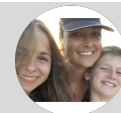


Message from the President



Happy 2017 CUDA Family!

The Holiday festivities are soon to be a fading memory, and it's time to get back to some serious training. 2016 was a great year for the CUDAs, and I am looking forward to watching that growth for the club continue in 2017. It is the season to think about resolutions and how we, as parents, can continue to make our team even better and our children more well-rounded athletes. Enjoy the following article, and Happy New Year!

This article is from SwimSwam.com by Elizabeth Wickham

As a swim parent, I've made my share of mistakes. Through the years, I've evolved and hopefully improved. For example, I am not the same swim parent today that I was 10 years ago. I still get nervous at meets, but I no longer compare my kids to other swimmers. I enjoy each moment as a swim parent, knowing that I won't be in this role forever. The New Year provides a golden opportunity to reflect on our swim parenting skills. Are we adding to the swim experience—or detracting from it? Here's my list of 21 New Year's Resolutions for all swim parents:

- I will get my swimmer to practice consistently and on time.*
- I will talk positively about the coach and team to other swim parents.*
- I will sign up to volunteer at meets early and often.*
- I will not compare my child's times with other swimmers.*
- I will not show my frustration when my swimmer has a bad swim.*
- I will cheer, not coach my child.*
- I will reach out to newer swim parents and be a positive role model.*
- I won't rehash swim performances on the drive home from a meet.*
- I will let my kids mature and take charge of their lives.*
- I promise to not helicopter and hover at practices and meets.*
- I will praise my swimmer for good sportsmanship.*
- I will provide healthy food at meets and at home.*
- I will let my swimmers find their own heats and lanes.*
- I will cheer for other swimmers on our team.*
- I will not use bribery to motivate my child.*
- I will encourage my child's effort and not focus on performance.*
- I will not engage in gossip on the pool deck.*
- I will not automatically take my child's side if there's an issue with the coach or teammates.*
- I will not stand behind the blocks while my child races.*
- I will not impose my goals on my swimmer.*

See you all at the pool! Happy 2017!

Best,

Jodi Walters

president@teamcudas.com

Mark your Calendar



Date	Event
January 4	January Pizza Meet Deadline @ Teamcudas.com
January 6	January Pizza Meet @ BCC
January 12	The Cuda Classic Deadline @ Teamcudas.com
January 13-15	Arena Grand Prix @ Austin, Tx
January 14-15	Mid-West All Stars @ Elkhorn, NE
January 20-22	The Cuda Classic @ VMAC

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

Coaches' Corner | Head Coach Andrew



Our response to filling service hour slots this season that been very impressive. It's awesome to see the quick response we've had to almost all of our events. The biggest piece to having a home meet run smoothly is the volunteer base we have; and that's why our meets have rocked! Thank you for all who have helped in some capacity so far this short course season. Even though it seems like the season is flying by and almost over- we still have our two largest events yet to come, and we want to ensure those are properly staffed. The Cuda Classic slots are for the most part full. As I'm typing this, there are a couple of miscellaneous timing slots available, but for the most part we are good-to-go! Colorado 14 & Under State meet is our grand finale to the season. That's our chance to show off to the rest of the state. Those jobs will be posted in early January, which gives us about 7 weeks to fill up our roster of service help. If you have yet to meet your entire service hour obligation and have not signed up yet, please consider reserving one of the final Cuda Classic slots or grabbing some State meet opportunities, when they're posted. If you have any questions about Cuda Classic, State, or any other events we have as the short course season finishes, please let me know. Thanks!

Happy New Year!

[Coach Andrew Brand](#)

Coaches' Corner | Coach Amy



Swimmer of the month

Red

Hannah Pecze- Hannah is a quiet, sweet, and hard working presence in the red group. She tackles each set and drill with 100% and a smile. Her hard work and positive attitude is infectious as her teammates rise to her level.

Daniel Ha- Daniel was handed a setback when he broke his wrist, but he has worked hard to redeem his technique and endurance. Daniel works hard, but also knows how to bring fun and silliness into his lane to break up the seriousness of practice every once a while.

Silver

Izzy Schroeder- Izzy has got quite the powerful kick and magnetic personality! She comes to practice ready to work and with a story on hand. Izzy's focus and hard work on her technique has paid off, because when she races, she makes it look easy and effortless.

Ian Babcock- Ian is new to competitive swimming, but he did not let that slow him down or discourage his efforts. He comes to practice focused and ready to go. Over the past months, his progress is evident and impressive. I am sure that his hard work will continue to bring him success.

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



Please check out Coach Andrew's recommended article for the month:

<https://swimswam.com/5-questions-to-ask-yourself-to-swim-faster-in-2017/>

Official's Corner



Thank to all the officials, timers, and marshalls that worked at the CUDA v. Foothills Dual 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 the background check, registration fee, and a custom official's shirt.

Website Updates



The following changes were made to the CUDA website:

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

* Need to be logged in.

January Birthdays



George Abdallah	Jayda Perry
Caroline Andrews	Julia Raskay
Declan Carpenter	Kyle Raskay
Hayden Dickinson	Gretchen Seguin
Daniel Ha	Hanna Stovall
Payten Irwin	Abigail Taugner
Daric Khamvongsa	Isabella Walters
Maxwell Kulbida	Kevin Wang
Bryce Li	Kylie White
Daniel Lim	Taylor Wrabetz
Caden Mahonchak	