

Message from the President



Congratulations to all the Cuda swimmers that participated or are participating in a championship meet, as short course ends. We had great participation in Senior State, 14 & Under State, Northern Colorado Districts, and Sectionals with a lot of lifetime bests. Great job Cudas! And finally, good luck to the swimmers headed to the NASA Showdown in a few days.

Can you believe it is already long course? Those two words can often seem daunting as the practice pool for VMAC swimmers and competition pools for BCC swimmers transitions from 25 yards to 50 meters. The first dive into that seemingly endless pool can make the most experienced swimmers wonder if they will ever reach the other side. Thankfully, before long, their endurance will be greater, and the swimmers will adapt to the difference in pool size. Long course can present many opportunities for our swimmers, and as families, you can help them focus on the positive. Long course is a short season, and races take on different meaning when there are less walls. It is a great opportunity to change it up, increase mental toughness, and work on stroke details.

April also denotes one of the two times a year we have swimmers move-up to new groups. Congratulations for all of you that will begin practicing with a new group this month! Coaches make the decisions involving the best grouping for a swimmer. If you have any questions regarding your swimmer's placement or level, it should be discussed with his/her coach, so that you are assured of receiving accurate information.

Lastly, the beginning of long course signals that we are nearing summertime and all of the fun that occurs with swimming in the summer! Right around the corner will be Swim-a-thon, the summer travel meet, Water World day, and before we know it, the Swim-a-thon picnic and end of long course Bay picnic and celebration. I know I am looking forward to all of that! Between now and then, I will see you at the pool! Enjoy the beginning of long course!

As always, do not hesitate to reach out with any questions or comments!

Jodi Walters

303-775-0235

president@teamcudas.com

Thank you to all of our Sponsors! Please let them know we appreciate them when you eat there!

OUTBACK STEAKHOUSE - 497 E. 120th Ave.	TEQUILAS - 12020 Pennsylvania St.	CHILIS - 16507 Washington St.
JIM 'N NICKS BAR-B-Q - 100 E. 120th Ave.	PERKINS - 12015 Melody Dr.	SALTGRASS STEAK HOUSE - 8931 Yates. St.
DELECTABLE EGG - 1005 W. 120th Ave.	SWEET TOMATOES - 8971 Yates St.	CRUSHED RED - 14643 Orchard Pkwy
MODERN MARKET - 4800 W. 121st St.	EINSTEIN BROS. BAGELS - 14315 Orchard Pkwy.	BITTO BISTRO - 14697 Delaware
	THE GARLIC KNOT - 3995 E. 120th Ave.	

Informational Article of the Month



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

["What is Long Course, what is Short Course?"](#)

Mark your Calendar



Date	Event
April 1	Brighton April Fools Meet @ Brighton, HS
April 5-8	NASA Showcase Classic @ Clearwater, FL
April 12	Sign-up Deadline April Pizza Meet @ Teamcudas.com
April 12	Deadline for Drozda Shotgun Meet @ Teamcudas.com
April 13	Deadline for Longmont Showdown @ Teamcudas.com
April 14	April Pizza Meet @ BCC
April 17	Sign-up Deadline for Cuda Tri @ Teamcudas.com
April 22	Cuda/Fast/Hra LC Tri @ EPIC
April 23	Longmont Showdown @ Centennial Pool

Coaches' Corner | Head Coach Andrew



April is somewhat of a bridge month during our 11 month year-round swim calendar. It gives us a chance to reflect on short course season; celebrate what went right, but also look on how to make improvements and forward strides during our long course season. If you glance at the record board on teamcudas.com you'll notice one number really sticks out... 17. It appears under the word 'Year' and appears over 30 times! Easy proof that Cudas are swimming faster than ever before. We still have a handful of our athletes competing in a national age group showcase meet in Florida this weekend, so we might be able to add even more to that tally. That's regarding our short course season. Looking forward, our goal is to continue making 17 the hottest number on the board during long course season. We're excited to start a new practice cycle up and do everything we can to prepare to make that happen!

[Coach Andrew Brand](#)

Coaches' Corner | Coach Amy



Swimmer of the month

Red

Emily Soesilo- Emily is one of the hardest working and dedicated swimmers in the group. She has worked very hard these past few months to make sure she has her strokes legal and ready to go. Emily remains positive, even when she gets frustrated or nervous, and she is able to smile through it.

Robert Cerimele- Robert has been working much harder this past month. I have been very impressed with his increased focus and commitment to improving his strokes. As his coach, I am looking forward to seeing him put his new work into action at a meet and over the long course season.

Silver

Iris Kline- Iris is a ray of sunshine! She always has a joke and can make her teammates smile. She finds a way to be silly, but knows how and when to focus on her technique and push herself to improve.

Andrew Liu- Andrew has a fire of life that can be unmatched! He is always going at 110% effort and pushing himself. Andrew has shown so much passion and drive to compete, and he is a fun teammate.

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

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Fundraising Continued...

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 Jackie Poor Hahn at scripsales@teamcudas.com for answers.

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, April 10th, 2017 from 7:00 pm to 9:00 pm at VMAC. We look forward to seeing everyone then!

Official's Corner



Congratulations to Jason Slavik on completing his officials training, and welcome to the team.

We aim to host a training clinic for interested officials sometime after the start of the long course season. If you're Interested in finding out more information or attending a clinic, please contact Richard Wilson | webadmin@teamcudas.com or watch the following video - <https://goo.gl/tpzdWE>

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.

Website Updates



The following changes were made to the CUDA website:

- Added Board meeting minutes for January [News | Board Meeting Minutes *]
- Added VMAC schedule for April [Schedule | VMAC 2017]
- Added March newsletter [News | Newsletters]

* Need to be logged in.

Mental Performance | Coach Gail



~Gail's Rules for Athletic Success~ (continued)

Rule # 6- When in doubt, choose the more challenging route; never take the easy way out.

Your coach gives you the option of doing a "couple more" or being done for the day. What do you choose? You lose count of your reps in conditioning. Do you figure you did enough, or do you start over? You get the chance to test yourself against the "big boys." Do you jump at the chance or politely decline? You completed your assignment, but the quality was iffy. Do you voluntarily spend a few extra minutes working on technique? Are you content to settle for the minimum

Successful athletes always go for the "challenging route." By doing so you test your limits, tackle your fears & weaknesses, and build your confidence. Obviously, how your body feels and your safety must be considered. But in most cases, choose the tougher option- it will make you a stronger and more successful athlete.

Rule #7- Structure your daily training to be equal parts physical and mental.

You've heard that being successful as an athlete is at least 50% mental. But how many of you spend 50% of your training practicing your mental toughness skills? Remember to consciously do your visualizations, power statements, breathing and relaxation into every workout. Read through your goals for the season before every practice and set your goals for training that day. Use your cue words in practice, just as you plan to do in competition. Practice your disciplined thinking and positive self-talk during drills and conditioning. Mental toughness not show up magically on meet day. It needs to be trained right along with your starts, kicks, strokes and underwaters.

As you begin a new long course season, take the more challenging route and beef up your mental toughness.

"Mental Toughness is when you're able to find fuel in an empty tank. "

Think about it! Happy Spring!!

April Birthdays



Pax Armon	Garrett Johannsen	James Skiles
Elizabeth Boon	Harrison Lierz	Emily Soesilo
Owen Cunnington	John Liu	Nathan Steeves
Riley Glass	Zoe McCollam	Isabel Swarr
Aiden Gu	Arielle Romero	Marin Wheeler
Jaden Gu	Blanca Saju	