

## Message from the President

### Happy February!

Northern Colorado 8 & Under, Senior State and 14 & Under Championships are just around the corner! Swimmers have spent the past 5 months preparing for short course championships. I want to wish all swimmers good luck in their events. Let's support our swimmers by wearing CUDA colors to show team spirit and unity.

CUDA is hosting the 14 & Under Colorado Short Course Championships in late February. There is a lot of work that goes into hosting a championship meet. CUDA would not be successful without your support. Please consider signing up for a service position at State.

As we gear up towards the Long Course season, there are a few non-meet positions that are vacant.

#### Swim-a-Thon Coordinator

Responsible for planning and overseeing the annual Swim-a-thon. This is CUDA's major fundraising event. Coordinator is responsible for the timely planning and implementation of the Swim-a-thon, including liaison with other CUDA committees. Logistics include identifying date and location of event, scheduling venue, creating swimmer packets, creating communications for email and website about the event and progression, identifying and securing prizes, accounting, and working with Team Event Coordinator for Swim-a-thon party.

#### Team Fundraiser Coordinator

Responsible for overseeing fundraising card (King Sooper, Gift Card, Pizza Palz, etc.) program. Coordinator is responsible for card inventory including ordering, pickup, accounting, and distribution to BCC and VMAC Fundraising Coordinators.

If you are interested in either of the above coordinator positions, please reach out to me ([president@teamcudas.com](mailto:president@teamcudas.com)). Coordinator's service hour commitment is waived for the Long Course season.

**GO CUDA!**

**Laura Lierz**  
**CUDA President**

[president@teamcudas.com](mailto:president@teamcudas.com)



## CONGRATULATIONS CUDAS...



### 2018 TYR Pro Swim Series Qualifiers:

**Harrison Lierz (pictured)**

**Payten Irwin**

**Charlotte Fieeiki**

### USA Swimming's Western Zone Select Camp: Jackson McDonald

Jackson is one of 28 males age 13-14, from the Western U.S., selected to attend this camp.



## CONGRATS to our FIRST TIME QUALIFIERS...

### 14& Under State Qualifiers:

**Ethan Adams: 200 Fly**  
(First 11-12 SC State time)

**Malia Steel: 200 Fly**  
(First State Time Ever!)

**Alex Zou: 200 Fly**  
(First State Time in 200 Fly)

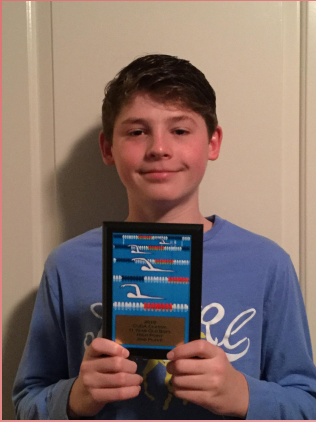
### NASA Qualifiers:

**Bridget Moran: 500 Free**  
(First NASA Cut Ever!)

**Marissa Inouye: 500 Free**  
(First NASA time for 11 year-old 500 Free)

**Hector Mu: 50 Fly**  
(First NASA time in 50 Fly for 11 year-old)

## CUDA Classic 12 & Under Highpoint Winners:



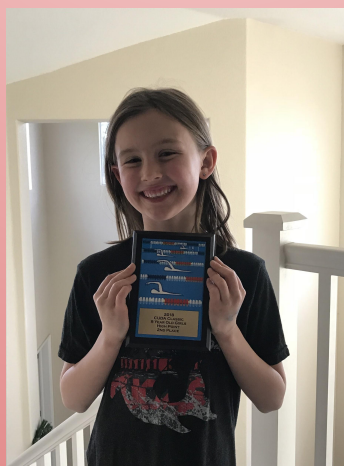
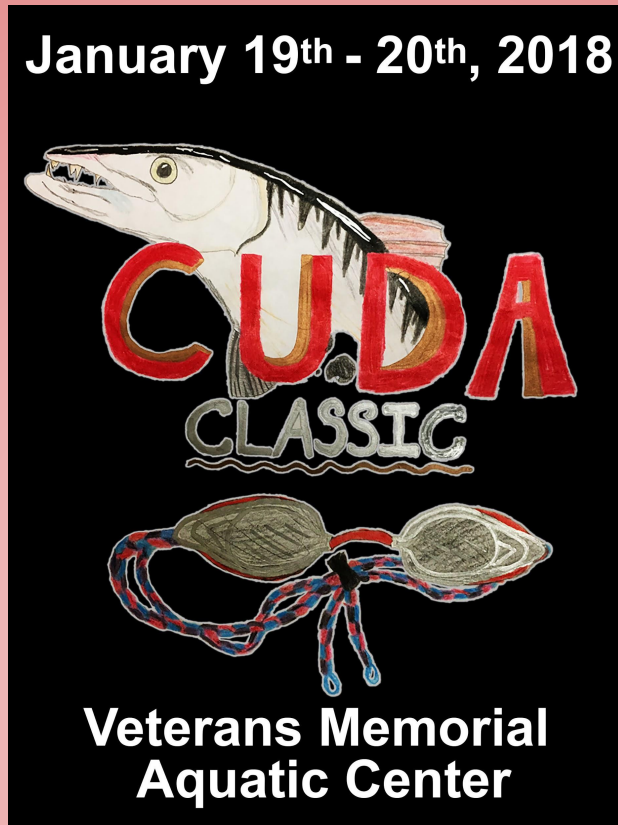
**Aiden Bailey**  
(2nd Place, 11 Year-Old Boys)



**Ellie Foulke**  
(1st Place, 9 Year-Old Girls)



**Ace Armon**  
(3rd place, 7 Year-Old Boys)



**Mckayla Adams**  
(2nd Place, 8 year-old Girls)



**Kaylee McDonald**  
(3rd Place, 12 Year-Old Girls)



**Max Wu**  
(3rd Place, 9 Year-Old Boys)



**Emerson Henkel**  
(3rd Place, 8 Year-Old Girls)

## Announcements:

### **STATE TEAM DINNER** **(Senior State and 14&U State)**

Congratulations to all the swimmers who have qualified for the CO State Swimming Meets!!

Please join other Cuda teammates and their families to celebrate this accomplishment on

**Wednesday, February 21st from 6:30-8:00 p.m. at Cinzetti's.**

The cost will be \$25.55 for adults and \$11.40 for kids 12 and under. Please head to the event page to sign up by letting us know in the comment section how many adults and children will be attending.

We are looking forward to a fun night!

### **14&U STATE GOODY BAGS**

Hello Cuda Parents,

The Colorado Short Course 14 and Under State Meet will be here before we know it! Once again, our team is hosting this event at the VMAC beginning **February 23<sup>rd</sup> through 25<sup>th</sup>**. Many of you will sign up to volunteer by timing or taking on another job to ensure the meet runs smoothly, and that is very much appreciated. Another way you can help involves assisting with a tradition of recognizing our state athletes through a fun project. Once again, a group of parents will be putting together goody bags for our athletes who are competing at the state meet. We will have a better idea of how many athletes will be competing in this meet once the date gets a bit closer, but in the past, it has typically been around 50 swimmers for this age group. This will be our 3<sup>rd</sup> time around with this project, and we are ready to roll!

The collection and distribution of these snacks is completely a voluntary effort put on by the parents and is not sponsored by funds from the club, so if you'd like to make a donation (either monetary for purchasing goodies or an actual item), please contact Jennifer Raskay. She is heading up this cause again and would happily welcome your contributions of snacks, drinks, or other small items to make our athletes feel proud and fueled for success. Some of the great items included in the past were granola bars, fruit snacks, energy chews, Goldfish crackers, trail mix, Swedish fish, small plastic toy fish, small stuffed animal fish, coupon for entry to PDRC, juice boxes, chocolate milk, Gatorade, and more! **Donations will be accepted starting NOW until the deadline, which will be February 19th** in order to have the bags ready for distribution prior to the meet.

For more information on items needed and how you can get them to the right place, you can reach Jennifer by emailing [jraskay@msn.com](mailto:jraskay@msn.com) or texting 303-886-5831. Let's make this another successful collection for our speedy swimmers! If you would like to sign up to donate an item, please choose from the following list. Items can be dropped off at the Raskay front porch ([14020 Park Cove Drive](#) in Broomfield, specifically McKay Landing), or arrangements can be made to meet at VMAC (or give items to Kyle or Julia Raskay). If you make a delivery, please text Jennifer ASAP to let her know. Items can be left anywhere on the front porch.

To find out what is needed and sign up, please follow this link:

[Cuda State Swimmer Bags](#)

\*Please note that this is not a CUDA sponsored event. This is an event completely organized and funded by parents. Thank you for supporting our swimmers.

## Coaches' Corner | Head Coach Andrew



We are excited to announce our summer 2018 travel meets!

If you are new to Cuda, here's a little backstory... we like to separate our travel meets into two destinations. One reason is- it is really hard to find a meet that has space to accommodate all of our swimmers, so dividing and conquering is somewhat necessary. The other reason- to get to a low altitude competitive meet, we tend to stray far from home, and we don't want to scare away families looking for a short road trip.

That being said- swimmers in Coach Alan's, Coach Lauren's and Coach Eric's groups will be attending a meet the weekend of June 15-17 up in Gillette, WY. This was a meet we competed in a couple of years ago and our swimmers performed very well, so we are excited to head back! Swimmers in Coach Tom's and my groups will be attending a meet in Atlanta, GA that same June 15-17 weekend. This is our first travel meet on the East coast and we are excited to swim in the pool that held the 1996 Olympic games!

Please look for more information to come out for these meets, as well as the entire long course schedule, as we get closer to summer. We are hoping you can circle your calendar for these meets. We will have limited flexibility to accommodate families that have swimmers in multiple groups, so we can have those conversations when we get closer to the meet.

[Coach Andrew Brand](#)

## Informational Article of the Month

Please click on the link below to check out Coach Andrew's recommended article for the month:

[6 Ways to Become a Great Teammate](#)



**CUDA Classic 2018  
15 & Over Session**

## Coaches' Corner | Coach Lauren

### BCC Swimmers of the Month

#### Silver Group

##### Hannah Pecze

Resilience should be Hannah's middle name. Not to let a less than perfect race or practice get her down, she continuously comes back the next time enthused and more determined. At practice, Hannah aims to turn her weaknesses to strengths and make her strengths even stronger, which makes her an excellent training partner and positive role model among her teammates. Hannah is also the first member of the Silver Group to achieve an age group state championship qualifying time this short course season. You rock, Hannah P!

##### Robert Cerimele

Robert's finding a new groove this second half of the short course season and doing great! He's dialed in at practice, doing his best to be receptive to Coach's feedback and applying it to his strokes. His focus has been on point, but Robert also seems to be having more fun with both the challenge of training and in camaraderie with his teammates, which is exactly what we're going for! I have no doubt that through maintaining both focus and fun, that we'll see some more great races from him coming up. Great job, Robert!

#### Red Group

##### Sydney Kimbrough

Since joining the team in September, Sydney has wasted no time in making a positive impact on the Red Group. She's not only consistent in her practice and meet attendance, but in showing up with a positive, can-do attitude. Once last month, Sydney was unable to swim, but still came to practice to learn and support her buddies. How awesome is that? Sydney's love for swimming and team spirit made her this month's MVP!

##### Kaaviyan Kannaiyan

If there's anyone you want in a lane close by during a challenging practice, it's Kaavi. When Coach announces a set or the focus for the day, it's usually followed by an enthusiastic "Oh, yeah!" His positive energy and approach to training has not only helped make Red Group fun, but has led to some incredible races for him in January, including a PR in his 100 free by over 28 seconds! Awesome job, Kaavi!



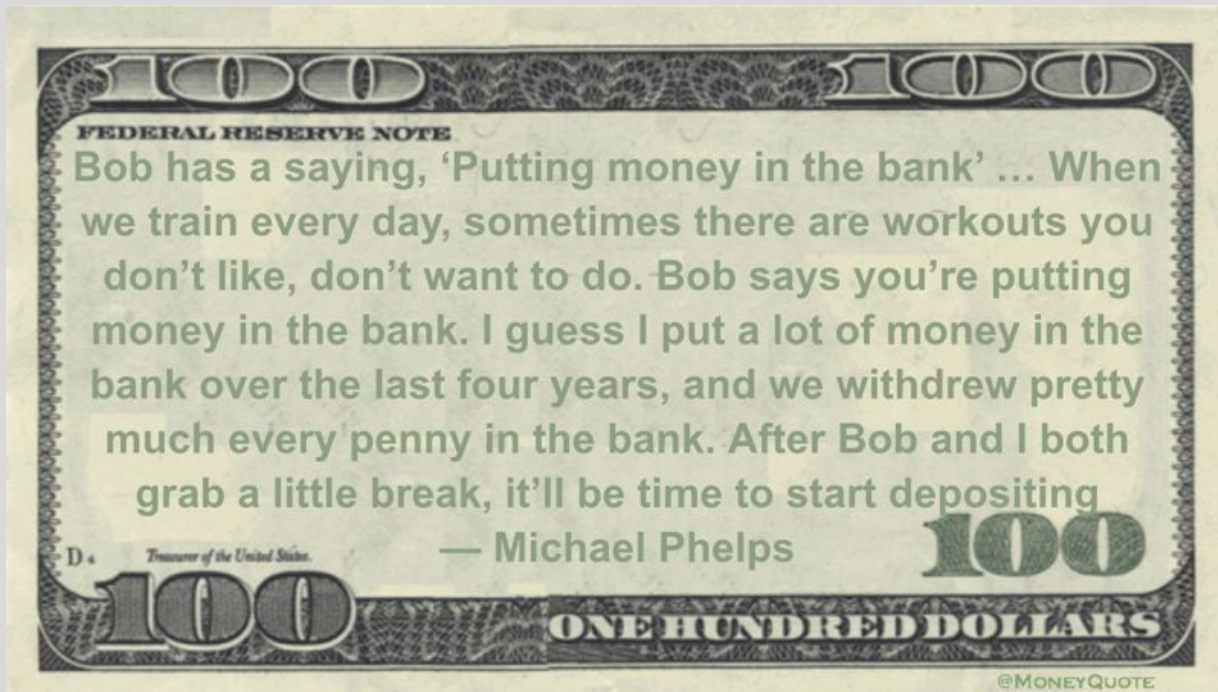
**FUN at  
BCC  
Practice!**



## Coaches' Corner|Coach Gail

Greetings Cuda Families!

I hope your 2018 is off to a great start. I recently saw this and thought of you guys!



On those days that you're struggling to get through practice, it's a great way to think positively and productively about the challenge. Some days are easier or more fun than others. But every workout counts for something. The more days you practice and the harder you work, the more money you'll have in the bank to spend on meet day. Make your deposit a big one today!!

Sending positive vibes to all the CUDA swimmers in your upcoming League and State Championships.

Remember, Mental Toughness Is A Choice!

Be the most mentally tough athlete in the pool!

**Coach Gail**

## Mark your Calendar



Date	Event
Feb 1	Senior State Sign-up Deadline @ Teamcudas.com
Feb 8	NoCO 8 & under Championships @ Eaton High School
Feb 9-11	HRA Invite @ Heritage High School
Feb 12	Cuda Board Meeting 7:00-9:00pm @ VMAC
Feb 13	14 & Under State Sign-up Deadline @teamcudas.com
Feb 16-18	CO Senior State @ DU
Feb 19	State Dinner Sign-up Deadline @teamcudas.com
Feb 21	State Team Dinner @ Cinzetti's
Feb 21-25	14 & Under State @ VMAC

## February Birthdays



Ethan Adams	Jordan Dolan	Abbie Kehmeier	Isabella Schneider
Kaylee Austin	Kinley Grigg	Macey Pederson	Johnee Shields
Emma Bacon	Addison Groce	Makenna Reiner	Juliana Spitalnik
Dalilia Berryman	Issac Jensen	Audrey Rosen	



**THANK YOU...**  
to the wonderful businesses that have sponsored our Cuda Team this season!



Make room for a little fun.™



## Fundraising



The Cudas have a few easy methods to earn money that gets credited to your account. Some families earn hundreds of dollars every season.

### **Pizza Palz cards from Old Chicago's**

1. Purchase a Pizza Palz card from the Cudas for \$11.
2. Use the card to purchase a pizza at Old Chicago's Restaurant for up to \$25.
3. Earn a \$5 rebate for each card you purchase.
4. We have a limited inventory of cards available.

### **ShopWithScrip**

1. Sign up for [ShopWithScrip](#). Watch this [video](#) for an explanation of the Scrip program.
2. Sign up for [PrestoPay](#). Here is a [video](#) explanation of PrestoPay.
3. Order gift cards from over [750 stores](#), including clothing stores, restaurants and online businesses. Scrip can be ordered three ways.
  - Gift cards
  - Reloading existing cards

### **King Soopers cards**

1. Purchase a King Soopers card from the Cudas for \$25.
2. Reload the card at the store while you are shopping.
3. Earn a 5% rebate on all reloads you do at King Soopers.

**Got Questions? BCC Families can contact Andrea at [bccscripsales@teamcudas.com](mailto:bccscripsales@teamcudas.com). VMAC families can contact Joy at [vmacscripsales@teamcudas.com](mailto:vmacscripsales@teamcudas.com).**

- Virtual gift cards you purchase and use from your phone. Learn more about ScripNOW [here](#).



## Account Up to Date?

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](mailto:cudamanager@teamcudas.com).

## Board Meetings



All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. They are held the second Monday of every month. This month the meeting is scheduled for **Monday, February 12, 2018 from 7:00 pm to 9:00 pm at Veterans Memorial Aquatic Center (VMAC)**. We look forward to seeing everyone then!

## Officials' Corner

There isn't a better time to become an official!

If we have enough interested in a Stroke and Turn clinic, we can schedule one. Long Course season will soon be here and is a great opportunity to start training as an official. All hours spent in training also count towards your service hours.

**Congratulations to Ronald Anderson for completing his training for Stroke and Turn.**

Becoming an active CUDA official has the following benefits:

- No fundraising commitments
- Service hour requirements fulfilled by working a minimum of sessions
- You help to educate the swimmers
- You become actively involved in the club
- You help raise the visibility of the club

\* We'll pay for background check, registration fee and custom officials shirt.



If you're interested in finding out more information, please contact Brad White at [officialscoordinator@teamcudas.com](mailto:officialscoordinator@teamcudas.com)

## Website Updates



The following changes were made to the CUDA website:

- Added January Newsletter [ News | Newsletters ]
- Added December Board Meeting Minutes [News|Board Meeting Minutes]

\* Need to be logged in