

Message from the President



CUDA Families –

Hope you are enjoying your summer so far. I can't believe July is already here and Long Course Championship Meets are just right around the corner including 8&U Champs, State, Senior Zones, Futures and Age Group Zones. Congratulations to everyone for qualifying!

A couple of reminders as the season ends:

- Remind your athletes the importance of going into each of their races with a champion's mindset. Mind over matter always wins! Trust that your athletes are ready and trained - they just need us to be supportive swim parents!
- Keep our CUDA team spirit high. Let's show the rest of Colorado that we, as CUDAS, know how to support each.
- Support our coaches. Please note that this will be the one of the busiest times of the year for the coaches. Let's all keep them in mind through these days. Know that they will be putting in the longest days and let's give them thanks and encouragement here and there. Their job is to coach your children to perform their best; trust their judgment and remind your kids to thank them when the meet is finished.

As always, should you have any questions about any of the upcoming meets, your coaches are here to help.

Finish Strong and GO CUDAS!

Jodi Walters

303-775-0235

president@teamcudas.com

New Team Records



Makenna Lindeman 11-12 Girls 50 Back
Max Kulbida 11-12 Boys 200 Breast

Coaches' Corner | Head Coach Andrew



Our goal, as long course season comes to its conclusion, is to provide quality competition for every Cuda. Regardless of whether they are five or 18; whether they are beginners or national level athletes, we want every swimmer to compete in a meet that will push them to do their best. This makes July a busy month with a lot of variety to our championship meets.

Here's a quick rundown: 8 and Unders kick it off with the Northern Colorado Championship meet at VMAC. That same weekend older swimmers use the Northern Colorado Championship meet as their opportunity to record best times (or use it as a tune up meet for down the road...) The tune-up would be for 13 & Over State, followed by a State meet for 12 & Under swimmers; both up the road in Fort Collins. After that, we've got to go outside of the borders of Colorado. We're excited to send a large group west to California for Senior Zones or South to Texas for USA Swimming Futures. Rounding out the competition calendar we'll have a group of 14 and Under swimmers represent team Colorado at Age Group Zones out in California. Hopefully you caught that all! It's definitely a busy month. Make sure to review the *Important Dates* piece of the newsletter, so you don't miss a deadline. Please chat with your group coach if you have any questions. Let's finish this long course season strong!

[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:

[Have You Used Indicators To Help You Believe In Yourself?](#)

Attention State swimmers and families!

The Colorado Long Course State meets for 14 and under swimmers are just a few weeks away. In keeping with the new tradition started this past season, a group of parents would like to put together goody bags for our athletes who are competing in these meets.

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 last time 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 July 19th in order to have the bags ready for our 13 and older swimmers the following weekend.**

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 or texting [303-886-5831](tel:303-886-5831). Let's make this another successful collection for our speedy swimmers!

Mark your Calendar



Date	Event
July 3	Sign-up deadline for NoCO Districts @ Teamcudas.com
July 5	Sign-up deadline for July Pizza Meet @Teamcudas.com
July 7	July Pizza Meet
July 10	Sign-up deadline 13 & Over State Championships @Teamcudas.com
July 14	NoCO 8 & Under Championships @ VMAC
July 14-16	NoCO Districts @VMAC
July 17	Sign-up deadline for 12 & Under State Championships @Teamcudas.com
July 21-23	13 & Over State Championships @ EPIC
July 28-30	12 & Under State Championships @EPIC

Coaches' Corner | Coach Amy



Swimmer of the month

Red:

Elle Holmes- Elle has been working so hard over these past few months. I feel that this past month she is really starting show significant improvements in her strokes and a boost in confidence and motivation. Her quiet but persistent work ethic is impressive.

Nicholas Dolan- Nicholas is starting to find his groove in red group and we are starting to see him catch on to the different drills, technique and endurance. He always comes to practice with a positive attitude and wanting to do everything to our exact specifications, never a doubt that Nicholas isn't focused.

Silver:

Hannah Pecze- Hannah has bloomed into an incredible swimmer in Silver. Her technique, endurance and work ethic is impressive! She has such a wonderful positive demeanor and is always trying to challenge herself.

Addison Shaffer- Addison pushes off the wall and you can tell that she is focused on every part of the stroke she takes to make sure she isn't falling into bad habits. It has been fun to see her hard work paying off.

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. VMAC families can contact Joy at vmacscripsales@teamcudas.com.

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

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. The next meeting is scheduled on Monday, July 10, 2017 from 7:00 pm to 9:00 pm at Broomfield Community Center (BCC). We look forward to seeing everyone then!

Official's Corner



Thank you to those officials, timers and volunteers that worked at the CUDA / STAR meet in June - your time and commitment is very much appreciated.

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

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

If you are interested in learning how to become an official, or if you have any questions, please contact Rich Wilson | webadmin@teamcudas.com

Website Updates



The following changes were made to the CUDA website:

- Added Board meeting minutes for May [[News | Board Meeting Minutes](#) *]
- Added June newsletter [[News | Newsletters](#)]

* Need to be logged in.

July Birthdays



Indigo Armon	Kekoa Kawasugi	Ishita Mehta	Malia Steel
Elizabeth Bouchard-Miller	Jeffrey Li	Felix Nyamdorj	Madelyn Szabo
Kandice Chandra	Radha Lopez	Laya Paluta	Isaiah Tu
Adelaide Donahue	Kiana Lotvedt	Caitlin Panicker	Samuel White
Shannon Feran	Nathan McCracken	Sophia Romero	