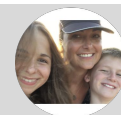


Message from the President



Hello Swim Families,

Congratulations to all of our swimmers who swam at the 14 & Under SC State meet this past weekend! There was some very fast swimming and a lot of lifetime best times. All of that dedication and hard work paid off for so many of our swimmers and that was very fun to watch. As many of you are aware, the Front Range Barracudas were very excited to host this year's 14 & Under SC State Championship Meet! An event like this would not have been possible without our wonderful Volunteers, Officials and Coaches! I want to especially thank everyone who volunteered so many long hours to make this meet a success. I am in awe with how many people worked tirelessly to ensure this was a great meet for our swimmers and coaches.

With the long hours and hard work our coaches, officials, and volunteers put into making this a great experience for our young swimmers, our team was happy to be able to provide them with delicious meals to keep them going! Two amazing volunteers, Susan Barrier and Janet White, reached out to our community for support in providing food for three meals a day, for all three days of this meet. The local restaurants were very generous with donating and discounting all of the meals that were served during the meet! Because of this generosity, the Cudas saved several thousand dollars!! We extend our sincere gratitude to Susan, Janet, and all of our sponsors.

Now we would like to ask you for your support in continuing good relationships with these restaurants. Please consider patronizing some of them in the following weeks (and months) and **'THANKING'** them for their sponsorship of the State Swim Meet Championship! Several of the restaurants sent coupons that were handed out with the State Meet programs and some of those are used as a way to 'track' our support.

The following page lists the names and addresses of participating restaurants, to help you plan your dining outings. Please note that several of the restaurants do offer call-ahead options, as we realize how valuable a swim families time is!

Thank you so very much to all who helped make this a wonderful experience for all of the participants and their supporters!

Job well done!!

Jodi Walters 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:

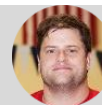
[SHOUTS FROM THE STANDS: A LETTER TO MY PAST SELF BEFORE MY TAPER MEET](#)

Mark your Calendar



Date	Event
March 10-12	Northern Colorado Championship @ EPIC
March 16	Sign-up Deadline Brighton April Fools @ Teamcudas.com
March 16-19	Western Sectionals @ Federal Way, WA

Coaches' Corner | Head Coach Andrew



I just finished up compiling data and comments from the 14 & Under State Meet evaluations submitted by coaches of teams across the state. Some recurring themes were...

'Thanks Cudas!'

'We always enjoy coming to this meet'

From the amount of emails you received requesting help, you all know how many volunteers we needed to pull this off, and you guys definitely came through! It's a long weekend, but a rewarding one. Getting to watch the huge smiles that form after lifetime best times makes it all worth it. We needed everyone of the 600+ hours of volunteering we got to make the meet flow smoothly from start to finish. Thanks again Cuda family for putting forth such a great presentation!

[Coach Andrew Brand](#)

Coaches' Corner | Coach Amy



Swimmer of the month

Red

Stella Madrid- Stella is a shining light in the group. She comes to practice ready to have fun, learn, and be a supportive teammate. You will always find her cheering on her teammates, telling fun stories, or working hard to perfect the new drills we are working on.

Jerry Liu- Jerry works hard and is ready to go fast at a moment's notice. He has been working hard to slow down when needed and work on his drills. Because of this increased focus, we have seen improvement in all of his strokes, as well as improved endurance.

Silver

Cambrie Mahonchak- Cambrie is the definition of a perfectionist and focused swimmer! She works so hard each practice; you can almost see the wheels turning in her head as she thinks about what her body should be doing during her strokes. After each practice, she comes up to me with a smile and asks me how she did and if there is anything she can work on.

Kyle Waller- Kyle is such a hard worker! This past month I have seen a renewed spark in his enthusiasm for the sport and improving his strokes. Kyle impresses me with his dedication to succeed and focus in 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
 - Virtual gift cards you purchase and use from your phone. Learn more about ScripNOW [here](#).

Fundraising continued on page 5

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, March 13, 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, marshalls, security and other volunteers that worked at the 14&U State meet this past week. For a meet of this scale to be successful, it requires all volunteers working together towards a common goal. Thank you.

As we come to the end of the short course season, a big thanks to all the officials that worked at swim meets throughout the season. The CUDA officials were well represented at all the meets we attended.

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 March [Schedule | VMAC 2017]
- Added February newsletter [News | Newsletters]

* Need to be logged in.

Mental Performance | Coach Gail



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

Rule #5-Make the 4 D's part of EVERY DAY- EVERY PRACTICE

Desire-To be a successful athlete, you have to want it. You have to want it from a place deep inside your heart. You must want it for yourself, not for, or because of others. Your Desire comes from your love and passion for the sport, the challenge and the enjoyment. Desire fuels you through the toughest of days.

Discipline- Most athletes know what they're supposed to do- it's the doing it that's the hard part. And that's what Discipline is all about. Be disciplined in your training habits; know what and how you need to train and then make every effort to make it happen. Be disciplined in executing your skills as correctly as possible every time. Be disciplined in your thinking and emotions; control your thoughts and feelings to allow better control of your performance. Be disciplined in your nutrition, hydration, and sleep habits, stick to them no matter what the situation. Easy? Not even a little. Necessary? Absolutely!

Dedication- You have to participate whole-heartedly in your training, competition, and pursuit of your goals. No half way, sort-of effort stuff. Dedication is a personal promise to give all you have (in a healthy way, of course!) to being the best you can be. It's a concentrated effort of your mind, body, and soul. It's a conscious choosing of an attitude and lifestyle that support your pursuit of athletic excellence. It's doing all the right things, even when no one is looking.

Determination- You must have a strength of purpose, both in the face of everyday events and when challenges arise. Determination means you keep trying, push through, look for better solutions, make changes, and continually fight to keep moving forward. Successful athletes know what they want and they go after it- no matter what!

I hear great things about how you all are swimming! Keep up the good work!!

And remember, being successful as an athlete is at least 50% mental. So keep working EVERYDAY to strengthen your mind along with your body. **Mental Toughness is a Choice!!!!**

March Birthdays



Jadyn Abeyta	Jessica Du	Gillian Moran
Michael Acker	Luana Ejzykowicz	Agnes Mu
Lane Austin	Madisen Ewing	Jude Schryver
Sydney Bales	Ellie Foulke	Vanessa Tu
Peyton Barnhardt	Madison Foulke	Jude Walters
Michaela Coringrato	Conleigh Groce	Elijah Womack
Nicolas Coringrato	Ellen Holmes	Amanda Zou
Luke Crumplar	Joseph Lipshaw	
Daryn Delescinskis	Abigail Moore	