

Message from the President

Hello CUDA Families,

A HUGE thanks goes to the families who volunteered at the Short Course 14&U State Championships. I received multiple compliments from coaches and officials on how well we ran the meet. I would like to take a moment to recognize two individuals who were instrumental in the success of this meet. Stacie Bailey is CUDA's Hospitality Coordinator. The Bailey family joined CUDA at the beginning of short course season. Stacie had hard shoes to fill from our prior hospitality crew and embraced the challenge. Stacie with the help of other families found restaurants to donate food, coordinate food delivery and schedule hospitality room monitors to make sure there was always food and drink available. Heather Armon is CUDA's Apparel and Service Hour Coordinator. Heather is responsible for the the timer shirts you saw at finals. Heather also rallied families to volunteer last minute to fill vacant job positions. If you see Stacie or Heather, please say Thank You to them. Our meet would not be have been as successful without these two individuals.

CUDA has received some inquiries from families about the club's participation in USA Swimming's Safe Sport program. Safe Sport is USA Swimming's comprehensive abuse prevention program. The CUDA board has been reviewing existing policies to better align CUDA with USA Swimming's Safe Sport program. Many of CUDA's existing policies match with USA Swimming. CUDA was missing a policy on Anti-Bullying. The CUDA Anti-Bullying policy is primarily geared towards coaches, chaperones and swimmers. This policy will be discussed at the March Board meeting. If you witness any type of abuse, please contact a coach or board member. Your report will remain confidential.

Laura Lierz
CUDA President

president@teamcudas.com



CONGRATULATIONS CUDAS...

2018 Northern CO 8 & Under Short Course Champs!



Cody Mills
1st Place High Pint Winner



Jonah Wang
3rd Place
Highpoint Winner



Emerson Henkel
2nd Place Highpoint Winner

2018 Colorado Senior State Team



CONGRATS CUDA SENIOR STATE TEAM!

Nathan Steeves
Tony Saenz
Harrison Lierz
Jonas Ortega
Sam Hahn

Anna Barjenbruch
Lane Austin
Jordan Dolan
Dorothy Bennett
Michael Acker

Pax Armon, Kandice Chandra and Nicolas Coringrato not pictured.

2018 CO CSI 14 & Under Age Group Championships CONGRATS to the CUDA State Champs:



Jackson McDonald

13-14 Boys
High point
Champion
Events:
100 Free
200 Free
500 Free
1650 Free



Kaylee McDonald
11-12 400 IM



Sam White
11-12 400 IM



Ellie Foulke
10 & under 200 IM

CUDA 14 & Under State Team

Ethan Adams	Ridley Hagerman	Hoku Kawasugi	Andrew Liu	Tyler Mills	Isabella Perkins	Alivia Weaver
Indigo Armon	Connor Hassert	Abbie Kehmeier	Jerry Liu	Abigail Moore	Sabrina Rachjaibun	Sam White
Kaylee Austin	Maelynn Higgins	Daric Khamvongsa	John Liu	Hector Mu	Kyle Raskay	Max Wu
Aidan Bailey	John-Clark Holmes	Nathan Kral	Ryan Luo	Aditya Nandyal	Makenna Reiner	Allison Xin
Sydney Bales	Maggie Holst	Emma Kulbida	Cambrie Mahonchak	Arya Nandyal	Malia Steel	Valerie Xin
Tegan Barrier	Marissa Inouye	Max Kulbida	Jackson McDonald	Delaney Osborn	Sarah Taylor	Abigail Zadorozny
Robert Cerimele	Benjamin James	Samuel Lindberg	Kaylee McDonald	Laya Palutla	Isaiah Tu	Alvina Zhang
Ellie Foulke	Nandana Kannaiyan	Makenna Lindeman	Ishita Mehta	Hannah Pecze	Jude Walters	Alexander Zou

Announcements:

14&U STATE GOODY BAGS

Hello Cuda Families!

Thank you so much for helping to make the 14 and Under Short Course State meet a happy and memorable one for our athletes. Thanks to donations from almost 30 families (3 of whom didn't even have qualifying athletes this time around), we were able to give about 500 pounds of awesome stuff to our 56 swimmers who competed this past weekend. Check out the joy on these kids' faces in the photo attached; please note that not everyone is pictured, including Elite Prep swimmers who were still in the water practicing. If you would like to be a part of this project next time around, watch for an email and/or newsletter article in early July... it'll be here before we know it!

Special note: State bags were due to be returned by Friday, March 2nd, and we are still missing about 10 of them. If your child still has one, please have him/her return it to a Cuda coach or Jennifer ASAP so we can use these again for future meets. If you have any questions, email Jennifer at jraskay@msn.com

Thank you!



*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 have something new on the calendar that we're going to try this year and we'd love your support.

Many of the meets we host are entire weekend affairs. Now, those are needed to get seven different swims in and accommodate every swimmer trying to do the same thing. It would be fun to be able to go to a meet, that was a quick, one session meet, that awards prizes and adds some entertaining aspects to a swim meet. That's what we're striving for in the first ever Cuda Carnival! Please bare with us as we try out something unique. Hopefully we can nail it the first go around. You can help by making sure your swimmer is signed up by March 20th. Please look for sign-up to be ready to go by this weekend!

[Coach Andrew Brand](#)

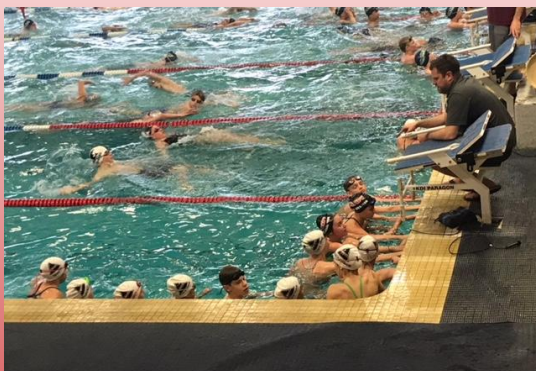
Safe Sport

You may have heard some stories in the news lately, mainly pertaining to USA Gymnastics, but USA Swimming has also had some black eyes over the years; regarding safety of athletes. This is something as a coaching staff and a board that we take very seriously at Front Range Barracudas and we want you to be aware of that. USA Swimming recently released a survey, directed at clubs, to give an internal assessment of how we are doing as a club. It covers areas from policies and procedures we have in place to the thoroughness of reference checks for new employees- and many topics in between. After giving a quick look over of the survey, I'm proud to say that many of the recommended policies and structure, we have in place. But there are some areas where we can make some progress, and we'll strive to do so. Coach Tom and I will go over it together and report to the board where we succeed and where we can take strides forward. If you have any recommendations or comments for us, please feel free to let us know how we're doing and how we can improve. We'd love to hear your feedback on this very important topic.

Informational Article of the Month

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

[The Importance of Older Teammates](#)



2018 HRA Warm Ups

Coaches' Corner | Coach Lauren

BCC Swimmers of the Month

Silver Group

McKayla Adams

McKayla has been welcoming new challenges like a champ all season long, and this past month was no different. During training, she crushes tougher sets, especially when it involves speed or kick, meanwhile still striving to improve her strokes. Well, it's working for her big time! McKayla was a great representative for team at 8&under Champs, coming through for her buddies on the relays and willing to race the tougher events, leading to two top three individual finishes and a first place honor in the 100 free. She's also taking on a tough line up at Districts, including the 200 IM! You go, McKayla!

Fletcher Slavik

We've really taken it up a notch this last month in Silver Group with both further and harder swims. I'm so proud of Fletcher not only for making it through these tough tests of endurance, but doing it well and finding a new level of both strength and confidence in training. He's invested in his progress, asks Coach great questions, and recognizes the value of working on the little things. His streamlines rock! I'm so excited to see Fletcher apply these things that he's doing so well at practice in race mode at Districts. Keep it up, Fletcher!

Red Group

Danika Fan

Talk about persistence! Danika's practice attendance is one of the best in her group, and when she is at practice you can bet she's working hard and laser focused. It should come as no surprise then that she is looking as strong as ever and absolutely demolished her best 50 free time this past Tootise Roll Tuesday. Her quiet, kind spirit and strong work ethic has made her a positive leader in the Red Group. Way to go, Danika!

Elijah Womack

Though Elijah always rocks, February was a big month for him! Through positive, focused practice and regularly giving it his best effort, whether that be in terms of speed or attention to proper form, he's given himself the tools to put together some really great races. And that's exactly what he did at last month's 8 & under Championship. Elijah brought both the fun and the fast to that meet, racing his way to a first place finish in the 50 backstroke, and helping his team bring home another Championship! Awesome job, Elijah!

VMAC Groups Coach at BCC!



ATTENTION ALL CUDAS!

Coach Lauren
will be competing at the
CO Masters State Championship
at VMAC on April 14 and 15th.

If swimmers would like to come cheer her on, she would love that!
Her signature events, the 50 and the 100 free will take place around 9 am
(50 on Saturday, 100 on Sunday),
but she'll have a full lineup including relays until about 11-11:30.

GO COACH LAUREN!



Mark your Calendar



Date	Event
March 7	NASA Showcase Meeting @ VMAC
March 9-11	Northern colorado Districts @ Mountain View High School
March 12	Board Meeting 7:00-9:00pm @ VMAC
March 22-25	Texas Super Sectional @ University of Texas
March 20	CUDA Carnival Meet Deadline @ teamcudas.com
March 21	March Pizza Meet @ BCC
March 28-31	NASA Showcase @ St. Petersburg, FL
March 31	CUDA Carnival Meet @ VMAC

March Birthdays

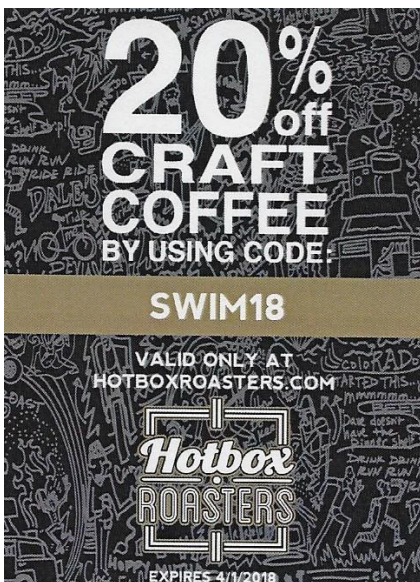


Jadyn Abeyta	Michaela Coringrato	Conleigh Groce	Gillian Moran	Jude Walters
Michael Acker	Nicolas Coringrato	Maelynn Higgins	Agnes Mu	Elijah Womack
James Amit	Luke Crumplar	Ellen Holmes	Jonus Ortega	Amanda Zou
Lane Austin	Luana Ejzykowicz	Charlotte Lindberg	Kathryn Roberts	
Sydney Bales	Ellie Foulke	Charlotte Maier	Jude Schryver	
Peyton Barnhardt	Madison Foulke	Abigail Moore	Vanessa Tu	

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. VMAC families can contact 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, March 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 Tammy Schneider for completing her training as a Stroke and Turn Official.

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 your hours spent in training count towards your service hours.

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 January Board Meeting Minutes [News|Board Meeting Minutes]

* Need to be logged in