

## Message from the President

Happy New Year!

I hope everyone had a happy and safe holiday season. I am excited to see what 2018 will bring.

CUDA will host the CUDA Classic at VMAC, January 19 – 21, 2018. This is a fun and exciting meet. The mini ducks make their 2018 short course debut for heat winners and swimmers focus on qualifying for state championships. Jobs for the CUDA Classic are open for signup. We need your help to fill these job positions. These positions are critical for a successful meet. (There are about 26 positions for each session. There are 7 sessions.) Happy coaches, happy officials and happy swimmers makes for a happy life. 😊

I would like to take the opportunity to remind families of the CUDA Codes of Conduct. The Codes of Conduct were created to provide a positive learning environment for the development of all swimmers and to ensure a productive and encouraging club atmosphere. The Codes of Conduct were signed by both parents and swimmers at the beginning of the short course season.

Colorado State Championships are in February. You may have questions and want to talk to your swimmer's coach. If you need to communicate with a coach, please email or make arrangements to meet in person outside of practice times. Do not approach a coach on deck during practice times. The coaches will not be able to talk with you during practice. The coaches and board thank you in advance for your cooperation.

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

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



## CONGRATULATIONS CUDAS...

### 2017 Winter Juniors Qualifiers:

**Charlotte Fieeki  
Harrison Lierz  
Payten Irwin**

### 2017 Winter Juniors 200 Backstroke Finalist:

**Harrison Lierz**



### 2018 Colorado All Star Team

**Jackson McDonald  
Tegan Barrier  
Kaylee McDonald  
Ellie Foulke  
Abbie Kehmeier  
Sam White(not pictured)**



## MORE 2017 CUDA 30th PENTATHLON HIGHPOINT WINNERS...



### 8 & Under

Emerson Henkel  
Anisha Mehta  
Andrew Liu  
(not pictured)



### 9-10

Nandana Kannaiyan  
(not pictured)

### 15 & Over

Lane Austin



## NEW CUDA TEAM RECORD HOLDERS:

### 11-12 Girls:

#### **200 Medley Relay (1:58.92):**

Abbie Kehmeier, Mayelynn Higgins, Kaylee McDonald, Sabrina Rachjaibun (2017 Pioneer Meet)

#### **200 Freestyle Relay (1:45.82):**

Kaylee McDonald, Maelynn Higgins, Sabrina Rachjaibun, Abbie Kehmeier (2017 Pioneer Meet)

### 11-12 Boys:

#### **200 Medley Relay (1:57.42):**

Sam White, Max Kulbida, Tegan Barrier, Aidan Bailey (2017 Pioneer Meet)

#### **200 Free Relay (1:45.71):**

Sam White, Aidan Bailey, Max Kulbida, Tegan Barrier (2017 Pioneer Meet)

#### **200 Breaststroke (2:27.29):**

Max Kulbida (2017 Pioneer Meet)

### 13-14 Girls:

#### **200 Medley Relay (1:54.47):**

Makenna Lindeman, Emma Kulbida, Sydney Bales, Indigo Armon (2017 Pioneer Meet)

### 15-18 Boys:

#### **200 Freestyle Relay (1:26.37):**

Sam Anderson, Harrison Lierz, Lane Austin, Jonus Ortega (2017 Pioneer Meet)

#### **50 Freestyle (21.46):**

Lane Austin (2017 Pioneer Meet)

#### **200 Freestyle (1:43.06):**

Harrison Lierz (2017 Scary FAST)

#### **100 Butterfly (50.65):**

Harrison Lierz (2017 CUDA Pentathlon)

#### **200 Individual Medley(IM) (1:52.40):**

Harrison Lierz (2017 Winter Juniors)

#### **100 Backstroke (49.30):**

Harrison Lierz (2107 Winter Juniors)

#### **200 Backstroke (1:43.76):**

Harrison Lierz (2017 Winter Juniors)

## CONGRATULATIONS TO OUR COLLEGE BOUND CUDAS!

**Samantha Rhodes**  
Assumption College  
Worcester, MA



**Nathan Steeves**  
Hamline University  
St. Paul, MN



**Bella Walters**  
Colorado Mesa University  
Grand Junction, CO



**Courtnie Lingaas**  
University of Sioux Falls  
Sioux Falls, SD



## Coaches' Corner | Head Coach Andrew



By now our 2018 calendars are up on our walls (*Coach Tom has a his Firefighters Holding Kittens one proudly displayed.*) The new year means that our championship meet schedule is right around the corner! And if you haven't already done so, please circle the appropriate, following dates on those calendars... Our swimmers have been working hard since September and our goal is to be peaking for our championship meets. With swimmers aged 5-18 we need to offer diverse meets to best suit each individual swimmer. Our coaching staff makes sure to get a championship meets on the schedule for Cuda's of every age and ability; whether they started swimming 8 weeks ago or 8 years ago. Please look at [teamcudas.com](http://teamcudas.com) and find the meet that best fits your swimmer. We're excited to see all of our hard work pay off!

- For 8 & unders, the 8 & under Northern Colorado Championships up in Eaton in February.
- Senior State is being held at DU in February.
- We host the 14 & under State Meet at VMAC in late February.
- Northern Colorado Championships in Loveland in March.
- Cuda are sending a strong contingent of swimmers to Texas for the Sectional meet hosted at University of Texas.

If you have any questions about which meet is best for your swimmer to target, please chat with your swimmers group coach.

[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:

[3 Tips to Help Swim Parents Deal with the Dreaded Plateau](#)

January 19<sup>th</sup> - 20<sup>th</sup>, 2018



Veterans Memorial  
Aquatic Center

CONGRATULATIONS to our  
CUDA CLASSIC  
Bag Tag Design Winner:

SABRINA RACHJAIBUN

Look for this  
Awesome Art  
on swim bags  
at the  
CUDA CLASSIC!

## Coaches' Corner | Coach Lauren

### BCC Swimmers of the Month

#### Silver Group

##### Emily Neo

Emily is one of the most positive swimmers we know! Her love for this sport and her team paired with a consistently can-do attitude make her a great teammate to have around, especially on more challenging days. She makes every lap, every practice count, but knows how to keep it fun and encourage those around her. You rock, Emily!

##### Daniel Ha

Daniel is being recognized this month for his patience, persistence, and focus. Building good technique and good habits is no easy task, but Daniel's shown over and over again that he is up for the challenge. He brings a great attitude to his training and racing, trying his best to do just a little better every time. No surprise here that he's dropping some serious time and swimming great!

#### Red Group

##### Tessa Miller

Talk about guts! Tessa continues to surprise me in the best ways on how she overcomes whatever challenge is thrown her way. Having to take some time away from the pool due to injury was definitely a bummer, but Tessa remained positive, coming to cheer on her teammates race and staying patient and hopeful about her recovery and getting back into training. She's now back, stronger than ever, and ready to rock!

##### Ace Armon

Ace definitely has the right idea when it comes to his swimming and what it means to be part of a team. He has never forgotten that swimming is supposed to be fun, but throughout his time as a Cuda, he's really figured out that part of the fun is finding that next level of strength or confidence or speed and cheering on his friends as they do the same. His support and encouragement of his teammates has been truly awesome to see. Keep it up, Ace!



## Mark your Calendar



Date	Event
Jan 8	CUDA Classic Sign-up Deadline @ Teamcudas.com
Jan 10	January Pizza Meet Sign-up Deadline @Teamcudas.com
Jan 12	January Pizza Meet @ BCC
Jan 12-14	TYR Pro Swim Series @ University of Texas
Jan 15	CUDA Board Meeting 7:00-9:00 pm @VMAC
Jan 19-21	CUDA Classic @ VMAC
Jan 29	HRA Spring Invite Sign-up Deadline @Teamcudas.com

## January Birthdays



George Abdallah	Daniel Ha	Daric Khamvongsa	Jayda Perry	Gretchen Sequin
Declan Carpenter	Payten Irwin	Maxwell Kulbida	Julia Raskay	Isabella Walters
Hayden Dickinson	Jonathan James	Bryce Li	Kyle Raskay	Kylie White
Alder Felderman	Madelyne Keenan	Caden Mahonchak	Michael Roba	

## 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](#).

## **Front Range Barracuda Parents Facebook Page**

Are you looking to connect with other CUDA parents?  
Please check out our Parent Facebook page and join us using the following link:

[Front Range Barracuda Parents Page](#) .

## **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 has been rescheduled for the third Monday of the month; Monday, January 15, 2018 from 7:00 pm to 9:00 pm at Veterans Memorial Aquatic Center (VMAC).*** We look forward to seeing everyone then!

## Officials' Corner

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

\* Need to be logged in