

## Message from the President



CUDA families,

Congratulations on surpassing our Swim-A-Thon goal! We finished with \$31,175 which will mean an Olympic swimmer will be joining us in the fall! It was great to see all groups represent and I look forward to celebrating this job well done at the June 7th Swim-A-Thon prize picnic in the park.

In other news, Andrew and I attended a Broomfield City Council meeting this past week to provide some public testimony in support of [Resolution No. 2017-68 Authorizing the City and County Manager to Pursue Debt Financing for Capital Projects](#). This was a very early step in Broomfield approving the City and County to borrow dollars to refurbish or remodel the Broomfield Community Center. This project is still a good deal in the future and has a lot more hurdles to pass, but we are excited Broomfield is committed to this project. We will keep our Cuda family updated as this project progresses!

Lastly, we are quickly approaching some very competitive meets; June marks the travel meets for the CUDAS. Whether you are heading to Iowa or Colorado Springs, our hope is that your swimmers have the best times both in the water and out. Travel meets create unforgettable memories for our athletes - do remember to have fun while they beat their best times!

As always, please contact me with any feedback or comments. I will see you at the pool!

Jodi Walters

303-775-0235

[president@teamcudas.com](mailto:president@teamcudas.com)

## Mark your Calendar



Date	Event
June 2-4	Cuda/Star @ VMAC
June 7	Swim-A-Thon Prize Party @ Midway Park
June 14	Water World Day @ Water World
June 23-25	Iowa Pink Meet @ Iowa City, Iowa
June 23-25	Falfin Invite @AFA

## June Birthdays



Abdalla Abouamer	Katherine Felderman	Miranda Rens
Ian Babcock	Conner Hassert	Megan Steeves
Daniel Bradford	Cynthia Liu	Maxwell Wu
Breno Ejzykowicz	Hannah Pecze	Valerie Xin
Brayden Emery	Samantha Pecze	

## Coaches' Corner | Head Coach Andrew



The Calendar says it's June, which means our summer travel meets are right around the corner! Cudas are headed south and headed east this summer in search of some fast swimming and good competition. Travel meets are a huge part of our summer tradition. It's more than just traveling a few hours to swim for a few seconds at a time. Travel meets give a fantastic opportunity to team bond and strengthen lasting relationships. When a swimming career is over and being reminisced about, it's often memories about travel meets that filled with the most positive nostalgia.

As your swimmers age, almost every major championship meet will be conducted at low-altitude; which means they'll have to get used to swimming fast when they are not getting the previous night's sleep in their own bed. These travel meets are a fantastic opportunity for swimmers to get in the habit of swimming fast after they wake-up in a hotel room. Hopefully we'll be seeing you in Iowa City or Colorado Springs in a few weeks.

[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:

[11 Signs You Are Officially a Swim Parent](#)

## Coaches' Corner | Coach Amy



### Swimmer of the month

#### Red

**Emily Neo**- Emily is one of the hardest working swimmers I have coached. She comes in ready to swim and looking for feedback on how to improve her strokes. I am impressed with how she takes coaches' critique and is able to apply it to her strokes to fix the problems. She maintains a positive attitude and the other swimmers rise to her work ethic.

**Reid Babcock**- Reid has improved quite a bit since he started. He is a quiet hard worker, working diligently on improving his strokes. I am impressed with his perseverance to keeping up with his teammates while trying to fix his technique.

#### Silver

**Maddy Ewing** - Maddy has demonstrated incredible focus and growth over the past two seasons. She started with 2 strong strokes and work needed on the other. Since her first day with determination and passion she has accomplished legal and solid strokes. I am impressed by her tenacity and her constant positive attitude.

**Karlie Chandra**- Karlie is one of the youngest swimmers on silver, but her drive and focus is above and beyond. She has been working on the smallest details to improve her breaststroke and fly. I am excited to see where her focus will take her swimming.

## Mental Performance | Coach Gail

### ~Gail's Rules for Athletic Success~(continued from April)

#### **Rule # 7- Remain confident, consistent, committed & competitive- in all circumstances.**

Over your career your sport will throw every challenge in the book at you. Highs/lows, good/bad, failure/success, happiness/disappointment, illness/injury. But if you work hard to strengthen these 4 C's, you'll be more successful at managing those challenges more effectively.

**Confidence** is a permanent state of being. It may weaken when you have a difficult or frustrating day. But deep inside you must maintain the belief that tomorrow, or the next day, you know you'll do better. You have to believe that you have what it takes to get the job done; that you have the heart, talent, work ethic and effort to achieve your goals. Sometimes up, some days down, your confidence may waver a little. But a successful athlete always finds that needed piece of confidence.

**Consistency** of effort, mood, work ethic, attendance at practice, use of your mental skills, eating habits- the list is long. But the more diligent you are at establishing consistent attitudes, routines and habits the more consistency you'll create in your competitions and performances.

**Commitment** You must remain committed to your sport, your teammates, making improvements, hard work, and most importantly your goals. In some instances you may need to fully commit to a new technique, a not favorite stroke, or more training time. A good question to ask yourself is, "Am I hoping it will happen or fully committed to making it happen?"

**Competitive** Whether winning or losing, you maintain your competitive spirit, best effort, and strong attitude through to the end. When swimming against a lesser athlete or team, your execution shouldn't slacken or your mindset become lazy. When competing against a formidable opponent, you must give them your A game and totally challenge theirs. Be competitive in practice every day. Most importantly, be competitive with yourself. It's about striving to improve every day. To test, stretch and challenge your mind and body to grow and be better than you were yesterday.

I hope you've all started off long course strong and successfully and are having fun! Remember that mental conditioning must be a part of your daily training. How's your self-talk? Do you have an effective pre-race routine? Do you see yourself swimming a personal best? Are you keeping a journal?

**Cheers to a great summer of swimming!!**

## 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? Contact Jackie Poor Hahn at [scripsales@teamcudas.com](mailto:scripsales@teamcudas.com) for answers.**

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

## 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, June 12, 2017 . The location and time are yet to be determined. Please check the website for details. We look forward to seeing everyone then!

## Official's Corner



Thank you to those officials, timers and volunteers that worked at the Drozda Long Course meet as well as the CUDA v. Lifetime Dual meet in May - your time and 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

\* We'll pay for background check, registration fee and custom officials shirt.

If you are interested in learning how to become an official, or if you have any questions, please contact Rich Wilson | [webadmin@teamcudas.com](mailto:webadmin@teamcudas.com)

## Website Updates



The following changes were made to the CUDA website:

- Added Board meeting minutes for April [ News | Board Meeting Minutes \* ]
- Added Age Group Zones qualifying times [ Performance | Time Standards ]
- Added Description of Service hour positions [ Parents | Service Hours ]
- Added May newsletter [ News | Newsletters ]

\* Need to be logged in.