

A message from the President
Happy New Year to All Our Great Swimmers and Swim Families !

2009 looks to be an exciting year in many ways and continued growth for the BBSC. Our coaches were pleased that so many swimmers attended practice during the holidays. This means that our swimmers stayed in shape and are prepared for the last of the Short Course season meets.

We have a full meet calendar, in January and February, and encourage all swimmers to attend as many meets as possible. Racing is fun and an opportunity for each swimmer to show how much she, or he, has progressed.

If you haven't had a chance to do so, please visit the www.teamcudas.com web site and register to receive emails and electronic newsletters. ALL of our team communications is now being done via email/newsletters and posting of important information on the team web site. It is the responsibility of each swimmer parent/guardian to keep on top of the information being emailed, or posted, so their swimmer can fully participate in team practice, meets and events.

Should you have any questions, please don't hesitate to send an email to me, or any Board member, as we're your elected Board and here to serve our swimmers and families. You may also see us at the two pools and we welcome the opportunity to chat with you.

Karen Zimmerman – BBSC President karenzimmerman@teamcudas.com

Coaches Corner
Head Coach's Report - Tex Doherty


Recently, I've seen some football and basketball on television, since swimming only appears every 4 years and the London Olympics is still 3 & ½ years away. Watching some other sports reminds me of some aspects of swimming that make our sport unique. When you watch football, one can argue that this player or that player or that coach made the difference in victory or defeat.


In swimming, when the swimmer gets up on the block and swims a great race, the swimmer deserves the credit. The talent belongs to the swimmer, and the training is offered by a coach to the swimmer, but ultimately, the swimmer is the one who commits to training better. Also, watching fans of some of the team sports, often the officiating is called into question and seems to be a large factor in the outcome. Again, swimming is very different, since the winner of the race is the one who touches the pad first. Officiating only tells us whether or not each swim is legal.

Swimming is brutally objective. There are no "Russian judge" stories as in ice skating, where the biases of a judge are blamed for a result. If you finish 2nd in a swimming race by one-hundredth of a second, all you can do is go back to practice and find ways to get better before the next competition. You can compare your time to your personal best or to people in your area, the nation, or the world. But no matter what any of those other people do, you are the only one in control of what your swimming times do.

Talent in swimming is given to you at birth, and it is certainly not equally distributed to all swimmers, but from there, it is up to you to find and develop your talents. No one can tell you exactly what your potential in the sport is, but your efforts over many seasons will expose more and more of that potential. I have watched swimmers develop into much greater athletes than I thought possible, after struggling with the sport for a couple of seasons. Sometimes success happens where it didn't seem possible, but success in swimming only happens to people who love to swim, and who continue to give their effort with no guarantee of success.

This is one of the things about swimming that is universal – people who eventually succeed (in anything), already committed their efforts, when there was no guarantee of success.

Also, becoming successful in any sport, or any endeavor, does require the help of other people. While swimming is viewed as an individual sport, coaches, teammates and parents help you reach your potential. The 2008 US Olympic team was composed of swimmers from fairly large teams. All of the Olympic swimmers benefitted from coaches and teammates over many years.

	<p>Teammates provide daily competition that keeps you accountable for your day's efforts – if you slacked off, more often than not, you know it because your teammate left you behind. Most of the Olympic swimmers trained with other Olympic swimmers, so that they got more out of daily competition. There is nothing more fun than racing a teammate in practice who was too fast for you to race before – you know you have made big improvements to step up to his or her level. The best teammates also help by encouraging you and being positive when things are tough. Think about how your teammates help you to work harder and swim faster. Who is the best teammate you have? Try to be the best teammate yourself by being positive when practice becomes difficult. Being a better teammate will make your teammates better, which again, benefits you.</p>																		
<p>Upcoming Meets & Events</p> 	<p>Mark your calendars!</p> <table border="0"> <tr> <td>Jan. 9 – 11th</td> <td>FAST @ Epic Pool</td> </tr> <tr> <td>Jan. 23rd – 25th</td> <td>TOPS @ DU Pool</td> </tr> <tr> <td>Jan. 24th</td> <td>Silver Circuit @ Eaton (Sign up by Jan 12th)</td> </tr> <tr> <td>Jan. 30 – Feb. 1st</td> <td>Winter District @ Estes Park (Info Below + Team Dinner)</td> </tr> <tr> <td>Feb 15th</td> <td>Team Registration Day LC season & Swimmer Party (Info Below)</td> </tr> <tr> <td>Feb 27th – Mar 1st</td> <td>Silver State & Senior State</td> </tr> <tr> <td>March 6-8th</td> <td>Co. State Meet (hotel info below)</td> </tr> <tr> <td>March 14th-15th</td> <td>CUDA Challenge (Info below)</td> </tr> <tr> <td>March 22nd</td> <td>CUDA Classic – Home Sponsored Meet</td> </tr> </table> <p>Important Note: Eaton Meet --The deadline to sign up for th Eaton Meet is Jan. 12th. This is a great meet for Coach Tom and Coach Laura's groups. Login in to the team website, review the meet information and respond if you can attend.</p>	Jan. 9 – 11 th	FAST @ Epic Pool	Jan. 23 rd – 25 th	TOPS @ DU Pool	Jan. 24 th	Silver Circuit @ Eaton (Sign up by Jan 12th)	Jan. 30 – Feb. 1 st	Winter District @ Estes Park (Info Below + Team Dinner)	Feb 15 th	Team Registration Day LC season & Swimmer Party (Info Below)	Feb 27th – Mar 1 st	Silver State & Senior State	March 6-8 th	Co. State Meet (hotel info below)	March 14th-15 th	CUDA Challenge (Info below)	March 22 nd	CUDA Classic – Home Sponsored Meet
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<p>Winter Districts – Team ‘Away’ Meet in Estes Park</p>	<p>This is our Team's Short Course season ‘away’ meet and we've had a lot of fun attending this meet in years past. The dates are Jan. 30th afternoon through Feb. 1st afternoon. Meet information has been posted. <u>Coaches encourage all swimmers to attend.</u> Please login in and respond to the sessions your swimmer can attend.</p> <p>We have reserved a block of 40 rooms at the Estes Park Rodeway Inn 1- 800 - 458-1182 or www.estesrodewayinn.com at a very competitive rate of \$59/night/room. These rooms, and this rate, will be held until January 21st.</p> <p>TEAM DINNER: The Estes Park Team Dinner will be at the Rodeway Inn, Saturday, Jan. 31st, at 6:00 pm. We have planned an Italian buffet (plenty of good carbs and protein for our hungry swimmers). The menu is: two types of pasta, chicken, salad, rolls, chefs choice of dessert and includes coffee/tea/milk/sprite. The cost is Adults - \$ 15.00 children- 12 & under \$ 10.00. This is a great deal as it includes the full buffet, tax and tip.</p> <p>So the hotel will know how many diners to expect and plan accordingly, we are requesting that you contact our Team dinner coordinator, Wendy Allee, Email: alyfmlly@q.com, with the number of adults/children attending. YOU MUST RSVP BY JAN. 21st if you will attend. Plan on paying by cash or check at the door.</p>																		
<p>Long Course Parent Meeting & Registration PLUS Swimmer Party</p> <p>February 15th</p>	<p>Be sure to mark your calendar for the LC Parent meeting/Registration, and swimmer party, scheduled for February 15th at the Broomfield Community Center.</p> <p>Registration is from 1:30-2:30 with the parent meeting from 2:30-3:30.</p> <p><i>*Our new Tyr-branded Team swim suits/apparel will be available for order through MISports. If your swimmer needs practice or race suits, goggles, paddles, fins or any other swim amenity, this is the time to purchase the items and receive the CUDA team discount.</i></p> <p>The swimmer party (movie and floats in the pool) with pizza and beverages is from 1:30-3:30 pm. All swimmers will be asked to bring a reasonably sized inner-tube, inflatable or suitable pool float.</p> <p>Cost is \$5.00 per swimmer/floater.</p>																		

**Colorado State Meet
March 6-8
Make Plans Early!!**

Given that the Colorado State meet (March 6 – 8) is always a packed event, hotels near the FAST pool are filling fast. 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**

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.

**Important Reminder:
GET READY!!!
March 14 & 15th**



2009 CUDA Challenge Fundraising Event

Our annual Team fundraising event, the CUDA Challenge, will be held on March 14th & 15th. Swimmers can choose which day to attend and fun swim events are planned. This is an event designed for all swimmers and an opportunity to raise monies that can be used to off-set dues increases, purchase new swim equipment (medicine balls, kick boards, etc.) and provide monies for Team events.

As in previous years, we will be providing each swimmer with pledge forms to raise monies from nominal pledges from family and friends.

Additional details will be forthcoming on the pledge process, swimmer pledge prizes and the fun swim events planned for this event!

New CUDA T-Shirts

We are excited to announce that we have new CUDA t-shirts for sale. This new design and we are asking that every CUDA swimmer purchase and wear their shirt to each swim meet, and team event. We are also encouraging parents/families to purchase shirts so we can show CUDA-spirit at each meet and Team event.



T-shirts are available in youth and adult sizes. **Cost for the T-Shirts are just \$10.** Cash only please. Please email Marilyn Kerr, MarilynKerr@teamcudas.com to coordinate the purchase of additional shirts

Fund Raising



**Short Course \$50
fundraising
commitment per
family is DUE Feb.
15th.**

Fundraising – Online scrip & gift card orders

We are pleased that so many families are purchasing the King Sooper Gift Cards and earning a percentage credit towards your seasonal \$50/family commitment. You may also purchase King Sooper certificates gift cards to use for purchase of groceries, grocery store gas, as well as the purchase of other national and local retailer's gift cards (Starbucks, Gap, Sears, Home Depot, Subway, etc.). You may purchase the cards, in \$100 denominations, from our Scrip Volunteers: Kellie and Scott Bratcher (scottkellie@earthlink.net). Please email Scott and Kellie to arrange a time to meet, at the BCC or FRCC pool during regular swim practice, to purchase your cards.

You may also purchase national/local retailer gift cards online through the CUDA fundraising SCRIP program
Use your online scrip/gift cards for all your friends, family, teachers, coaches, etc. gift giving!

A portion of each purchase is credited to your swimmer's account towards your Short Course, or Long Course, fundraising obligation. Please go to the team web site, Fundraising, for more details.

If you haven't enrolled yet please log-on at the following URL and begin ordering:

<https://www.shopwithscrip.com/index.aspx>

Enter your email address and our team's account number -89A6D31B14921

Choose from a wide array of retailers, including: American Express, Overstock.com, Zappos, Jiffy Lube, Starbucks, Borders, iTunes, Disney, Borders, Dell, etc.

	<p>If you have any questions regarding fundraising, contact Vera Roda at cudascrip@gmail.com</p>
<p>Reminders from the Treasurer and Business Manager</p>	<p>The new website billing is not fully functional yet and you are not able to pull up your balance due from your login. The process of setting up the system takes time, and will be fully functional by the end of February if not before. If you have questions regarding your balance, please e-mail Kathy Jaschke at cudacash@comcast.net.</p> <p>Also, if you have not paid your quarterly dues due Dec. 1st, please do so in the coming week. Thank you.</p>
<p>Monthly BBSC Board Meeting</p>	<p>The BBSC Board meets monthly, at the Broomfield Community Center, the third Monday of the month, from 7:00-9:00 pm. These meetings are open to all BBSC parents/guardians and swimmers. Please come hear what your parent-elected Board is doing on behalf of the Club.</p>
<p>Team Communications</p> <ul style="list-style-type: none"> - Newsletters - Email - Team Website 	<p>Each current swimming family should have received an email from our web email address with your specific password to log into the web site. You can change your password once you have logged into the web site. If you haven't received a password (please check your email 'junk/spam' folder) or are having trouble navigating to enter meets, etc. then please send an email to peterstonlaura@earthlink.net.</p> <p>As our team grows, we have found that web and email communication is the best way to reach everyone effectively. We will continue to post weekly updates and send weekly emails with important team updates. It is important you check the website and your email regularly.</p>