

A message from the President

With Change, There is Opportunity

Short Course Season will soon be over with many of our swimmers having made Silver State, Colorado State, Zones, and Sectional times. This demonstrates that consistent work, and practice attendance, results in achieving personal swimmer goals. Our excellent coaching staff has also contributed to the great accomplishments of all of our swimmers.



The Team, as a whole, is growing and financially healthy. Year-after-year our Board members have continued to promote a conservative approach to spending with the emphasis on hiring top-quality coaches, keeping dues reasonable, and to spend Team money wisely. The fiduciary responsibility of the Board is to support our programs and also to save enough money to support the Team should we have a drop in revenues or an unforecasted expense.

I announced, at the Feb. 15th Parent/Registration meeting, that FRCC has chosen to close the pool, effective March 6th, due to a recent notice (to the College) that they must update the pool drains to meet a new National drain safety mandate. This drain update is estimated to cost over \$20,000. At this time, given educational budget constraints, the College feels that they cannot incur the \$20,000+ amount for the repairs. Therefore, they recently notified our Team that they will be closing the pool permanently.

As we are all aware, new pools are not being built as fast as new soccer fields or playgrounds. And, the few, new pools that are being built (ex., Adams School District 12) are already reserved for existing aquatic programs. Over the past year, the Board has been actively working on finding a permanent pool facility for our FRCC swimmers.

This being said, at this time we have several very strong options for both a temporary (6+ month) and a permanent pool facility for our FRCC swimmers. We will strive to maintain current practice times when we do move to a new, temporary, facility. As of March 8th, our FRCC swimmers will have several pool options for practice during the week, and we are also adding Sunday morning practice times to provide additional swim time for FRCC swimmers. **Actual practice days/times will be distributed by February 28th.**



In regards to a permanent, new 'home' for all of our FRCC swimmers, here are the current, most viable, options:

- Work with the Lafayette YMCA as they build a brand new, double - six lane pool/aquatic facility. We would be the exclusive, USA-swim team at this facility.
- Work with a nearby City or Recreation District on the use of one of their lane pools.

We anticipate that our move, to a new, permanent facility, will enable us to also attract new Team swimmers from areas not currently served by the CUDAs, or another USA-Swimming swim team. *We will continue to offer our full swim team practice at the BCC pool and with our current coaching staff. We have valuable BCC pool time and see our team continuing to swim at two, and possibly three, swim facilities.*

We wish to reassure all CUDA parents that we intend to offer the same, high-quality, swim program, with minimal interruption, after the finish of Long Course Season. We ask for your continued patience and continued support of the Team as we work to find a permanent facility for our FRCC swimmers. The Team has weathered other major issues and come out as an even stronger Team.

If you have any questions, or concerns, please feel free to contact one of our Board members. Board member's emails are listed on the www.teamcudas.com web site.

[Karen Zimmerman, BBSC President](#)

Coaches Corner

Head Coach's Report - Tex Doherty



The Northern Colorado Winter Districts Swim meet review

The Broomfield Barracudas earned the 2nd place Large Team trophy this last weekend at the Northern Colorado Winter Districts meet. 1st place went to Fort Collins (FAST) and the Barracudas (CUDA) earned 2nd ahead of Loveland Swim Club (LOVE).

The CUDAs leave Estes Park after breaking 5 of the Northern Colorado meet records: Kris Kerr leaves behind new records in the 11-12 boys 100 backstroke, 200 freestyle, and 500 freestyle. Ian Dretzka cleaned up his butterfly technique and came away with the boys 10 & under 50 butterfly meet record. Anissa Mata swam backstroke, Amanda Sanders breaststroke, Melanie Buckles the butterfly and Abi Young the freestyle on the 13-14 girls 400 Medley Relay. All swam fast enough not just to win, but to give the CUDAs a new meet record in the event. Congrats record-breaking Barracudas!

At the end of the meet, high point awards were given out. Our 13-14 girls swept up the high point awards: 1st place went to Abi Young, 2nd place to Anissa Mata, and 3rd place to Brittany Holloway. In the Senior boys age group, Clint Dierking took 3rd overall, thanks in part to winning a tough battle in the 500 free on Friday night. Kris Kerr got the 1st place award in 11-12 boys to go with his meet records, while Ian Dretzka commemorates his meet record with the 3rd place award in the 10 & under boys age group.

Our JO's team got stronger as we added 3 new swimmers who qualify for us. Elysia Hartojo and Mary Lombardi both achieved their first JO qualifying times in the 11-12 50 backstroke while Hillary Lutkus got her first ever in the 11-12 500 free (proving that a fast 500 free can be swam at high altitude).

Many swimmers who will be representing the CUDAs at Silver State were able to add to their list of qualifying swims. The Silver State meet is shaping up well for the CUDAs. Mackenzie Saenz added a few qualifying times in the 11-12 age group, while Melanie Buckles added several Silver State times in the 13-14 girls division and Jacob Hahn added a couple of swims to his list of Silver State times in 10 & under boys. Kenji Holmes finished the meet with his best race, qualifying for his first time in the 13-14 boys 200 IM.

~ Coach Tex

Coach Tom's report



Swimmers of the month from BCC

Red Group

Boy: Daniel Bradford
Girl: Annemarie Abeyta

Silver Group

Boy: Brian Megna and Stephen Mackey
Girl: Kamryn McIntosh

Let me start off by saying a huge thank you as we come to the end of the short course season. Thank you to all the kids who have been coming week in and week out and working their tails off. Thank you to all the parents for bringing said kids, signing them up for meets, and volunteering more time on top of all that. Thank you to the other coaches and the board for their whole hearted support this season. With all those out of the way....Congrats to our first swimmers of the month in my tenure! I will choose a boy and a girl from the red group and the silver group to represent the swimmer of the month. Generally, the chosen swimmer will have had a great month of practice *and* have swum well in at least one of the meets offered for that month. Please check out January's swimmers.

It has been a thrill for me to see the improvements that are occurring daily in our swimmers here at BCC. We have two goals at our pools, to get better and to have fun. I have seen both reached almost daily. The one problem Coach Laura and I have had as coaches this season involves the meets. We both completely understand the lives of both parents and children, and how hectic it can be on both parties. That being said, our job as coaches is to help your child improve in the competitive swimming world. To do this to the best of our ability we need for the kids to be competing. We have offered meets of all levels throughout the year, and unfortunately we had a decent number of our kids that were not able to record a single official swim time throughout the season.

Competition can be an intimidating word, especially to new swimmers. As a coach I have made sure that the summer season includes meets for all level swimmers, as did our schedule for this season. This caters to us at BCC as there are higher level 3 day competitions and some closer smaller meets. As fun as pizza meets are, these are more jumping off points for our younger swimmers, and our new swimmers that our easing their way into the pool. The times achieved in these meets are not official as these are inters quad meets.

We had a big problem this season with people being signed up for meets, and for whatever reason not being able to attend. I contribute this to a lot of new families, and us changing the way you sign up for a meet half way through the season. As we all get more comfortable with the ins and outs of the CUDA team I would really like to see more swimmers from both red and silver begin to attend the meets more regularly. Swimmers truly benefit from

competing by gaining confidence in their abilities, and after the meet is over they have feedback from the coaches for areas of improvement to work in practice. It also helps that we have four sets of eyes on the kids at meets, so one coach may pick out something another has missed.

Swim meets also are the best time for the kids to be teammates to one another. I absolutely love the fact that the kids seem to really get to know one another and have a good time with their teammates at meets, and this is one area that kids miss out on when they do not attend. The summer schedule will be up on the website in the near future, and I urge all the parents to look at the schedule and pick one or two meets that you will be attending and mark them on your calendars. Parents, I see the same getting to know you occurring in the parent section at meets as I do with the kids so come on out and don't be shy!

Swimmers of the month from BCC

Red Group

Boy: Daniel Bradford - Daniel has been swimming for two months, and in those two months has shown great enthusiasm and improvement. Daniel had a great first meet at Eaton where he swam in the first heat of all his events and still swam some amazing times!

Girl: Annemarie Abeyta - Annemarie continued her solid eight and under season at Northern Colorado Districts in Estes Park where she not only ran endlessly around the hotel, but she also swam all best times and came back with a slew of ribbons!

Silver Group

Boy: Brian Megna and Stephen Mackey - Brian and Stephen both started off the season having never really swum before. They continued to come to practice almost daily and put up with me hovering over them, and also did everything the coaches asked to get better. Their hard work, dedication, and attendance in almost all the meets has set them up to continue to improve and have a great summer season.

Girl: Kamryn McIntosh - Kamryn had great meets at both Districts in Estes, and the Eaton meet. Kam has ascended from developmental this summer to be poised to move up to white in a single season. She has really grown into a swimmer this season, and her hard work in practice serves as a model to the rest of the kids.

~ Coach Tom

Swim Successes!

Sectional Times & All-Stars

Sectional Success!

Mattew Maines has reached his first Sectional time in the 200 back with a time of 2:02.64 which is an improvement of 6 seconds to make this time cut. Matt will be going to the Sectional Meet held in Federal Way Washington this coming March. An awesome accomplishment and a great example for all our swimmers to strive to achieve! Way to go Matt!!! Swim fast in Washington!

All-Start Team Swimmers!

Katalena Laufasa-Duncan and Kris Kerr were chosen for the Colorado All-Stars team to compete at the Mid-Western All-Stars meet in January. Both swimmers did a fabulous job helping Team Colorado secure 1st place for the meet. The meet was held in Lawrence Kansas and 7 states sent their top swimmers to compete. Kris took 2nd place in the 100 back and 3rd place in the 50 back. Katalena built up many points for the team as she consistently dropped time in 5 out of her 6 events – she took 5th in the 200 back and 6th in the 200 IM. An impressive display of swimming by all!




Upcoming Meets & Events

Mark your calendars!

Feb 20 th	Pizza Meet BCC – Developmental, Red & Silver swimmers. Warm ups at 4:00pm
Feb 27 th – Mar 1 st	Silver State & Senior State
March 6-8 th	Colorado State Meet (hotel info below)
March 14 th -15 th	CUDA Challenge (Info below)
March 22 nd	CUDA Classic – Home Sponsored Meet – Volunteers will be needed!

<p>Colorado State Meet March 6-8</p>	<p>Given that the Colorado State meet (March 6 – 8) is always a packed event, hotels near the FAST pool are filling quickly. If you wish to stay with other swimmers/families, we have reserved a block of 19, non-smoking rooms at the Sleep Inn. 3808 Mulberry Street Ft. Collins, CO 80524 (970) 484-5515</p> <p>To reserve a room, call with your credit card information and tell them you are with the Broomfield BarraCUDAs. The rate is \$59.49 + tax. Rooms are 'first come' and may be gone quickly.</p>
<p>CUDA Classic March 22nd at BCC</p> <p>Volunteers Needed!</p>	<p>The CUDA Classic is one of our Team sponsored meets. The meet is for ALL 10 & Under swimmers and will be held on March 22nd, at the BCC.</p> <p>We will need many volunteers to run this meet.</p> <p>Look for additional information regarding volunteer opportunities. This is one Team event where you can fulfill your Long Course volunteer obligation of 4 hours.</p>
<p>CUDA Challenge</p> <p>GET READY!!! March 14 & 15th</p>	<p>***CUDA Challenge Annual Team Fundraiser***</p> <p>Our annual Team fundraiser is in full swing. We ask that all swimmers participate. Volunteers will be at both pools handing out individual swimmer pledge packets. Please fill out and return you swimmer(s)'s pledge packets before March 13th.</p> <p>Pledge packets are in an envelope at the BCC pool, bulletin board. Please pick up one packet for each of your CUDA swimmers.</p> <p>You may also receive an email from our CC Coordinator, Jackie Hahn, to arrange a time to pick up your packet if you are unable to stop by the BCC pool.</p> <ul style="list-style-type: none"> • Annual CUDA fundraiser with all swimmers participating • March 14th or 15th – 2 hours of swim fun to meet pledge goal • Raise funds for equipment and to offset Club expenses • Pledge forms will be handled out today and at both pools • Tyr mesh swim bag for each swimmer who returns <u>one</u> of the following before March 14th: <ul style="list-style-type: none"> 10 completed sponsor/pledge forms (Club will mail), or, \$50 and 5 completed sponsor/pledge forms, or, \$100, or more, in pledge donation checks • <i>Please place a 1st class stamp (42c) stamp on each completed pledge form.</i> The Team will mail your pledge forms for you and also send a tax receipt to each contributor <p>Please contact Jackie Hahn, CUDA Challenge Coordinator, jackiepoorhahn@aol.com</p>
<p>Volunteer Hours – Short Course Season</p>	<p>A friendly reminder to all CUDA parents/guardians.</p> <ul style="list-style-type: none"> • BBSC operates on limited budget with dues and fundraising as main sources of revenue. Volunteering keeps dues stable. • Most swim teams look to parents/guardians to support programs and as an opportunity to be involved with their swimmer(s) • Each <u>family</u> is required to provide a minimum of 4 volunteer hours (at CUDA meets, events, programs) per Short Course, and Long Course, seasons <p>Families who are unable to complete the volunteer hours required will be assessed a tax-deductible fee of \$25/uncompleted volunteer hour. High school and new swimmers will have a pro-rated volunteer hour obligation.</p> <p>Visit www.teamcudas.com web site: Club Info. – Volunteering</p>

<p>Fund Raising</p> 	<p>Please remember to check the many, easy ways to support the Team and to meet your seasonal (short course Sept-Feb; long course Feb-July) fundraising obligation of \$50 per season per family</p> <ul style="list-style-type: none"> • Most sports teams have a fundraising program to offset expenses • CUDA fundraising program (not including the CUDA Challenge) is 'by family', not by swimmer • CUDA program offers quick, easy means to meet the Seasonal Fundraising requirement. Any combination of: <ul style="list-style-type: none"> King Soopers gift cards (purchase from Scott and Kellie Bratcher) Online Scrip/gift card program purchases Business donations/sponsorship • Each family is required to meet their \$50 fundraising obligation, for Short Course and for Long Course season, through any combination of scrip/gift card purchases, business donation, or a personal donation • Visit www.teamcudas.com web site: Club Info.-Fundraising <p>If you have any questions regarding fundraising, contact Vera Roda at CUDAscrip@gmail.com</p>
<p>CUDA Partnership with Tyr</p>	<p>We are pleased to announce that our Team will partner with Tyr for our Team suits and apparel/gear. Partnership, with Tyr, provides our Team with a cohesive 'look' and standardized meet apparel. All swimmers are encouraged to purchase Tyr gear, as new race suits and equipment is needed.</p> <p>Please visit the Team web site for more information, photos of apparel and gear. You can 'click' on the MISports icon (on the home page) to contact MISports to order your Tyr apparel. MISports can also provide sizing and specialized CUDA logo services.</p>
<p>New Board Members</p> <p>Welcome Kevin Mackey – BCC parent of 2 swimmers!</p>	<p>At the February 15th Parent/Registration Meeting the parent/guardian majority voted to retain Karen Zimmerman (incumbent) and to add Kevin Mackey (BCC swimmer parent) to the Board. Each member has an 18 month term (March 2009-September 2010). Board assignments will be decided at the March 16th Board meeting.</p> <p>The monthly Board meetings (held each 3rd Monday, 7:00 pm, BCC conference room) are open to all CUDA parent/guardians. Please plan to attend a Board meeting to hear all that is being done for the Team and our swimmers.</p>
<p>Dues Payments</p>	<p>Given our FRCC pool closure (March 5th), please drop off your FRCC swimmer's payment at the DUES box at the BCC pool. Or, you may mail your dues payment (please write your swimmer's name and 'DUES' on your check) to:</p> <p>BBSC: PO Box 120 Broomfield, CO 80038</p> <ul style="list-style-type: none"> • Dues and meet fees will be billed each month on the 21st to your e-mail account at the Team web site: www.teamcudas.com • Please make your payments by the 1st of the following month • Past due SC Dues and Meet Fees need to be paid in order for your swimmer/s to continue practicing & enter meets for Long Course season • Please make arrangements with the Treasurer if a payment plan is needed
<p>Team Communications</p>	<p>If you have not done so already, please visit the Team web site and register yourself as a CUDA parent. ALL Team communication, meet information/registration, Team events, member updates, swimmer account/invoices, etc. is done via email and posted on the Team web site.</p> <p>*You must use the web site to register your swimmer for any Team event and swim meet, through the web site. Web site: www.teamcudas.com</p> <p>Please contact Laura Peterson, petersonlaura@earthlink.net, with any questions regarding registering as a CUDA parent.</p> <p>The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>

**Broomfield Barracuda's Swim Club
Meet Schedule - Summer '09**

Date	Name	Group	Location
March 22	CUDA Classic	10 & unders	BCC
April 2-5	Far Westerns Championship	qualified	San Jose, CA
April 4	Brighton April Fools	D, R, S	Brighton Pool
April 11	CSI Catch-the-Spirit Camp	apply w/CSI	TBA
April 11	Surburban League Pentathlon	R & S	Meyers Pool
April 17-19	Foothills LC Open	S & up	Carmody Pool
May 1-3	FAST Spring Splash LC	W & up	EPIC, Ft. Collins
May 3	CUDA One Day LC	below Silver State	TBA
May 15-17	Foothills LC Open	S & up	Carmody Pool
May 22	Pizza Meet	D, R, S	BCC
May 29-31	ACES LC Open	W & up	Lowery Pool
June 4 th	NCS Silver Circuit	D,R, S	BCC - No practice at BCC this day
June 12-14	NJ LC Summer Open	qualified	Meyers Pool
June 12	Pizza Meet	D, R, S	BCC
June 19-21	CSC Summer Invitational	B/BB times	Columbia, MO
July 10-12	NCS Champs	ALL TEAM	EPIC, Ft.. Collins
July 23-26	Long Course JO'S	Qualified	EPIC, Ft.. Collins
August 1-2	Northern Colorado Meet	non-JO swimmers	TBA
August 4-8	Western Zones	Qualified	Hawaii

- **Bold meets require qualifying times**