

WELCOME BACK, CUDAS!!!

Message from the Board

We hope everyone has enjoyed a well deserved break and is ready to dive into the 2018-19 swim season! We have been busy over the break! Working on new programming, meeting our new coaches and organizing our new groups. We are excited to share all we have been working on as the season begins!

The beginning of the swim year brings change to the Board. This year Teri Romero has reached her term limit. She has been an amazing Team Manager on the Board for the last 6 years. We appreciate the countless hours she has spent working to ensure our registration and billing systems work smoothly. Thank you, Teri! We look forward to seeing you in the stands!

We are so lucky to have parents who want to dedicate their time and skills to help support our team. The results of the Board election are in and we would like to introduce the 2018-19 CUDA Board of Directors:

- Michelle Moran
- Stacie Bailey
- Jon Kehmeier
- Jodi Walters
- Amy Schroeder
- Diana Bennett
- Clark Saenz
- Cathy Drozda
- Andrew Brand

The new Board will appoint officers at the September 10th Board meeting. Prior to that meeting from 7:00-7:30 at VMAC, we will be holding our annual meeting to officially present the new Board and Budget, review all that we have accomplished last year and what we expect moving forward. We hope you can join us.

We have also filled a couple of our coordinator positions. We are excited to announce that Bree Kimbrough will be taking on the role of Fundraising Coordinator for all swim groups. Please contact her at scripsales@teamcudas.com with any fundraising questions. We are also grateful that Jason Slavik has volunteered to be our new Officials' Coordinator. If you are interested in becoming an official, please, contact him at officialscoordinator@teamcudas.com. If you would like to support the team as a coordinator, please let us know if you are interested in any of the following positions:

- Hospitality Coordinator
- Website Coordinator
- Volunteer Coordinator

We are thrilled that you have chosen to be a part of our CUDA Family! Please feel welcome to reach out with ANY questions, thoughts or feedback. We are looking forward to working together this season!

Thank you,

CUDA Board

Stacie Bailey, President; Clark Saenz, Treasurer; Wendy Dolan, Secretary; Teri Romero, Team Manager; Heather Armon, Member At Large; Cathy Drozda, Member At Large; Andrew Brand, Head Coach

Fun at the CUDA Ice Cream Social and Swim!



Starting the new season in sync!

CONGRATS to our College Bound CUDAS!

Michael Acker
Front Range Community College
Westminster, CO



Lane Austin
Colorado Mesa University
Grand Junction, CO



Anna Barjenbruch
Colorado Mesa University
Grand Junction, CO



Courtnie Lingaas
Colorado State University
Pueblo, CO



Samantha Rhodes
Assumption College
Worcester, MA



Nathan Steeves
Hamline University
St. Paul, MN



Bella Walters
Colorado Mesa University
Grand Junction, CO



GOOD LUCK from your CUDA Family!!

NEW CUDA LONG COURSE TEAM RECORD HOLDERS

13-14 Girls:

100 Back (1:06.50)(8-10-18): **Sydney Bales**

400 Medley Relay (4:41.27)(2018 LC State):

Sydney Bales, Emma Kulbida, Indigo Armon, Makenna Lindeman

OPEN Girls:

100 Fly (1:03.97) (2018 LC Senior Zones): **Sophia Romero**

800 Free Relay (8:59.91) (2018 LC Senior Zones):

Shannon Feran, Charlotte Fieeki, Maggie Holst, Payten Irwin

200 Medley Relay (2:13.69) (6/29/18):

Makenna Lindeman, Maelynn Higgins, Payten Irwin, Jillian Martin

400 Medley Relay(4:31.79)(2018 LC Senior Zones):

Charlotte Fieeki, Payten Irwin, Sophia Romero, Shannon Feran

OPEN Boys:

50 free (24.21) (2018 LC Senior Zones): **Lane Austin**

100 free (54.25) (2018 LC Senior Zones): **Lane Austin**

200 Breast (2:30.82)(2018 LC Senior Zones): **Tony Saenz**

200 Free Relay (1:44.75)(6-29-18):

Harrison Lierz, Jones Ortega, Jackson McDonald, Lane Austin

400 Free Relay(3:40.35)(2018 LC Senior Zones):

Lane Austin, Sam Anderson, Jonus Ortega, Tony Saenz

800 Free Relay(8:08.02)(2018 LC Senior Zones):

Lane Austin, Jonus Ortega, Sam Anderson, Tony Saenz

200 Medley Relay(2:00.22)(6-29-18):

Harrison Lierz, Max Kulbida, Nic Coringrato, Lane Austin

400 Medley Relay (4:05.25)(2018 LC Senior Zones):

Michael Acker, Tony Saenz, Lane Austin, Sam Anderson

Please view all of our amazing team records on our website at teamcudas.com.

Announcements:

Fundraising WHILE YOU Shop®



Stop selling and start earning! Scrip fundraising is a no-selling program that allows families to raise money for their non-profit organization (NPO). Scrip is just another way to pay for everyday purchases using gift cards in place of cash, checks, and credit cards.

You purchase gift cards from your organization at face value, and your coordinator orders those cards from Great Lakes Scrip Center at a reduced price. The difference is an instant rebate for your organization. It's really that simple!

When you use scrip gift cards at your favorite retailers, you're fundraising while you shop. Great Lakes Scrip Center offers more than 700 of the country's biggest retailers, including grocery, department stores, gas stations, restaurants, hotels, home improvement, and more. Just by using scrip to pay for your normal weekly purchases, you can easily raise \$500 or more per year. It's time to put your shopping dollars to work!



This is the **EASIEST** fundraiser you will ever participate in!

Want an easy way to raise money for your swimmer
and team with your normal everyday shopping?!

Contact Mike and Bree Kimbrough at scripsales@teamcudas.com to get started

The merchants represented are not sponsors of scrip fundraising or otherwise affiliated with Great Lakes Scrip Center. The logos and other identifying marks used are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions. © 2017 Great Lakes Scrip Center LLC.



Coaches' Corner | Head Coach Andrew



Fall in swimming is like Spring in life. Things are new, things are fresh. New growth begins and flourishes. Many swimmers have a new coach or are in a new group. There's a sense of excitement for what lies ahead with the new season. After a month away, swimmers are excited to get back to doing the sport they do best. I speak for myself, and our other coaches agree, we're glad to be back at the pool!

This year is a little different than most. A couple of beloved long-term coaches have moved on to other endeavors. While they will be missed, I'm truly excited about the coaching staff we've assembled over the past couple of months. I have full confidence our new coaches will make a great first impression with your swimmers and they will continue to develop amazing working relationships throughout the season. I am beyond grateful for the loyalty and sense of team we have moving forward. I'm not good enough with words to accurately state how much that means.

Speaking of correct words- it's probably more accurate to describe Cuda as a family as much as it is to call us a team. We'll have swimmers ranging from beginners to Junior National level, all proudly wearing the Cuda cap. It can be said with confidence that nowhere else in the North Denver area can that experience be offered. I'm also proud of how we've been able to take a challenging situation (with the closure of BCC) and turn it into a positive experience. It provides a unique and exciting opportunity for Cuda to have almost all of our practices under one roof, in one body of water. Which in the end, is a cool and positive turn of events.

Okay, enough talking about the season, let's make this happen!

[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:

[Discovering Joy and Meaning in Sports](#)



Coaches' Corner | Associate Head Coach Eric

I am truly excited to be entering my second season with CUDA and my new role with the team. This will be my 17th season coaching that has spanned all levels of the sport. I believe that the sport of swimming can develop qualities each person can take with them for life. I strive for each swimmer to learn dedication, determination, time management, goal setting, teamwork, and sportsmanship. I believe that each swimmer should be encouraged to pursue their individual goals based upon their ability. My wife Barbara and I have three kids, two of which swim on the team, Ethan (Black group), McKayla (White group) and Carter (future CUDA).

I want to thank all of the Developmental and Advanced Developmental families from last season. Your kids were awesome to work with and I really enjoyed seeing all of their progress last year. I will look forward to watching their continued growth this season and beyond.

In my new role, I will have the opportunity to work with our three older groups, Senior, Elite Prep and Elite on a daily basis. For Senior group, this will truly be a positive change as both Coach Alan and I will be coaching that group each day. Having two coaches working with this group will allow us to take that group to the next level and help the swimmers achieve their individual goals. This will also allow Coach Andrew and myself to also work with the younger groups throughout the season. On the "dry side" I will be assisting with a lot of the team administrative duties each day. My number one goal is to improve communication to parents. I will have scheduled office hours and will have those published soon on our website.

Altogether, I am really looking forward to continuing to build upon the success of CUDA and making the entire team even stronger as we move into the future.

See you at the pool,
Eric



Coaches' Corner | Head Age Group Coach Damon

Hello CUDAS,

My first memory of swimming was wanting to go off the diving board with my brother and cousins at our local plunge in Southern California. The lifeguard had me take the swim test, which consisted of swimming crawl stroke across the pool (I didn't hear it called freestyle until the Olympics came to LA). So, I swam across the pool, something I don't remember not being able to do, only for the lifeguard to tell me "You CAN'T go on the diving board because you're too short". This began my hatred of the word can't.

Since that day I have been a collector of CAN moments. Almost all of you have flown in an airplane at some point in your life. It is weird to think that 115 years ago there were no airplanes. That is quite a short time in the scale of human existence. I had an opportunity to visit Kill Devils Hill, on the Outer Banks of North Carolina, during the 100th Anniversary of Flight. I walked the length of the first flight, which was approximately 12 seconds long and all of 120 feet, about 45 feet shorter than a 50-meter pool. They took two other flights that day with the last one traveling over 800 feet. Now, thanks to their work, we are flying around the world. Despite countless failures the Wright Brothers proved that humans CAN fly.

Everyday we have multiple CAN moments. How do you seize yours? What makes you choose to CAN'T? These questions can change your life. We all have our choices. Choose wisely.

Coach Damon



Coaches' Corner | Coach Lauren

Hi there, Cudas,

Happy fall and welcome back! If you are new to the team, we are so excited to have you. My name is Lauren Bortnowski, and I'm proud to be in my 5th season with the Cudas. I currently oversee the training and operations for the majority of our 10 & under swimmers and primarily coach the Red and Silver training groups.

I'm truly excited for the learning opportunities we're able to present to our younger athletes this fall including more time spent in our magnificent home pool at Veterans Memorial, the chance to get to know and learn from other awesome Cuda coaches, and a training program filled with variety, appropriate challenge, and most importantly, lots of fun.

As we get into the groove these first few weeks, please don't be shy about reaching out with any questions via email (coachlauren@teamcudas.com) or to say hello before or after practice if we're meeting for the first time. We will do our best to make sure communications go out before important happenings, but there will also be informational meetings held for all groups toward the end of September/beginning of October to get everyone on the same page.

Again, whether you are new or a veteran, you are a valued member of this team. I'm looking forward to working with all of you to make this season one of our best yet.

Coach Lauren



Coaches' Corner | Coach Alan

Welcome back swimmers!

I would like to welcome everyone back to the upcoming 2018-19 season. This will be my seventh year with the Cuda's. This season, I am coaching the white group and senior group. When I'm not at VMAC, I teach chemistry at Prairie View High School. Prior to coaching with the Cuda's, I was the head coach for Mountain View High School boys' and girls' team, head coach for Greeley Central girls' team, and head age-group coach for Longmont Swim Team. I'm looking forward to a fantastic season!

See everybody at the pool!

Coach Alan



Coaches' Corner | Coach Gail

Who is Coach Gail and What Is Mental Performance Coaching Anyway?

Greetings CUDA families,

I've been affiliated with the CUDA program since 2014 in the role of Mental Performance Coach. I've done several group workshops, worked one on one with many individual athletes, and cheered at a few swim meets. But I still haven't had the opportunity to meet or talk with many of you. And it's come to my attention that what I do is a bit of a mystery. So I thought I'd share a little about mental coaching.

Because being successful as an athlete is at least 50% mental, it's important for athletes to learn about, develop and refine their mental skills along with their physical training. My goal with my athletes is to ensure they're as mentally strong and mentally prepared as they are physically. To help them build a tool box of skills and strategies that will allow them to manage whatever challenges their sport (and life) may throw at them.

It's a common misconception that only high level athletes or someone who is having problems can benefit from working with a mental coach. But mental toughness is a skill that should be developed alongside the physical every day at training, no matter the level of the athlete. Athletes should be practicing mental skills like breathing, relaxation, visualization and disciplined thinking. They should be proactively improving traits such as focus, resilience, tenacity, courage, emotional control and confidence. And they should be gathering tools for dealing with anxiety, frustration, nerves, failure, pressure and doubt. Then when problems do arise, they're equipped with a wealth of options for confronting these challenges.

So my job is:

- To educate my athletes and provide them with the other 50% of the training they need to be their very best.
- To be an additional coach, resource, and contributing member of the athlete's "team."
- To inspire, encourage and motivate my athlete's to achieve their biggest dreams and goals.

If you have any other questions, might be interested in individualized coaching, or just want to introduce yourself I'd love to hear from you! I'll try and make it to a meet or two this summer, so please say hi and let me know what more I can do to help out your swimmers. I consider it a privilege to be a part of your child's journey.

Cheers to a most successful season!

Gail Royce



Mark your Calendar



Date	Event
Sept. 4	First Day of Practice @ VMAC
Sept. 6	Board Election & Budget Approval Deadline (Midnight, 12:00am)@Election Buddy
Sept. 10	Board Meeting @VMAC 7:00-9:00pm
Sept. 10	Annual Meeting @VMAC
Sept. 15	Broomfield Days Parade
Sept. 19	Sept. Pizza Meet Deadline @teamcudas.com
Sept. 21	Sept. Pizza Meet @VMAC
Sept. 24	Red/Black Relay Meet Sign-up Deadline @ teamcudas.com
Sept. 28	Red/Black Relay Meet @VMAC

September Birthdays

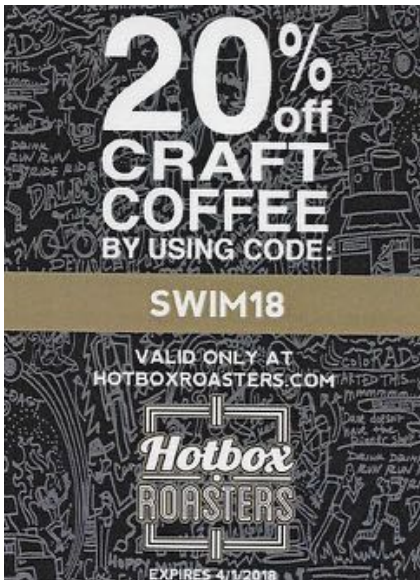


Addison Constantinides	Valerie Kim	Abigail Philipsen	Sophia Swanson
Linda Chi	Avery Henninger	Addison Shaffer	Allison Xin

THANK YOU...
to the wonderful businesses that have sponsored our Cuda Team this season!



Make room for a little fun.™



Fundraising



The Cudas have a couple easy methods to earn money that gets credited to your account. Some families earn hundreds of dollars every season.

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](#).

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: Bree Kimbrough at scripsales@teamcudas.com.

Do you want to see what fun is going on at the pools?

Follow us on Twitter:

<https://twitter.com/teamcudas>

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 meeting. They are held the second Monday of every month. This month the meeting is scheduled for **Monday, September 10, 2018 from 7:00 pm to 9:00 pm at Veterans' Memorial Aquatic Center (VMAC)**. We look forward to seeing you there!



Officials' Corner

There isn't a better time to become an official!

If we have enough interested in a Stroke and Turn clinic, we can schedule one. Short Course season is here and it is a great opportunity to start training as an official. All hours spent in training also count towards your service hours.

Becoming an active CUDA official has the following benefits:

- No fundraising commitments;
 - Your \$50.00 fundraising charge is credited back to your account once you have completed enough sessions;
- Officiating expenses covered
 - We will reimburse you for the background check, registration fee and pay for the custom officials shirt;
- Service hour requirements fulfilled working a minimum of sessions;
 - There isn't a rush to sign up for the volunteer hours when they are posted;
- You become actively involved with Cudas;
- You help raise the visibility of the Cudas;

While training to become an Official, all of your home meet hours spent in training count towards your service hours. Check the Web Site for more information (must login).

**If you're interested in finding out more information,
please contact Jason Slavik at officialscoordinator@teamcudas.com**



Website Updates

The following changes were made to the CUDA website:

- Added July 2018 Board Meeting Minutes [News|Board Meeting Minutes]
- Added August 2018 Newsletter [News|Newsletters]

* Need to be logged in

