

Message from the President

Welcome to the 2017 Colorado Short Course Season!

Thank you to all the families who attended the CUDA Annual and Team Group meetings. The turnout was great. For those who could not attend, you should have received an email with a summary from the meetings. I would like to thank Jodi Walters for her participation on the board. Many of you know Jodi from seeing her on deck officiating, but Jodi was also our Board President for the past year. Jodi played a critical role in balancing the wet and dry side for CUDA. It was a pleasure working with Jodi the past year.

CUDA has an exciting short course season coming up. The coaching staff has created a fabulous Short Course meet schedule (check out the CUDA website for the schedule). CUDA will be hiring supplemental coaching staff for Elite and Elite-Prep and BCC groups. Olympian Connor Dwyer will be visiting with CUDA on October 14th. (This is a CUDA only event.) CUDA will end the short course season at home by hosting the CSI Short Course State Age Group Championships.

Swimmers are known for the dedication and determination. Swimming is both a physical and mental sport. CUDA is fortunate to have a Mental Coach on staff. Coach Gail will be hosting 2 sessions in October called Attention to Details. These sessions will be focused on the mental aspect of swimming. (Check out the Team Functions tab on the CUDA website for dates.)

I would like to close with a quote I find appropriate as our swimmers start defining their goals for the short course season.

“Dreams and dedication are a powerful combination.” - William Longgood

I am looking forward to a fabulous 2017 Short Course season. Go CUDA!

Laura Lierz

CUDA President

president@teamcudas.com

Coaches' Corner | Head Coach Andrew



October TRULY begins our short course season... at least as far as meets are concerned! We finally get to start racing against swimmers from other teams and these October meets start our journey towards short course season championship meets in February and March. While swims at our first couple of meets are never perfect, they give us an opportunity to works towards end of season perfection, or at least get as close as we can.

Going from an individual vantage point to a team wide perspective... We obviously don't have any results in yet from our 2017-'18 short course season, but we can look back on previous seasons and set our team goals ambitiously and appropriately. Here is a little cliff notes explanation of what I think is the most well rounded metric USA Swimming offers us to gauge our success vs other teams- They call it their Virtual Club Championships. Every team that logs swims during the season accrues points. In a very laymen terms, the better the swim the more points are awarded. The lower the time the higher the score. The beauty of this system is it's not just a handful of athletes that score, literally dozens of Cudas are able to help contribute. Swims for athletes ages 11-18 are eligible and every season we're able to compare our self from teams on the other side of Denver as well as teams from the other side of the country. It's a good barometer to let us see what direction the team as a whole is moving. Below is a chart of our progress the last view years. You'll see that there has been steady progress and that progress that shows no sign of slowing down! So if you've been with Cudas for years, you can be very proud that you've played a key role in our continued success and growth; and if you're just joining us, we're looking forward to your swimmer help us take those next couple of step in the right direction!

SC Season	USA Team Rank	Total VCC Points
2013-'14	521	99,300
2014-'15	419	116,514
2015-'16	340	129,012
2016-'17	291	143,342
2017-'18	???	???

[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:

[Teach Your Children to be Coachable](#)

Coaches' Corner | Coach Lauren

BCC Swimmers of the Month

Silver Group

Brooklyn Cardenas

"Hard work" should be Brooklyn's middle name. When she trains, it's not only about giving the maximum physical effort but focusing on doing even the littlest things correctly. This drive to better her skills and seek that next level of effort has made her a model teammate and will no doubt lead to some awesome racing this season.

Michael Roba

Michael is recognized this month not only for his considerable skills in the water, but for his tenacity. This kid's got grit! Being a multiport athlete is no easy task, but when Michael shows up to practice and gets in that water, he consistently finds the focus and energy to power through. He makes each practice count, even if he may not be feeling his best, which is the mark of a great teammate and great leader.

Red Group

Conleigh Groce

Conleigh has improved by leaps and bounds over the past few seasons, and she shows no signs of stopping now! Whether it's at practice or at meets, she continues to push out of her comfort zone, and is always looking for that "Perfect 10." Even though she's feeling confident in her strokes, Conleigh consistently asks what she can be doing better then does her best to apply coach's feedback. Keep it up, Conleigh!

Jonah Wang

Even in these first few weeks of the season, it is very easy to see that Jonah's got some serious goals in mind and is ready to put in the work to achieve them. Coaches and teammates can always count on him to listen well, focus on the task at hand, and work not only hard, but smart. When it's time to go fast, he knows how to turn it on big time and will leave nothing in the tank. Looking forward to what this season has in store for him.

Coaches' Corner|Coach Gail

Get Comfortable Being Uncomfortable

Sometime in your sporting life someone will tell you that you need to "get comfortable with being uncomfortable." You'll smile and shake your head like you know exactly what they're talking about. And then you'll walk away thinking, "What the heck was that all about?"

What it means is that if you're going to be successful as an athlete, you have to expect situations in your training and competition where you'll feel unsettled or ill at ease. Times when you'll feel unsure, apprehensive, pressured, nervous, intimidated, anxious, fearful or awkward. Times when you'll feel physically out of control or at your limits. And you have to learn to accept and be OK with those feelings and situations while they're happening.

Why? Because discomfort usually means that important change, growth or improvement is about to take place. You may be doing something that you've never tried or just don't feel confident with yet. But you can only develop as an athlete when you take risks and step outside what's comfortable.

So the next time Mr. Uncomfortable comes to visit, just invite him in and decide you're going to make friends with him!

Mark your Calendar



Date	Event
Oct 2	Scary Fast Sign-up Deadline @ teamcudas.com
Oct 2	Red/Black Sign-up Deadline @ teamcudas.com
Oct 6	Red/Black Relay Meet @ VMAC
Oct 7	Officials' Training Double Tree Hotel 83 East 120th Ave, Thornton 9:00 - 11:00 AM
Oct 14	Swim-A-Thon Athlete Clinic with Connor Dwyer @ VMAC
Oct 16	Board Meeting @ VMAC 7:00pm-9:00pm
Oct 18	Attention to Details Class with Coach Gail @ VMAC
Oct 18	Pizza Meet Sign-up Deadline @ teamc
Oct 20	October Pizza Meet @ BCC

October Birthdays



Lauren Anderson	Harrie Ha	Ryan Luo	Emily Sanchez	Rebecca Thompson
Ava Crumplar	Calvin Hodges	Sydney Mayes	Anna Sharples	Michael Troung
Anika Dash	Nattanan Jaraschatrkaew	Hayley MCGovern	Aanya Singh	Anushka Udeshi
Jackson Davis	Kaaviyan Kannaiyan	Tyler Mills	Margaret Swanson	Jonah Wang
RowanGranger	Emma Kulbida	Maryn Perschon	Sarah Tang	Malia Zadorozny

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](#).

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, October 16, 2017 from 7:00 pm to 9:00 pm at Veterans Memorial Aquatic Center (VMAC)**. We look forward to seeing everyone then!

Officials' Corner

First off, I would like to thank Richard Wilson for all the work he has done with Cudas and as the Official's Coordinator over the years, you will be missed.

There will be a **training opportunity** for those interested on **October 7th, 9:00am to 11:00am at the Double Tree Hotel (83 East 120th Ave. Thornton Co.)**. This 2 hour training class introduces you to what it's like to be a Stroke and Turn official.

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 Board meeting minutes for August [News | Board Meeting Minutes *]
- Added September newsletter [News | Newsletters]

* Need to be logged in