

Message from the President



Congratulations to all of those who swam fast at the CUDA Classic earlier this month. That was one of the largest meets we have hosted. Thank you to each of you that volunteered to help make it a success.

Can you believe we are already nearing the championship season for short-course? We are already just over three weeks away from the 14 & Under State Meet! Jobs for the 14 & Under State Meet (Feb 24-26) have been posted for sign-up on teamcudas.com. This is our last large scale opportunity of the short course season, so please sign-up if you still need to complete your short course balance. This is truly a team event, as we need lots of help from our families, even if your swimmers is not swimming. Timing opportunities gives you a great opportunity to watch the fastest swimming in Colorado from a front row perspective! We would much rather have your help and presence at the sessions, than have you pay \$50 per unfulfilled hour. Thank you in advance for volunteering!

As we are near the championship meets, remind your swimmers to embrace the hard work! As Ray Lewis said, "Wins and losses come a dime a dozen. But effort, nobody can judge effort. Because effort is between you and you. Effort ain't got nothing to do with nobody else."

See you all at the side of the pool!

Best,

Jodi Walters

president@teamcudas.com

Mark your Calendar



Date	Event
February 2	Sign-up Deadline Senior State @ Teamcudas.com
February 10-12	HRA Invite @ Heritage HS
February 11	Northern Colorado 8 & Under Champs @ Eaton HS
February 13	Sign-up Deadline 14 & Under State @ Teamcudas.com
February 15	Sign-up Deadline February Pizza Meet @ Teamcudas.com
February 17-19	Colorado Senior State @ DU
February 17	February Pizza Meet @ BCC
February 24-26	14 & Under State @ VMAC

Coaches' Corner | Head Coach Andrew



It has become an annual tradition this time of year for the Cudas to host the 14 & Under Colorado State Meet. Every Spring the during last half decade, the fastest young swimmers from around the state of Colorado have trekked to VMAC to compete for state championships. Now, some of our swimmers are too old to compete in this meet. Some are too young or have not yet qualified. We'll have a strong group of qualifiers, but definitely need help from many parents of swimmers who will not be swimming in the meet to make the event a success. Please consider signing-up for service jobs on teamcudas.com. You'll get a great view of some fast swimming and a close seat to witness possible state records being set. As typing this, there are still plenty of jobs available. Let me know if you have any questions about the meet.

[Coach Andrew Brand](#)

Coaches' Corner | Coach Amy



Swimmer of the month

Red

Brooklynn Cardenas- Brooklynn is one of the hardest working swimmers I have had the privilege to coach. She has a crazy schedule and has a lot of car rides to make sure she gets to practice, but once she gets to practice she focuses 100% on what we are doing. Her technique and endurance has come such a far way over these past months.

Fletcher Slavik- Fletcher is always picking challenging events to do at swim meets or rising to the challenge of events I put him in without complaint. He gets up on the block and gives it his all. He takes his coach's advice on how to improve his strokes and works to apply them to his daily swim practice.

Silver

Gillian Moran- Gillian is a joy to coach! She is a quiet, but strong personality, who works so hard for every achievement. I am impressed with her work ethic and ability to focus on the task at hand, whether that be practice or her race.

Felix Nyamdorj- Felix was born to go fast! He has done a good job slowing down in practice to improve his strokes, so he can go FAST at the meets.

New CUDA Records



11-12 Girls 200 Medley Relay: Lindeman, McDonald, Bales, Armon

11-12 Girls 50 Back- Makenna Lindeman

11-12 Girls 100 Back- Makenna Lindeman

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.

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, February 13th, 2017 from 7:00 pm to 9:00 pm at VMAC. We look forward to seeing everyone then!

Official's Corner



Thank to all the officials, timers and marshalls that worked at the CUDA Classic meet and helped make it such a success.

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 December [News | Board Meeting Minutes *]
- Added VMAC schedule for February [Schedule | VMAC 2016]
- Added January newsletter [News | Newsletters]

* Need to be logged in.

Mental Performance | Coach Gail



~Gail's Rules for Athletic Success~ (continued from December 2016)

Rule #3- Avoid habits, activities, actions, distractions, and people that detour you from your goals.

There are people and things all around you conspiring to keep you from achieving your dreams and goals. Know who and what these are and be prepared with strategies for avoiding them.

Your own actions, habits, and choices often sabotage your progress. Smoking, drinking, and drugs are bad habits disguised as de-stressors, remedies, and performance enhancers. Lack of sleep, oversleeping, overeating, under-eating, and unhealthy eating are self-destructive actions that are easy to fall prey to. There's that video game that keeps luring you into one more game until you're totally distracted & forget your dry land session. Excessive internet, TV, texting, SnapChat, and Instagram are activities that sap your energy and waste your time. There are well meaning friends who convince you to skip practice and go to the movies. You may have "caring" family members who don't understand and laugh at your dreams. Sometimes it's teammates who are lazy, jealous, or negative that bring you down. The list is endless.

So it's important to know exactly where you're headed (see rule # 2 in December's issue). Then be aware of what's lurking around that tempts and entices you in a different direction. Stay strong in your convictions, your thinking, and your actions. Avoid the temptations -You have really important goals to achieve!

Rule #4-Consistently practice with the quality and focus you aspire to have in competition.

It's odd that some athletes fail to connect practice performance with competition performance. They believe they can always "rise to the occasion, do it better on game day." But habits, both mental and physical, are deeply formed during training. The repetitions in practice establish pathways between the brain and body that are accessed in competition. The mind directs the body to do what it's knows best, what it's done the most of. Therefore, half-effort, careless, and incorrect skill execution can only result in following the sub-par performance pathway. Full effort, focus, and quality repetition of skills direct the athlete down the path of success. Consistent and excellent performances can only be the result of consistent and excellent practices.

February Birthdays



Kaylee Austin	Abbie Kehmeier
Hannah Christianson	Ethan Pace
Jordan Dolan	Macey Pederson
Addison Groce	Makenna Reiner
Paige Howard	Audrey Rosen
Isaac Jensen	Johnee Shields
Breckin Keating	Juliana Spitalnik