

Message from the President

Hello CUDA Families,

CUDA is a team of over 220 swimmers, 8 coaches, a strength & conditioning coach, mental coach, and 2 pools.

CUDA is overseen by a board of 9 directors. The board consists of 8 directors (families) and the CUDA Head Coach. Directors (excluding the Head Coach) are elected by the CUDA membership for a term of 2 years. Elections are held annually for terms that have expired. Elections take place between Long Course and Short Course seasons. The CUDA Board represents families' interests and acts on their behalf. CUDA Board meetings are held monthly to review team activities (financials, wet side, dry side, etc.).

CUDA is looking for a few good people to run for the CUDA board in the upcoming election this August. Think about coming to a board meeting in June and/or July to learn more about the board.

Volunteering has some great benefits such as making a difference in the community, pride, satisfaction, and accomplishment. Come be part of the CUDA board and make a difference.

From a personal point of view, I am proud to be on the CUDA board. There have been many positive changes implemented during my term. While the changes are small and may not be noticed by all, the changes help with CUDA's mission statement to help improve and expand our aquatics program.

Please think about submitting your name for the August election. If you are interested in running for the board, please send an email to president@teamcudas.com.

Laura Lierz
CUDA President

president@teamcudas.com



CONGRATULATIONS CUDAS...



New Team Records

Sam White

11-12 Boys

100 Free 1:02.02

200 Free 2:15.34

800 Free 9:47.15

1500 Free 18:32.54

CONGRATS, SAM!

CUDA/STAR HIGHPOINT WINNERS



Jonah Wang

Samantha Pecze
2nd Place-8&U Girls

Jonah Wang

3rd Place-8&U Boys

Ellie Foulke

1st Place-9-10 Girls

Valerie Xin

2nd Place-9-10 Girls

Kaylee McDonald

2nd Place-11-12 Girls

Sam White

2nd Place-11-12 Boys



Samantha Pecze



Kaylee McDonald



Ellie Foulke and
Valerie Xin

Announcements:

THANK YOU for a GREAT Swim-a-thon, CUDAS!

We closed out our 2018 Swim-A-Thon at \$31,293.25! Thank you all for your support and for your swimmer's hard work fundraising! We wouldn't have been able to do this without all of you!

Don't forget to mark your calendar for our Swim-A-Thon Prize Party on Tuesday, June 12th from 5:30 - 8:00 at the Girl Scout Pavilion on Midway Blvd. in Broomfield. Please plan to bring your family. It's always a fun event and the more the merrier! Looking forward to seeing you all there!

Thank you!
Michelle Moran



Team Events Coming up this Summer!

We have several fun team events planned throughout the summer, please head to the event page to sign up for June events!

- Ø **June 12th-Swim-a-Thon Party:** Please sign up on the event page to donate a food item or to help. Bring your family for a fun night at Midway Park with teammates and to receive swim-a-thon prizes!
- Ø **June 16th-Gillette Travel Meet Lunch-**We will meet at a park near the swim meet to eat lunch and hang out with teammates. Please sign up on the event page. It is important to choose what type and how many box lunches you would like to in the comments no later than **June 7th**.

Coaches' Corner | Head Coach Andrew



Swimmers in Colorado face a unique situation. It is an awesome state to train in, possibly the best. There's a reason the USA Olympic Training Center is located just down the interstate a bit in Colorado Springs. Our elevation provides something that those flat landers don't get- High Altitude training! Now, while this is a huge positive for training and practicing in, it does create some negatives in regards to competition. That's why unfortunately you'll never see a Senior Zones, Sectionals, Junior Nationals and beyond competition hosted within the borders of this beloved rectangle we call Colorado. This is the reason for scheduling travel meets that get us outside of our borders and down to a location that's easier on the lungs. We want swimmers to have as many opportunities to get comfortable with a potentially uncomfortable situation (Sleeping in a bed that's not theirs, competing after spending hours the previous day traveling, etc...) Because the biggest meets of their swimming career will all follow a similar such pattern.

These meets are much more than traveling long distances to race an aggregate of a couple of minutes. They provide learning experiences to our swimmers, it's great team bonding! Years from now, your swimmers probably won't remember their times or what they swam, but they'll remember the dinners out and time laughing at the hotel and on deck at 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:

[Travel Meets: 5 Things to Do Upon Arrival](#)



Coaches' Corner | Coach Lauren

BCC Swimmers of the Month

Silver Group

Daisuke Nakashima

DK is our newest member of Silver group, and we're so glad to have him on the team! From his very first practice, he brought great focus, positivity, and patience to his training. There's so much to learn about good technique, stroke rules, and being part of a competitive swim team, and DK has shown he's up for the task! He asks great questions, and I admire his ability to meet challenges with bravery, determination, and a can-do attitude. He'll be giving long course racing his best shot coming up in Gillette, and I'm so excited to see him continue to progress. You rock, DK!

Kristen Abdallah

Kristen's seriously on fire right now. It's made me so proud to see her rise to the challenge of moving up to Silver Group. She's embraced that hard stuff can be fun and make us stronger, that getting a little tired or out of breath isn't a bad thing, that some focused work on picky things can lead to huge leaps in how smooth and efficient our strokes can get. This new confidence and focus has served her well in both practice and in her races, where she is knocking down personal bests left and right. Doing great, Kristen!

Red Group

Alan Klopp

We're happy to recognize Alan this month for both the strides he's making in his own swimming and for his positive contributions to the Red Group! He's got so much good energy, and when he dials it in, it is truly so fun to watch. He has an obvious love for the sport and for being part of this team and when he pairs the fun with the focus, he totally rocks it! Alan had a very awesome meet this past weekend at CUDA/STAR, swimming all his events legally and with best times across the board. Great job, buddy!

Emmery Hagerman

I haven't checked, but I'm pretty sure Emmery's middle name is Determination. From the second she joined Red Group last fall, Emmery set an example for her teammates on how to listen well, be patient with progress, and how to be a positive, supportive teammate and good friend. She has shown some serious guts this season, taking a risk in trying some new long course races and figuring out how to overcome some blocks in training. I'm very proud of Emmery for her maturity, her determination, and for her ability re-find the fun and approach her swimming with a fresh and positive outlook. You're awesome, Emmery!

Linda Chi

What a great month it's been for Linda! We've been working very hard in Red Group on really building some good fundamental habits, and Linda has led the way! Her focus has been on point and she's really been taking charge of her swimming, making sure that she's building positive habits, and it's working for her big time! Her streamlines are looking awesome, all four strokes are getting stronger by the day, and most importantly, she's having fun and taking each practice on with a positive attitude. Keep it up, Linda!



**BCC
COACHES**

**MEET
TIME**



**Eric,
Jeanne
&
Lauren**



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
June 1-3	CUDA/STAR Meet @ VMAC
June 4	SCUDA WaterWorld Day! @ WaterWorld
June 6	Senior Zones Info Meeting @ VMAC
June 8	Pizza Meet @ BCC
June 11	Board Meeting 7:00-9:00 @ VMAC
June 12	SWIM-A-THON Prize Party @ Midway Park
June 13	Silver Circuit Deadline @ teamcudas.com
June 15-17	SeaWorld Summer Solstice @ Orlando, FL
June 15-17	CSI Long Course @ VMAC
June 15-17	Gillette Long Course @ Gillette, WY
June 25	Tri Meet Deadline @ teamcudas.com
June 30	CUDA/VOTX/PRNH Tri Meet @ VMAC
June 30	Northern CO Silver Circuit @ Eaton HS

June Birthdays

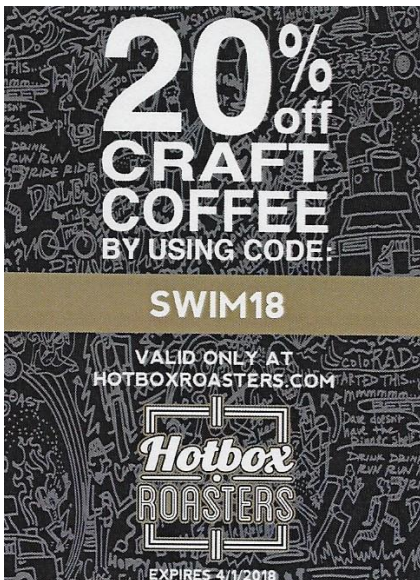


Samuel Anderson	Brayden Emery	Connor Hassert	Alan Klopp	Samantha Pecze	Maxwell Wu
Ishana Dash	Katherine Felderman	Sydney Kimbrough	Cynthia Liu	Miranda Rens	Valerie Xin
Breno Ejzykowicz	Lola Guthrie	Hannah Pecze	Renzo Nickerson	Samantha Rhodes	

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? Contact:

BCC: Mike and Bree Kimbrough at bccscripsales@teamcudas.com.

VMAC: Joy at 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.

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, June 11, 2018 from 6:30 pm to 8:30 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**

Website Updates



The following changes were made to the CUDA website:

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

* Need to be logged in