

Message from the President



Happy May!

This week brings us the first home meet of Long Course! Thank you to all of you who have signed up to help make it another successful meet. The Long Course season is short, so don't forget to take advantage of volunteer opportunities as they arise.

We are, as well, just about two weeks out from our annual Swim-a-Thon. It is the one time a year we raise money. It is no coincidence that we have not raised dues in nearly a decade. This event helps us to ensure we have a healthy budget. Please encourage and support your kids to raise money to support the team. In addition to earning some great prizes, the Swim-a-Thon is fun as well! The music is turned up and snacks await the finishing kids. It is fun to watch kids beat prior year times or maybe finish the full 200 laps for the first time ever! It is great to see a youth who did not think they could swim that far climb out of the pool with such a sense of accomplishment! For those of you that have older kids, please support them to continue to raise funds as well. Every dollar counts!

Lastly, we currently have two open board positions, Secretary and Marketing and Travel. Please talk to Andrew or myself if you are interested. Our by-laws allow the board to appoint an individual to fulfill the remainder of the open term, which runs through August, with a simple board majority. This is a great opportunity to support the team! Please reach out to me with any questions! A big thank you to those who served as well! Both you and your kids will be missed!

I look forward to seeing you all at the side of the pool this weekend!

Jodi Walters

303-775-0235

president@teamcudas.com

New Team Records



11-12 Girls
Makenna Lindeman 100 Back and 200 Back

Coaches' Corner | Head Coach Andrew



It's May, which means Swim-A-Thon season in Cuda land. If you haven't already marked your calendar, please do so for Tuesday, May 16. This is a huge event every year that helps us keep our bottom line healthy. Our team colors might be red and black, but we don't like seeing budgets in red! We have more than six figure annual pool expenses and that's just for practice. When you also calculate in paying a staff of professional coaches and travel to meets, etc... the numbers really start to add up. Our annual Swim-A-Thon is a fundraiser, but we also try to keep it fun with some exciting incentives. Ordering 100 plus silicone swim caps is not free, plus the grand prize budget allows for prizes kids will get excited about. Thanks for supporting your athlete as they seek the help of their friends, family, and community!

[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:

[6 Reasons Swim Moms Are The Absolute Best](#)

Mark your Calendar



Date	Event
May 5	Sign-up deadline for Iowa Pink Meet @ Teamcudas.com
May 5-7	Steve Drozda Shotgun Long Course Invite @ VMAC
May 9	Sign-up deadline for Cuda/Star Long Course @ Teamcudas.com
May 10	Sign-up deadline for May Pizza Meet @ Teamcudas.com
May 12	May Pizza Meet @ BCC
May 15	Sign-up deadline for Cuda vs Lifetime Dual @ Teamcudas.com
May 16	Swim-A-Thon 2017! @ VMAC
May 21	Cuda vs Lifetime Dual Meet @ VMAC
May 23	Swim-A-Thon Money Deadline @ Teamcudas.com

Coaches' Corner | Coach Amy



Swimmer of the month

Red

Juliana Spitalnik- Juliana is working so hard in practice on improving all four of her strokes. She knows the small technique fixes that she needs to do, and while she is swimming, you can see the wheels turning in her brain. Juliana maintains a wonderful positive attitude and finds small challenges encouraging.

Michael Roba- Michael is new to the team, but has come in ready to work. I have been very impressed with his work ethic and focus on improving his technique. He has been a positive addition to the team; I am excited to see how he continues to progress.

Silver

Elizabeth Boon- Ella has shown incredible growth in her technique over the past month or so. I have seen her focus, commitment, and dedication to the sport, and her improvement within Silver is admirable.

Jerry Liu- Jerry is new to Silver group, but he has stepped up to the challenge with a wonderful attitude. He listens and applies the new drills extremely well and is always a positive addition to any lane he swims in.

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 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, May 8, 2017 from 7:00 pm to 9:00 pm at VMAC. We look forward to seeing everyone then!

Official's Corner



For those parents that attended their swim group meetings, you should have received a handout about officiating. If you have any questions, or you are interested in becoming an official, please contact Richard Wilson | webadmin@teamcudas.com.

Depending on interest, we aim to host a training clinic for parents sometime after the start of the long course season.

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 VMAC schedule for May, June and July [[Schedule | VMAC 2017](#)]
- Added Board meeting minutes for March [[News | Board Meeting Minutes *](#)]
- Added Description of Service hour positions [[Parents | Service Hours](#)]
- Added April newsletter [[News | Newsletters](#)]

* Need to be logged in.

May Birthdays



Ace Armon	Gracie Champlin	Torre Jones
Anna Barjenbruch	Logan Cole	Luke Knaley
Tegan Barrier	Madeline Gregory	Nathan Kral
Savannah Cardenas	Samuel Hahn	Magie Langlois
Robert Cerimele	Marissa Inouye	Tessa Miller