officials Corner

Richard Wilson



Thank you to all the officials, timers and volunteers that helped make the long course season such a success. Your time and commitment is appreciated.

We are considering setting up an officials clinic in early September (this is the first step on the path to becoming an official).

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 or attending a clinic, 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 officials shirt.

Mental Performance Coach Gail



How Did You Do??

In order to continue to improve and grow as an athlete, it's important to periodically evaluate your performances and your season. With Long Course in the rearview mirror, this would be a good time to sit down with your journal or notebook and review your season. You can think back to your meets and write a few sentences about your races, how you swam, how you felt. You can use some of the following questions, or come up with your own. And don't just answer "yes" or "no." Do a little explanation! However you chose to do it, be thoughtful, be honest and make sure you write about both the things you did well and the things you might need to improve on.

Some questions you might ask.

1. Did I achieve the goals I set for myself? If not, why?
2. What could I have done better in practice to prepare for competition?
3. What things did I do well in training that helped me compete well?
4. How well did I use my mental skills?
5. Did my nutrition and eating habits hurt or help my performances?
6. Did I get enough sleep?
7. Was I coachable?
8. Did I have the right competitive mindset for my races?
9. What things did I think that might have held me back from being my best?
10. What was my best meet this season?
11. What was my most fun experience this season?
12. What pieces of advice were most helpful?
13. What obstacles did I have to overcome?
14. What did I learn about myself?

CUDA Birthdays AUGUST and SEPTEMBER

August Birthdays:

Hannah	Adams
Anika	Bandaru
Parisa	Hiranyasthiti
John-Clark	Holmes
Hoku	Kawasugi



Jasmine	Li
Madison	Lin
Makenna	Lindeman
Courtne	Lingaas
Jillian	Martin
Meghan	McGowan
Daria	Mitsulia
Bridget	Moran
Delaney	Osborn
Talia	Passarelli
Anthony	Saenz
Ashley	Sprague
Sarah	Taylor
Hannah	Wang
Owen	Wilson
Alvina	Zhang

September Birthdays:

Karlie	Chandra
Jessica	Chhour
Makayla	Davis
Shelbie	Hilton
Yada	Jaraschatrkaew
Addison	Shaffer
Acacia	Spears
Sophia	Swanson
Lan	Tran
Allison	Xin