

Message from the President



We are at the cusp of November and have a couple of meets in the rearview mirror. It has been a lot of fun to watch so many of the kids beginning the season with such a strong start. A lot of kids have laid down some great times for it being as early as it is into the short course season.

November is another big training month! Aces High Point, Eaton Fall Fest, the Cuda Pentathlon and a pizza meet will make for a busy month, with a lot of opportunities for the kids to race. These meets will be great practice for those with targeted December meets that they are training for, namely the DU Pioneer Invite and for two swimmers, Winter Junior Nationals.

As a team, we have a lot to be thankful for this November season. I am thankful that we have such a dedicated coaching staff. I am also thankful that we have so many families that are willing to not just volunteer, but consistently go above and beyond to support the team and our kids. The kids that make up our team are an impressive gathering of youth, and their parents are not too bad either! In all seriousness, I read the following USA Today piece by Janis Meredith not long ago, and thought it apropos to share, in light of the Thanksgiving season:

Thank you for ...

the long hours you spend sitting in the stands watching your child at games or practices, setting aside your own work or personal interests.

the many miles you travel to games, practices and tournaments to support your child.

the hours you volunteer to help your child's team, whether it's in the concession stand or as a driver or statistician.

the hugs you give your children whether they win or lose.

the support you show the whole team, not just your child.

the way you support your child's coach, even if you don't agree with him/her.

the way you understand that there is more to life than sports and stats and getting your child's name in the paper.

the sacrifices you make — whether it's money or time or whatever you've given — so your child can play. And thank you for not constantly reminding them that you are sacrificing. (Someday they will get it.)

Thank you, thank you, thank you, to those sports parents who are positive and who see the values of life-lessons learned from playing sports.

Happy Thanksgiving everyone, and I will see you on the side of the pool.

[Jodi Walters](#)

Mark your Calendar

Date	Event
November 4-6	Aces High Point @ Arapahoe HS
November 4-5	Eaton Fall Fest @ Eaton HS
November 8	Sign-up Deadline Cuda Pentathlon @ Teamcudas.com
November 9	Sign-up Deadline Pizza Meet @ Teamcudas.com
November 11	November Pizza Meet @ BCC
November 18	Cuda Team Picture Day @ VMAC

Mark your Calendar continued

November 19-20	Cuda Pentathlon XXIX @ VMAC
November 20	Sign-up Deadline CSI Pioneer @ Teamcudas.com
November 22	Sign-up Deadline X Arena @ Teamcudas.com
November 26	Team Building (Sr, EP, E) @ X Arena
Dec 2-4	CSI Pioneer Invite @ DU

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, November 14th, 2016 from 7:00 pm to 9:00 pm at VMAC. We look forward to seeing everyone then!

Coaches Corner | Head Coach Andrew



I know it feels like short course season just began, but the calendar is telling us that the meat of the first half of the short course season is right around the corner! This November marks the 29th Annual Cuda Pentathlon. It's our team's longest running and most tradition rich meet, and annually is one of the largest meets, based of athlete participation in the state of Colorado! Which is good, because we've got plenty of shiny trophies to hand out, hopefully a lot of them end up in the hands of our very own Cuda swimmers.

Then comes some exciting half-way point, short course season meets. For our BCC crew, we've got two pizza meets to wrap up the 2016 calendar and are looking for strong participation in our December dual meet vs Foothills Swim Team. This annual event versus our friendly rivals from Lakewood is a fantastic way to conclude the first half of our short course meet schedule for many of our young athletes. Many of our VMAC swimmers will also be competing in our December dual with FST. For those that have achieved times to compete at championship level meets, we're looking for fast swims at either the Colorado Swimming Pioneer Meet at the University of Denver in early December or USA Swimming Junior National Championships in College Station, TX.

If you have any questions about these important upcoming meets, please talk to your group coach. Time flies when we're swimming fast!

[Coach Andrew Brand](#)

Coaches Corner | Coach Amy



Swimmer of the month

Red

Breckin Keating- Breckin is a swimmer with a heart of gold and new found passion for improving her swimming. She came into short course season with guns blazing! She is working so hard and asking for feedback on how to improve her strokes. All of her strokes have improved leaps and bounds by her just focusing on the small details, slowing down, and believing that she can do it. It is fun to see her succeeding.

Joseph Lipshaw- Joey is new to the team this year, but he has come and demonstrated great leadership skills and focus. He isn't afraid to ask for clarification on a new drill, if his strokes are improving, and what can he do to make it better for the next time. His teammates seem to see him and follow his lead, trying to rise to the occasion.

Silver

Amanda Zou- Amanda is the quiet steam engine of silver group that keeps going, never stopping, and so incredibly focused while she is swimming. When you watch Amanda swim during practice, you can almost see the wheels turning on her brain and her thinking through every step of the drill. She is a joy to coach, taking feedback and applying it immediately, all with a smile.

Riley Glass- Riley has grown so much this season, not just in height, but also as a swimmer. He spends each practice working on extending his strokes to make them longer and more efficient, nailing down the timing of his breath, and pulling in his butterfly. His incredible focus and passion for the sport is commendable. It is exciting to see the development.

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



Sports Psychology Guidelines for Sports Parents

<https://mail.google.com/mail/u/0/?ui=2&ik=c20e8bad9f&view=att&th=15808f97971aeeba&attid=0.2&disp=inline&safe=1&zw>

Officials Corner



Thank you to those parents that attended the Officials training clinic in October. A clinic is the first step in seeing whether officiating is something you'd be interested in.

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.

Mental Performance | Coach Gail



What You CAN and CANNOT Control

As an athlete, you only have so much energy and focus. So it's necessary to purposely choose to give that energy and focus to positive and productive thoughts and actions. To do that, it helps to think about what things you **can control** and what things are **out of your control**.

Some of the things you can't control might include:

- What your coaches say or do
- The decisions your coaches make
- The set or workout for the day
- Pool conditions at a meet
- Your parents, family members, friends, teammates-what they say or do
- Who you have to swim against

Some of the things you do have control over are:

- Your attitude/emotions/behavior/reactions
- Your thoughts
- Your work ethic/effort
- Your preparation
- Your nutrition/hydration/sleep
- How you choose to see yourself/your confidence
- Your technique/your equipment

It's a complete waste of your time and energy to worry and complain about the things you cannot control. What you CAN do is make a decision about how you're going to **choose** to **react** to those things. Make an effort every day to work on directing your energy only towards what you can control. You'll be a happier and more successful swimmer!

Thank you to the Cuda coaches and families for letting me be a part of your team. Have a most Happy Thanksgiving!

November Birthdays



Kristen Abdallah	Anna Ohrstrom Sandgren
Brianna Bratt	Harper Pecosky
Nicholas Dolan	Luke Sauls
Iris Kline	Elizabeth Schroeder
Samuel Lindberg	Surabhi Sharma
Jerry Liu	Victor Swarr
Stella Madrid	Kyle Waller
Cambrie Mahonchak	Mason Wangerin
Cody Mills	Abigail Zadorozny
Jack Moran	Alexander Zoe