

Message from the President

I can't believe it is already November, the time has flown by. The 2017-2018 meet season kicked off with the October Pizza Meet and Scary FAST Invite. The season opener pizza meet did not disappoint. (This was my first BCC Pizza Meet.) Coach Lauren did a great job with an opening cheer and got the swimmers and parents energized. The meet made me reminisce of my swimmer when he was that little. What great memories they were! There were lots of fast swims. Kudos goes to Coach Alan, Eric and Lauren for a great meet.

The Scary FAST Invite was well represented by the older CUDA swimmers. The meet was a great opener to the short course season. Thanks to Coach Alan, Andrew, Tom, and Eric for supporting our swimmers. It was a long weekend for coaches and families.

November brings the CUDA Pentathlon. This is a BIG meet for CUDA as we celebrate 30 years of the Pentathlon and this is our first home meet of the season. There are a few timing spots open on Sunday morning for the 13-14 year old session. This is a great way to knock out some of your service hours. Timing has one of the best seats in the house to watch the swimming.

Good luck to our swimmers at the ACES High Point and Vortex Fall Open swim meets this weekend. Just a reminder to check the CUDA website event page. The event page will list the coaches attending the meet, warm up and session start times.

Remember this weekend ends Daylight Saving. Make sure to change your clocks back 1 hour on Saturday evening. You don't want to show up late to the meet on Sunday!

Laura Lierz
CUDA President

president@teamcudas.com



CONGRATULATIONS TO **COACH TOM** for being awarded
CSI Age Group Coach of the Year!

CONGRATULATIONS TO **HARRISON LIERZ** for being selected
for the **USA Swimming National Select Camp!**
Harrison is the second CUDA swimmer ever to qualify for this training camp.
We are also excited that **Coach Tom** was able to attend the Camp!

CONGRATULATIONS are also in order for
CHARLOTTE FIEEIKI, SHANNON FERAN, PAYTEN IRWIN and **HARRISON LIERZ**
who each qualified for the **Colorado Junior National Camp!**

WAY TO GO, CUDAS!



Coaches' Corner | Head Coach Andrew



Time flies! It feels like we just got back in the water to begin short course season and our pursuit of short course season goals. We are just a few short weeks away from CSI Pioneer meet, Junior Nationals and our Cuda v FST Dual meet. These meets are excellent mile markers to see how our season is progressing so far. Think of them kind of like a mid-term.

We try to schedule meets that are appropriate mid-season meets for every age and level of swimmer we have on our team. Please make sure your swimmer is registered for the meet that is most appropriate for them. If your memory from the group meetings in September is a little foggy and you forgot which meet is the best fit for your swimmer- definitely reach out to your group coach and they will help you out!

[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:

[5 Things Kids Gain from Swimming](#)



Coaches' Corner | Coach Lauren

BCC Swimmers of the Month

Silver Group

Malia Zadorozny- Malia's earned this month's recognition for exhibiting most, if not all, of the characteristics of a truly excellent team member. She is an enthusiastic participant in whatever the group is doing and approaches each practice, each set, even each lap with a focused, positive attitude. In combining this engagement with a spirit of improvement and coachability, Malia has experienced some major breakthroughs in her technique, speed, and strength. Keep up the good work, Malia!

Andrew Liu- Andrew's displayed a new level of focus in his training, consistently seeking out ways to challenge himself, whether it means working on and being patient with picky fundamentals or turning his legs to jelly on a tough kick set. He's put some additional energy into his mental training as well, attending a coaching with Coach Gale, then coming back to practice the following day, happy to teach his teammates about what he learned. Big thumbs up to Andrew this month for showing us some of his leadership capabilities.

Red Group

Anisha Mehta- Anisha has become a standout in Red Group for her laser focus and openness to feedback. When an instruction or feedback is given, even if it's a general note to the whole group, she is no doubt engaged, soaking up everything like a sponge and applying it to her own strokes. It's probably not a surprise that Anisha's strokes are looking pretty mean at this point, yet they are still getting stronger and faster because of Anisha's strong work ethic and commitment to working on the picky stuff.

Zinedine Guezmir- Z has proven to be great addition to his group so far this season. He takes everything in stride, knowing when it's time to focus up and buckle down and when to just kick back and enjoy a goofy moment. Z's got the right idea on how to keep swimming fun, is always up for a new challenge, and his positivity is downright catchy. Though new to the team, he has literally just jumped in with both feet and is excited to be a part of the action. Way to go, Z!



Coaches' Corner|Coach Gail

Greetings CUDA Swimmers!

Thank you to all of you who came to my Mental Conditioning session on October 18th. You were awesome mental students! And kudos to the brave people who came up to demonstrate how paying attention to the details makes a difference. And yes, I should have let you all eat the Oreos!

As a reminder, and for those of you who weren't there, remember that EVERY DAY you have the opportunity to choose excellence or mediocrity. By deciding how much effort you put into practice, by the type of goals you set, and how much attention you pay to the details you're making the choice to be average or exceptional. If you want to be excellent and achieve your very best you need to be **All In, All Out, All The Time!**

ALL IN- Make the commitment to dive in and do whatever it takes. Show up with your best energy, passion and focus. Trust your coaches, trust the process, trust your ability.

ALL OUT- It's all about quality AND quantity of effort. Giving it your all is the only way to be excellent.

ALL THE TIME- What you do every day matters more than what you do once in a while. Consistency and strong habits are the secret to excellence.

So check in after practice every day and ask yourself, "Did I choose excellence or mediocrity today?" Be honest. And then decide how you're going to choose to be tomorrow.

Thank you to all the coaches, swimmers and parents of the CUDA organization for allowing me to be a part of your program. I'm thankful for your support and the opportunity to work with such a quality program and great group of swimmers. Sending you wishes for a very Happy Thanksgiving!



Mark your Calendar



Date	Event
Nov 3-5	Aces High Point @ Arapahoe and Heritage
Nov 4-5	Vortex Fall Open @ Mulberry Pool
Nov 6	CUDA Pentathlon Sign Up Deadline @ teamcudas.com
Nov 16	CSI Pioneer Sign Up Deadline 2 teamcudas.com
Nov 17	Team Picture Day @ VMAC
Nov 17-19	Colorado Junior National Camp @ DU
Nov 18-19	CUDA Pentathlon 30 @ VMAC
Nov 29	December Pizza Meet Sign-up Deadline @ teamcudas.com

November Birthdays



Kristen Abdallah	Zinedine Guezmir	Stella Madrid	Anna Ohstrom Sandgren	Kyle Waller
Mckayla Adams	Rony James	Cambrie Mahonchak	Harper Pecosky	Abigail Zardorozny
Jax Collins	Iris Kline	Robert McEachen	Elizabeth Schroeder	Alexander Zoe
Nicholas Dolan	Samuel Lindberg	Cody Mills	Surabhi Sharma	
Ellianne Effland	Jerry Liu	Jack Moran	Victor Swarr	

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? BCC Families can contact Andrea at bccscripsales@teamcudas.com. VMAC families can contact Joy at vmacscripsales@teamcudas.com.

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

Account Up to Date?

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.

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. This month the meeting has been rescheduled for the third Monday of the month; **Monday, November 13, 2017 from 7:00 pm to 9:00 pm at Veterans Memorial Aquatic Center (VMAC)**. We look forward to seeing everyone then!

Officials' Corner

Becoming an active CUDA official has the following benefits:

- No fundraising commitments
- Service hour requirements fulfilled by working a minimum of sessions
- 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're Interested in finding out more information, please contact Brad White at officialscoordinator@teamcudas.com

Website Updates



The following changes were made to the CUDA website:

- Added October newsletter [News | Newsletters]

* Need to be logged in