

Message from the President



Amazingly, the holidays are upon us again! 2016 is gearing up to be yet another successful year for the CUDAs. Again, we have experienced successes and growth in many areas: college signing, best times, beating records, improved technique, better mental toughness, and most importantly, improved teambuilding and fun!

Still to finish up this year, we have another pizza meet for BCC swimmers. Both our BCC and VMAC swimmers can swim in a dual meet with the Foothills Swim Team this month, as well. We are looking forward to a lot of swimmers participating in this annual event with FST. Additionally, swimmers that have met the qualifying times, will be competing this weekend at the Colorado Swimming Pioneer Meet at the University of Denver. And lastly, we are sending some swimmers to the USA Swimming Junior National Championships in College Station, TX later this month.

Although we continue to celebrate the collective and individual success of our club and athletes, this is the season when we focus on the true meaning of the holiday season: our relationships with families and friends. During the holidays, it is important to realize there are many different types of celebrations occurring, and even though people celebrate different things, the one main thing everyone is celebrating is love and family. Being able to have a little time in the year to truly appreciate everything you have and everyone in your life, is one of the best parts of the holiday season. On behalf of the coaches and the board, we wish you and your family a very happy holiday season.

Good luck to all our CSI Pioneer Open Swimmers that will be competing this weekend!

Best,

Jodi Walters

president@teamcudas.com

Mark your Calendar

Date	Event
Dec. 2	December Pizza Meet @ BCC
Dec. 2-4	CSI Pioneer Open @ DU
Dec. 5	Sign-up Deadline Cuda v Foothills @ Teamcudas.com
Dec. 7-10	USA Swimming Jr Nationals @ College Station, TX
Dec. 11	Cuda vs Foothills Dual @ VMAC
Dec. 20	Cuda vs Foothills Dual @ VMAC

Mental Performance | Coach Gail



~Gail's Rules for Athletic Success~

Rule #1- Surround yourself with knowledgeable, strong, positive, energetic, and motivating individuals.

As an athlete of any age and any ability level, it's absolutely necessary to gather a team of people around you that will help you succeed. This may mean professional individuals such as your coach, nutritionists, trainers, mental coaches, or massage therapists. But it also includes teammates, teachers, family members, and friends. Make sure the people you spend the most time with are encouraging you in the pursuit of your goals. Choose those who are energetic, help you to feel good about yourself, and provide you with valuable ideas and information. Although how you perform is ultimately up to you, having a strong team of people around you will help you to be a stronger competitor.

Rule #2- Establish clear goals. Put them in writing & create an action plan to achieve them. Believe whole heartedly that you have the ability to make them a reality.

Nebulous goals and athletic success don't go hand in hand. To stay motivated and committed you must have a clear vision of what you want to achieve. Writing your goals down makes them real and holds you more accountable. Schedule a time and place to create your goals for the year or season. The short term goals and action steps are the keys to reaching your "fire in the belly" goal, so be specific and detailed in your action plan. Review your goals on a regular basis, and evaluate post-season. And finally, you must have an unwavering belief in your ability and potential to accomplish your goals. They may be tough, but you know you have it within you to rise to the challenge. Only with this belief will you have the energy and effort to pursue your goals 100%.

Watch for #3 and #4 next month! Sending all of you wishes for a holiday season filled with family, friends and fun times!

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, December 12th, 2016 from 7:00 pm to 9:00 pm at VMAC. We look forward to seeing everyone then!

Coaches' Corner | Head Coach Andrew



Please stay on the lookout for news about our June 2017 travel meets for all of our groups. The meet for your swimmer will either be the weekend of June 16-18 or June 23-25. We're finalizing our list of meets and will hopefully have something up on teamcudas.com by mid-month. I was hoping to have something to divulge in this edition of the newsletter, but things are not 100% nailed down, so rather than give false information, we'll hold off for accuracy. Thanks for your patience! Hopefully with enough foresight, you'll be able to carve some space into your summer calendar and budgets to have your swimmer attend. Not only have these meets been opportunities for fast mid-summer swimming, but great opportunities for team building that we don't get with an in-state or home meet.

Thank you, and Happy Holidays!

[Coach Andrew Brand](#)

Coaches' Corner | Coach Amy



Swimmer of the month

Red

Elizabeth Allison- Elizabeth has shown great improvement this season so far! She comes to practice with an infectious, positive attitude and an incredible work ethic. She doesn't seem to ever get distracted while her coaches are talking, and as soon as she pushes off the wall, you can see she is thinking about every step of the stroke. These are the reasons I believe she is seeing such strides in her performance.

Kevin Wang- Kevin has been working very hard to build up his endurance and improve his technique this season. I am also proud of how he has been putting himself in new situations that make him nervous and/or uncomfortable and thrives from it. He is a swimmer who isn't afraid to conquer his fears.

Silver

Maddie Foulke- Maddie comes to practice ready with stories, jokes and excited to swim! She is happy to swim in whatever lane I ask her to, and she focuses on the drills we are doing. Maddie's positive attitude, willingness to push herself and not back down from a challenge, have proven to be keys to her success this season.

Nathan McCracken- Nathan is one of the most focused swimmers I've coached. Nathan does the exact drill and doesn't try to race his teammates while doing it. When it comes time to race, his strokes are up to the challenge and ready to go! I appreciate his focus, positive attitude, and willingness to help his teammates.

Account Manager



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.

Fundraising



King Soopers gift cards are available for purchase through the Front Range Barracudas. Every time you reload the card, 5% of the reload is rebated to the Front Range Barracudas. The team gives families the full price of the rebate up to \$50 as a credit to their account. After you hit the \$50, the rebate gets split 50/50 with the team. With scrip fundraising, families can easily earn their \$50 fundraising commitment while they shop. Simply reload the gift cards for everyday purchases, and earn a rebate with no additional cost. Many Cuda families save HUNDREDS of dollars every season using the King Soopers cards. This is a win/win program for families and for the Cudas.

Jackie can also answer Scrip questions you have. If you have any questions, you can email Jackie at scripsales@teamcudas.com.

Informational Article of the Month



Watching Your Child at Practice

<https://mail.google.com/mail/u/0/?ui=2&ik=c20e8bad9f&view=att&th=158b161e7949f0c9&attid=0.2&disp=inline&safe=1&zw>

Official's Corner



Thank to all the officials, timers and marshalls that worked at the CUDA Pentathlon meet. Your commitment is very much appreciated.

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

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>

* 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 October [News | Board Meeting Minutes]

* Need to be logged in.

December Birthdays



Elizabeth Allison	Sanjay Mudukutore
Brooklyn Cardenas	Marissa Payne
Avery Dotson	Sabrina Rachjalbun
Owen Feran	Alexandra Remaklus
Nandana Kannaiyan	Fletcher Slavik
Michael Kastner	Stephanie Tymoszuk
Allison Lamont	Lucas Williams
Andrew Liu	Ian Wilson
Olivia Martin	Hector Mu