

## Message from the President

Hello CUDA Families,

Where did the Long Course season go? It seems like only yesterday it was April and we were starting long course training. I want to personally thank all our families who volunteered this long course season to make our home meets successful. CUDA hosted meets are legendary within CSI and without your support we could not hold meets.

CUDA annual election is just around the corner. If you are interested in running for a position on the CUDA board, please send an email to [President@teamcudas.com](mailto:President@teamcudas.com) with your name and a small paragraph on why you want to run the board. Voting will take place by electronic ballot. An email will be sent to the primary email address on your CUDA account. Voting will take place in late August.

July is packed full of championship meets. We have Northern Districts, NCS 8&U, 13&U State, 12&U State, Senior Zones, and Junior Nationals. These are all championships where team CUDA will be participating. We also have a few 14&U swimmers who hope to be selected for the 2018 Colorado Age Group Zones team. Good luck to all swimmers!

Just a reminder coaches are preparing our swimmers for their championship meet. Please refrain from going on deck during practice. If you need to talk with your swimmer's coach, please contact your swimmer's coach via email.

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

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



## 2018 Summer Travel Meets



**2018  
YCF  
Sea World  
Summer  
Solstice  
Invite  
  
Orlando, FL**

**2018  
Summer  
Spectacular  
  
Gillette, WY**



## CONGRATULATIONS CUDAS...

### New Team Records:

#### Kaylee McDonald

11-12 Girls

400 IM 5:20.95

#### Sam White

11-12 Boys

50 Free 29.05

100 Free 1:01.78

200 Free 2:11.59

400 Free 4:37.82

#### Sophia Romero

Open Girls

100 Fly 1:04.54

#### Lane Austin

Open Boys

50 Free 24.54

#### Harrison Lierz

Open Boys

100 Fly 57.44

200 Fly 2:09.10

#### Tony Saenz

Open Boys

200 Breast 2:36.81



## Announcements:

### July/August Events

Thanks to everyone for your help with the Swim-a-Thon picnic. We had great weather, good food and lots of fun! Please mark your calendar for the end of season Bay Party on August 6<sup>th</sup> from 6-8 p.m. A sign up for food items will be posted in July. In the meantime, state qualifiers head to the event page to sign up State Breakfasts:

**13 & Over State Breakfast**  
**When:** Tuesday, July 17<sup>th</sup>  
**Time:** Following AM practice 8:45 a.m  
**Where:** VMAC  
**Deadline to Commit:** July 10<sup>th</sup>  
 \*see note below\*

**12 & Under State Breakfast**  
**When:** Wednesday, July 25<sup>th</sup>  
**Time:** Following AM practice at 8:30 a.m  
**Where:** VMAC  
**Deadline to Commit:** July 17<sup>th</sup>

Please read the following steps to commit to this event:

- Head to the event page and commit to attend the event.
- If you would like to order a breakfast please add a note including the quantity and type breakfast you would like from Einstein's Bagels (see choices below). Your account will be billed \$8.50 for a box breakfast and drink. If I don't see a note, I will assume you don't want to order a breakfast, but will still be coming to have fun with teammates and receive a state goody bag.

INDIVIDUAL BREAKFAST BOXES		
Served with Utensils.		
<b>Bagel &amp; Shmear Breakfast Box</b>	540-600 Cal	6.99
Bagel with Shmear, Fruit Cup, Yogurt with Granola and Banana		
<b>Power Protein Breakfast Box</b>	940 Cal	6.99
Power Protein Bagel with Peanut Butter, Fruit Cup, Yogurt with Granola and Banana		
<b>Pastry Breakfast Box</b>	750-990 Cal	6.99
Choice of Muffin, Cherry Pastry or Strudel, Fruit Cup, Yogurt with Granola and Banana		

- The deadline to commit to this event is July 10<sup>th</sup> for 13 & over swimmers and July 17<sup>th</sup> for 12 & under swimmers.

\*\*Please email me at [events@teamcudas.com](mailto:events@teamcudas.com) if your 13 & and over swimmer qualifies at the Northern District Swim Meet and would like to be included in this event. I do have to submit the bulk of the order by July 10<sup>th</sup>, but can add on a few extra if needed later. We would love to have them attend!

## Announcements:

### STATE GOODY BAG SEASON HAS ARRIVED!

Hello Cuda Parents,

The Colorado Long Course State Meets will be here before we know it! Our 13 and over athletes will be competing July 20<sup>th</sup> through 22<sup>nd</sup> at VMAC, while our 12 and under qualifiers will swim at Air Force Academy July 27<sup>th</sup> through 29<sup>th</sup>. Once again, a group of parents will be putting together goody bags for our athletes who are competing at these meets. 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 80 swimmers for summer competition. We are bound to have some first-time qualifiers at this season's championships, so it'll be fun to see their happy faces upon receipt of their special bags. This will be our 4<sup>th</sup> time around with this project, and we are ready to roll!

The collection and distribution of these bags and their fun contents is completely a voluntary effort put on by the parents of Cuda athletes 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 July 16<sup>th</sup>. While the deadline is still a few weeks away, it is always very helpful to have the items sooner rather than later in order for production to run smoothly.** Bags will be handed out on July 17<sup>th</sup> (13 and older) and July 25<sup>th</sup> (12 and under) at the respective state practices on those days.

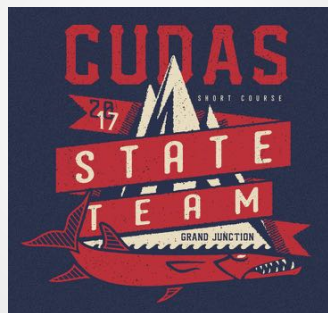
If you would like to sign up to donate an item, please choose from the following list (see the link below). Items can be dropped off at the Raskay front porch ([14020 Park Cove Drive](#) in Broomfield, specifically McKay Landing), or arrangements can be made to meet at VMAC (or give items to Kyle or Julia Raskay). If you make a delivery, please text Jennifer ASAP to let her know. Items can be left anywhere anytime on the front porch. 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](tel:303-886-5831). Let's make this another successful collection for our speedy swimmers!

[Cuda State Goody Bag Sign-Up](#)

*\*\*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.*

**Thank you to Rich Shields  
for his many amazing t-shirt designs,  
like these...**



**Thanks for keeping our  
swimmers in style!**



## Coaches' Corner | Head Coach Andrew



Happy July!

In the swimming world July marks the start of Long Course championship season. We are excited to offer a championship meet on our calendar for every swimmer on our roster. From our 7 year -old that just started in May, to our 18 year-old that's off to swim collegiately in the Fall; and has been swimming competitively for the past decade. Deadlines are fast approaching, so please chat with your group coach to make sure you sign-up for the most appropriate meet or meets for your swimmer. We've got 8 & Under and Northern Colorado Gold Districts championships to defend! Our 13 & overs stay home for state at VMAC, while our 12 & Unders are traveling down to Colorado Springs to compete in their state meet at the Air Force Academy. After that, we'll have our largest group ever, by far, represent Cuda at Senior Zones in Clovis, California. We'll have additional swimmers headed to California for Junior Nationals and Age Group Zones. We're very excited to be swimming our fastest near and far. At 7,200 feet and in 105 degrees, we'll find a way to set personal bests and break some new team records no matter where the water is.

[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:

[Sharpening Your Swimming: Theories on Tapering](#)

## 2018 Summer Solstice Invite Orlando, FL



## Coaches' Corner | Coach Lauren

### BCC Swimmers of the Month

#### Silver Group

##### Jeremy Huang

A new and very positive addition to the Silver group, Jeremy hit the ground running (or hit the pool swimming?) from his very first day as a Cuda. I have been so impressed with how willingly Jeremy takes on whatever challenge is presented to him and how curious and invested he is about bettering his skills in the water. He asks great questions and always does his best to consistently apply what he's learning to build good habits. We're so glad to have him as part of the team, and look forward to seeing what the rest of the season and seasons beyond have in store for him.

##### Isabel Swarr

I'm very proud of Isabel for her patience, positivity, and persistence. She knows how to keep swimming fun, even when the going gets tough. Her ability to show up to practice and meets consistently with her most focused effort and positive attitude is paying off for in some very exciting ways. She's leading her lane with confidence, rising to the occasion of some pretty challenging sets, all while rocking some newly refined and strengthened strokes. Also, her pencil dives are awesome! Doing great, Isabel!

#### Red Group

##### Luke Roberts

What a month it's been for Luke! After taking a bit of time away from the pool to play some baseball, he's back and stronger than ever. It's been wonderful to see Luke enjoying his time at practice with his teammates and gaining some more confidence in his skills in the pool. He gave long course racing a try this past weekend at the Tri-meet and did such a great job! He was excited to help his teammates on the medley relay, leading them off with a very strong backstroke leg. Keep it up, Luke!

##### Kinley Grigg

I'm glad to recognize Kinley not only for the past month, but for a season of hard work and positive leadership. This girl LOVES to swim and it has been a joy to see the passion she has for the sport lead to both some great progress in her strokes and races and also see that positive energy spread to those around her. Whether she raced to a personal best or not quite, whether or not practice was really hard that day, I don't think I've seen Kinley leave the pool without a smile. Keep finding the fun in the challenge, Kinley! You rock!





## Coaches' Corner | Coach Gail

### Who is Coach Gail and What Is Mental Performance Coaching Anyway?

Greetings CUDA families,

I've been affiliated with the CUDA program since 2014 in the role of Mental Performance Coach. I've done several group workshops, worked one on one with many individual athletes, and cheered at a few swim meets. But I still haven't had the opportunity to meet or talk with many of you. And it's come to my attention that what I do is a bit of a mystery. So I thought I'd share a little about mental coaching.

Because being successful as an athlete is at least 50% mental, it's important for athletes to learn about, develop and refine their mental skills along with their physical training. My goal with my athletes is to ensure they're as mentally strong and mentally prepared as they are physically. To help them build a tool box of skills and strategies that will allow them to manage whatever challenges their sport (and life) may throw at them.

It's a common misconception that only high level athletes or someone who is having problems can benefit from working with a mental coach. But mental toughness is a skill that should be developed alongside the physical every day at training, no matter the level of the athlete. Athletes should be practicing mental skills like breathing, relaxation, visualization and disciplined thinking. They should be proactively improving traits such as focus, resilience, tenacity, courage, emotional control and confidence. And they should be gathering tools for dealing with anxiety, frustration, nerves, failure, pressure and doubt. Then when problems do arise, they're equipped with a wealth of options for confronting these challenges.

So my job is:

- ü To educate my athletes and provide them with the other 50% of the training they need to be their very best.
- ü To be an additional coach, resource, and contributing member of the athlete's "team."
- ü To inspire, encourage and motivate my athlete's to achieve their biggest dreams and goals.

If you have any other questions, might be interested in individualized coaching, or just want to introduce yourself I'd love to hear from you! I'll try and make it to a meet or two this summer, so please say hi and let me know what more I can do to help out your swimmers. I consider it a privilege to be a part of your child's journey.

Cheers to a most successful long course season!

**Gail Royce**

## Mark your Calendar



Date	Event
July 4	July Pizza Meet Deadline @ teamcudas.com
July 5	Northern CO Districts Sign-up Deadline @teamcudas.com
July 6	July Pizza Meet @BCC
July 9	13 & Over State Sign-up Deadline
July 9	Board Meeting @VMAC 6:30-8:00pm
July 13-15	Northern CO Districts @EPIC
July 16	12 & Under State Sign-up Deadline @ teamcudas.com
July 17	13 & Over State Breakfast @VMAC
July 20-22	13 & Over State @ VMAC
July 25	12 & Under State Breakfast @ VMAC
July 27-29	12 & Under State @ AFA
July 31-Aug 1	Senior Zones @ Clovis, CA
July 31-Aug 1	Jr. Nationals @ Irvine, CA
Aug 6	End of Season Party at the Bay

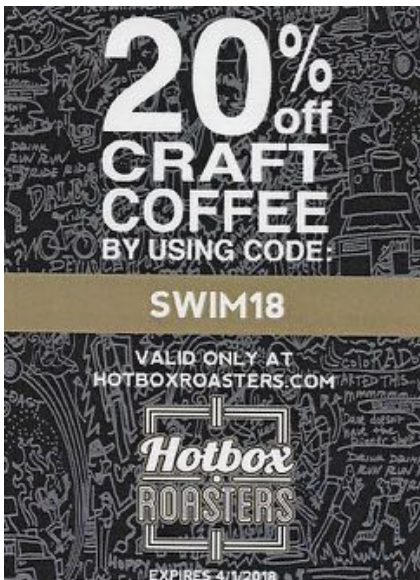
## June Birthdays

<b>Indigo Armon</b>	<b>Adelaide Donahue</b>	<b>Grace Higgins</b>	<b>Ishita Mehta</b>	<b>Catlin Panicker</b>	<b>Gabriella Schwartz</b>	<b>Issiah Tu</b>
<b>Elizabeth Bouchard-Miller</b>	<b>Shannon Feran</b>	<b>Jeffery Li</b>	<b>Lauren Paddock</b>	<b>Luke Roberts</b>	<b>Malia Steel</b>	<b>Samuel White</b>
<b>Kandice Chandra</b>	<b>Emmery Hagerman</b>	<b>Nathan McCracken</b>	<b>Laya Palutla</b>	<b>Sophia Romero</b>	<b>Madelyn Szabo</b>	<b>Kiana Woodd</b>

**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**

**\*\*We are currently SOLD OUT of Pizza Palz.\*\***

**We will let you know as soon as a new order comes in. Thank you!**

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? Contact:**

**BCC: Mike and Bree Kimbrough at [bccscripsales@teamcudas.com](mailto:bccscripsales@teamcudas.com).**

**VMAC: Joy at [vmacscripsales@teamcudas.com](mailto:vmacscripsales@teamcudas.com).**

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

**Do you want to see what fun is going on at the pools?**

**Follow us on Twitter:**

<https://twitter.com/teamcudas>

## 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 meeting. They are held the second Monday of every month. This month the meeting is scheduled for **Monday, July 9, 2018 from 6:30 pm to 8:00 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 is here and it is a great opportunity to start training as an official. All hours spent in training also count towards your service hours.

### Becoming an active CUDA official has the following benefits:

- No fundraising commitments;
  - Your \$50.00 fundraising charge is credited back to your account once you have completed enough sessions;
- Officiating expenses covered
  - We will reimburse you for the background check, registration fee and pay for the custom officials shirt;
- Service hour requirements fulfilled working a minimum of sessions;
  - There isn't a rush to sign up for the volunteer hours when they are posted;
- You become actively involved with Cudas;
- You help raise the visibility of the Cudas;

\*While training to become an Official, all of your home meet hours spent in training count towards your service hours. Check the Web Site for more information (must login).

**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 May 2018 Board Meeting Minutes [News|Board Meeting Minutes]
- Added June 2018 Newsletter [News|Newsletters]

\* Need to be logged in