

Message from the President

Hello CUDA Families,

Welcome to Long Course 2018!

CUDA officially kicked off long course season with a tri meet in late April. Our next meet up was the Steve Drozda Shotgun hosted by CUDA. The summer season also brings a travel meet. This year CUDA is traveling to Gillette, Wyoming and Orlando, Florida. Be sure to check the CUDA website for updates on the long course meet schedule.

May also brings the CUDA Swim-A-Thon! This is CUDA's largest fundraiser and a fun team event. This year we have a goal of raising \$35,000. Money made from fundraising goes to CUDA and helps with purchasing training equipment, pool time and coach education. If we meet our fundraising goal, CUDA will schedule a visit by an Olympian. Does your swimmer want to swim with an Olympian? Now is your chance, help CUDA meet our fundraising goal of \$35,000. Check the CUDA website to watch our progress. The Swim-A-Thon takes place May 15th and the party takes place on June 12th.

Did you know that the CUDA Swim-A-Thon also helps USA Swimming provide learn to swim programs for those less fortunate? A small percentage of money raised goes to the USA Swimming Foundation. Since 2007, USA Swimming Foundation has provided more than 444,234 scholarships for children to participate in learn-to-swim programs. Through more than 850 swim lesson partners in all 50 states, nearly 4.9 MILLION kids have received the opportunity to become part of swimming.

Let's make the CUDA Swim-A-Thon a HUGE success! Go CUDA!!

Laura Lierz
CUDA President

president@teamcudas.com



CONGRATULATIONS CUDAS...

CONGRATS to
LANE AUSTIN,
another college bound CUDA!

Good luck at
Colorado Mesa University!



CONGRATULATIONS to
BRAD WHITE,
CUDA Officials' Coordinator,
for being selected as the
COLORADO MASTERS COACH OF THE YEAR!



Congrats, Coach Lauren!

Coach Lauren
competed at the
CO Masters State Championship.

Here's what she had to say:

The meet was a blast! The highlights for me were having fun with my teammates, putting in some strong performances in events I don't usually swim, and helping my team to a 5th place finish overall. It was so wonderful to see a few CUDA swimmers there, too!

Here's how she did:

- **50 free, 100 IM, 200 free, and 50 breast: 2nd place finish in each event**
- **100 free (54.3): 1st place finish and the 7th fastest time in the country this year for USMS Women 30-34.**
- **200 back, 200 IM, and 50 fly: 1st place finish**

GOOD JOB, COACH LAUREN!



Announcements:

MARK YOUR CALENDARS FOR SWIM-A-THON!

Mark your calendars for a night of fun at VMAC for the 2018 CUDA Swim-A-Thon! The USA Swimming Swim-A-Thon is a fundraiser in which all CUDAS are able to fundraise for the team by swimming lengths of the pool. Participants swim for two hours or 200 lengths, whichever comes first.

This is a great time for ALL swimmers; ask any veteran swimmer on the team, and they will tell you that one of their favorite events is the Swim-A-Thon. Swimming 200 lengths in 2 hours for the first time is something a swimmer will never forget! For the more veteran swimmers, this test of endurance is an effort to beat their last year's best time (and their friends). Swim meets show the athletes how fast they swim; Swim-A-Thon allows the athletes to see how strong they are in the endurance department. Once they finish, they will be given an opportunity to partake in healthy and tasty snacks, as well as cheer on the other swimmers - encouraging them to keep going!

The Front Range Barracuda Swim Club ("FRBSC") is a 501(c) 3 nonprofit organization and a USA Swimming member. Membership dues allow the club to cover some portion of the team's expenses. Other expenses such as, coaches' salaries, travel expenses, training expenses, and pool supplies are the responsibility of the team. Swim-A-Thon funds allow us to:

- Keep dues as stable as possible. This is a big one! We have over \$ix figure pool rental costs every year and that's just for practice time! We pay a staff of nine experienced coaches. So adding to the bottom line with a successful Swim-A-Thon really helps in that regard.
- Buy thousands of dollars in practice equipment and teaching tools. Because of past Swim-A-Thon success, we've been able to purchase thousands of dollars worth of: iPads, Go Pro camera, specialized fins, paddles, stretch chords, medicine balls, kettle bells, etc... to help our swimmers succeed in the pool.
- Cover flights, hotels and rental cars for coaches at out of state meets in March, June, July and August.

We are well on our way to meeting our 2018 Swim-A-Thon goal of \$35,000! Thank you to everyone for your support! Remember there are great prizes for the top fundraising swimmers and everyone who raises \$150 or more will receive two Cuda swim caps with their name.

Important Dates:

Swim-A-Thon: Tuesday, May 15th @ 5:00pm at VMAC

Cut-off for donations (to be eligible for prizes): Wednesday, May 23rd, online donations 9:00am, cash/checks, to be communicated soon

Celebratory BBQ: Tuesday, June 12th @ 5:30 at the Girl Scout Pavilion in Broomfield

Thank you so much for your help and support! If you have any questions or pictures of your swimmer and their friends to share for our slideshow, please reach out to me at mlmoran3@gmail.com

Thank you!
Michelle Moran

Coaches' Corner | Head Coach Andrew



May means the end of school, warmer weather and of course Cuda Swim-A-Thon! An annual tradition dating back years. It's an exciting event where we are able to get every swimmer, from our newest Developmental group swimmers to our oldest and most experienced Elite and Senior group swimmers, in the pool at the same time. We understand that this is the biggest annual fundraiser we have as a club, but we also like to put a little FUN in FUNdraiser. We'll have snacks during the event- as a break opportunity for our younger swimmers or an after event treat for our older athletes. We also like to give back with some prizes to reward our hardest working earners. Top prizes will be given out at a separate party in the park and we encourage you to check out teamcudas.com for more details.

Now, aside from just being a fun couple of evenings. This is a very important annual event for our fiscal bottom line. It allows us to get tools the kids can use in practice. We've used past Swim-A-Thon revenue to buy items like iPads and GoPros, so that swimmers at many of our group levels can get instant feedback on their strokes. With our kids seeing the success they're having, they're qualifying for meets all over the US. Money from the Swim-A-Thon helps us send coaches with them to these events. Please encourage your swimmer to get fired up and help contribute and make 2018 Swim-A-Thon our best one yet!

[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:

[In praise of the late developer](#)



VMAC COACHES

Tom Lowenthal
Clint Dierking
Eric Adams (BCC)
Andrew Brand
Alan Cobb

Amber Sullivan (not pictured)

Coaches' Corner | Coach Lauren

BCC Swimmers of the Month

Silver Group

Agnes Mu

What a breakthrough month it's been for Agnes! After overcoming some significant obstacles these past few seasons that limited her time in the pool, Agnes is now on a mission. She's been attending practice consistently, handling challenges with patience and maturity, and doing her best to make positive changes in her strokes. It was awesome to see Agnes's hard work pay off for her at April's pizza meet, where she sped her way to four personal best times and a first place finish in the 50 free. Keep it up, Agnes!

Lola Grace Guthrie

When Lola's at the pool, you know it's going to be a fun day. She LOVES to swim and the positivity she brings to both training and racing is a major part of what makes her a great teammate and a formidable competitor. We're very proud of Lola for working through a pesky injury to her hamstring this past month, being smart in her choices at practice and being open to trying new ways of working on strokes and further developing her overall strength. Dealing with an injury is tough, but so are you, Lola. You're doing awesome!

Red Group

Jayda Perry

It's been such a joy to Jayda come into her own these last couple seasons, developing some serious physical and mental fortitude. As we all experience in our swimming journey, there are sometimes things that seem too tough, too far, or out of reach. In the face of those challenges, Jayda now says "Hey, I'll give it my best shot," and it is working out for her big time! She's been tackling the new challenges given to her in Red Group, challenging herself with some new meet events, including the 200 free, and raced her way to a best time in ALL strokes and distances she entered in March/April meets. Great job, Jayda!

Jack Moran

Jack's on a roll! He's coming to practice with a mindset of both fun and focus, which is really taking his swimming to a new level. Jack's been paying extra attention to the details of his strokes and applying coaches' feedback and as a result, his strokes are looking strong and smooth and he's often been chosen to do some demos for his teammates. He's also been making some bold choices in events he's racing, which we love! Jack's hard work and smart training led to some great races for him at the April Pizza Meet, including a best time in the 200 free and 50 fly. You rock, Jack!

BCC Coaches

Lauren Bortnowski
Eric Adams
Jeanne Jones



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
May 4-6	Steve Drozda Shotgun Long Course Meet @ VMAC
May 8	Sign-up Deadline for CUDA/STAR @ teamcudas.com
May 14	Board Meeting 7:00-9:00pm @ VMAC
May 14	Deadline for CUDA v. PPA @ teamcudas.com
May 15	SWIM-A-THON 2018
May 20	CUDA V. PPA @ VMAC
May 30	Sign-up Deadline for WaterWorld Day @ teamcudas.com

May Birthdays

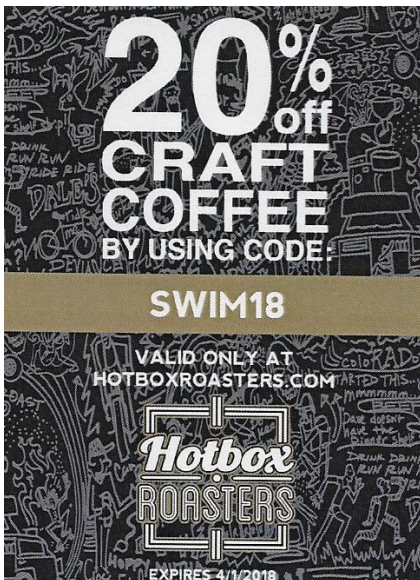


Ace Armon	Savannah Cardenas	Samuel Hahn	Nathan Kral
Aiden Bailey	Robert Cerimele	Mia Hauschild	Tessa Miller
Anna Barjenbruch	Logan Cole	Marissa Inouye	Isabella Perkins
Tegan Barrier	Kiera Daly	Benjamin James	

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, May 14, 2018 from 7:00 pm to 9:00 pm at Veterans' Memorial Aquatic Center (VMAC)**. We look forward to seeing everyone then!



Officials' Corner

**CONGRATULATIONS to
Ivanova Swarr
on completing her training to be a new
Stroke and Turn Official!**

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

* Need to be logged in

