

A message from the President
Our Team

The BBSC has seen its share of changes these past years, with each change turning out for the positive. As with many 501c3, and community sports organizations we are dependent on the support and enthusiasm of our swimmers, swim families, and coaches. Our Club is healthy financially, despite the seasonal changes in swimmer numbers. We acknowledge that some families have chosen to move their swimmers to other teams due to the question surrounding a permanent pool for our Advanced White through Elite swimmers. The Board (all swim parents and our Head Coach) want to assure each swim family that we are actively working to secure permanent pool time for these swimmers.

We know that the change in pools and practice times, has not been always convenient and we Thank our families for their flexibility and positive attitude.

Our Club is well positioned to grow even larger given the expertise of our coaching staff and our geographic location. Also, our dues and associated fees are some of the lowest in the metro area. Through our Fundraising program, we are able to keep swimming affordable for many families and for those who are impacted in these tough economic times.

In regards to the **Fundraising program**, given the popularity of the King Soopers gift cards and the Old Chicago Pizza Pals coupons, we will continue these two independent fundraisers. You may see additional changes and enhancements to the Fundraising program as we continue to utilize these programs to offset costs associated with coaching salaries, pool and equipment expenses.

As always, please contact any member of your BBSC Board should you have questions. Our email addresses are on the www.teamcudas.com web site.

Respectfully, Karen Zimmerman, BBSC President

Coaches Corner
Head Coach Tex & Coach Tom

June was a very productive month for the Cudas in competition. 19 swimmers travelled to the University of Missouri Aquatic Center to race 600+ other swimmers from the middle of the country. Over 3 days, the team racked up 85% lifetime best performances. They also returned to practice fired up and preparing for an even better result at JOs. Team records from this season include:

Shelly Drozda	11-12 Girls 200 freestyle	2:18.25
Shelly Drozda	11-12 Girls 400 freestyle	4:52.99
Shelly Drozda	11-12 Girls 800 freestyle	9:59.40
Shelly Drozda	11-12 Girls 1500 freestyle	19:44.49
Elizabeth Peterson	11-12 Girls 100 butterfly	1:14.23
Elizabeth Peterson	11-12 Girls 200 butterfly	2:47.62
Shelly Drozda	11-12 Girls 100 backstroke	1:12.72
Shelly Drozda	11-12 Girls 200 IM	2:34.90
Shelly Drozda	11-12 Girls 400 IM	5:49.39
Andrew Jaschke	11-12 Boys 200 breaststroke	3:32.37
Brittany Holloway	13-14 Girls 400 freestyle	4:52.19
Abi Young	13-14 Girls 1500 freestyle	19:15.54
Amanda Sanders	13-14 Girls 100 breaststroke	1:22.71

We expect to improve on these and many others in July. This Saturday and Sunday, we will race in Ft. Collins at the Northern Colorado Swimming Championships. Two weeks later, our top swimmers compete in Ft Collins again, but this time at the Colorado JO meet. Our goal is to finish that meet in the top 12, and to do it, we will need all

	<p>qualified swimmers to commit to that meet this week and also those who can make their age group relays faster (the top 4 of each age group). We want to set Cuda records when we swim relays at State and have those swimmers proud to have been a part of our best performances. If your coach talks to you about being on a relay at JOs, make sure you can attend, and then jump on that opportunity.</p> <p>For those who do not compete at the JO meet, or those who have not qualified for all events, you can culminate your season with the NCS Summer Send-Off. The meet allows swimmers to swim events in which they are not qualified for JOs to compete in a short course meet to see how much faster they can go in those events than they could in the last season. The meet will take place at the Mulberry Pool in Ft. Collins. Sign up for this meet by July 19th.</p> <p>~ Tex</p>																
<p>Swimmers of the month from BCC</p> <p>Red Group Girl ~ Margret Swanson Boy ~ Sam Beaudry</p> <p>Silver Group Girl ~ Sydney Fields Boy ~ Richard Li</p>	<p>Red Group Girl~ Margret Swanson: Maggie is really coming into her own – she cleaned up at the Boulder 10 and under meet and has become one of the top 6 and unders in the state.</p> <p>Boy~ Sam Beaudry: With Sam's recent promotion to Red, he has become one of the hardest working and quickest improving kids in the Red group and this showed up at both the Silver Circuit and Boulder 10 & Under meet.</p> <p>Silver Group Girl ~ Sydney Fields: Being new to the team, Sydney has shown the drive to succeed and her swimming improves daily. Her abilities and attitude were on display at both the Silver Circuit and Boulder meet where she shined!</p> <p>Boy ~ Richard Li: Richard succeeded in his 1st meet in a long time at the Silver Circuit meet. Richard swam out of him mind! He has really stepped it up in practice and the results are showing.</p> <p>WAY TO GO SWIMMERS! ~Coach Tom</p>																
<p>Upcoming Meets & Events</p>	<p>Mark your calendars!</p> <table border="0"> <tr> <td>July 11-12</td> <td>Northern Colorado Championship</td> </tr> <tr> <td>July 17</td> <td>Pizza Meet</td> </tr> <tr> <td>July 22-26</td> <td>LC State (JO's)</td> </tr> <tr> <td>August 1-2</td> <td>NCS Summer Send-Off</td> </tr> <tr> <td>August 3</td> <td>Swim Team Party – Bay aquatics Center – 6:00pm start</td> </tr> <tr> <td>August 4-8</td> <td>Western Zones</td> </tr> <tr> <td>August 3 - 6</td> <td>CLINIC: New Swimmers – 4 days at BCC</td> </tr> <tr> <td>August 30</td> <td>Fall Registration – At BCC 2:00 pm start</td> </tr> </table>	July 11-12	Northern Colorado Championship	July 17	Pizza Meet	July 22-26	LC State (JO's)	August 1-2	NCS Summer Send-Off	August 3	Swim Team Party – Bay aquatics Center – 6:00pm start	August 4-8	Western Zones	August 3 - 6	CLINIC: New Swimmers – 4 days at BCC	August 30	Fall Registration – At BCC 2:00 pm start
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<p>Volunteer Job Sign Up</p>	<p>Great News - Volunteering Just got Easier!</p> <p>An Easier way to sign up to help out at Meets and get your credits for Volunteer hours. We now have in place an easy and convient way to sign up for specific job opportunities and functions for meet support.</p> <p>Under Events, select “Job Sign Up”, select the job you would like to do and it's that easy!</p> <p>We are using this NEW process for the Pizza Meet on July 17! Please try it out and let's mke it work for our team.</p>																

<p>Fall Registration</p> <p>Sunday August 30th at BCC</p>	<p>All parents/guardians are encouraged to attend the August 30th Parent Meeting and Swimmer Registration, being held at the <i>Broomfield Community Center Lakeshore room</i>. First half of Short Course Season dues and registration fees can be paid at this time. *Before August 30th, please take a moment to access your swimmer(s) account(s) on the www.teamcudas.com web site to see your current balance due.</p> <p>The Board will present important new Team information and be available to answer questions. MI Sports will be there and selling all CUDA/Team apparel and other swim gear.</p> <ul style="list-style-type: none"> ➤ 2:00-3:00 Registration and Dues/fees payments ➤ 3:00-4:00 Parent Meeting <p>We will have a raffle during the Parent Meeting.</p>																					
<p>Clinics</p> <p>New Swimmer ~ 4 day clinic</p>	<p>Plan Ahead! More info Coming Soon</p> <p>The coaching staff is planning on kicking off the swim season with a clinic for new swimmers. Details are still being worked out, but target dates for 4 day clinic for new swimmers at BCC August 3-6th.</p> <p>Each day will focus on one of the 4 strokes. Cost is \$30 and people can sign-up by emailing Tom.</p>																					
<p>Fall Swimming Kick-Off</p> <p>NG Swimmers: September 1</p> <p>BCC swimmers: September 8</p>	<p>Here are the tentative plans for fall swim season kickoff.</p> <p>White, Advanced White, Senior and Elite: start on Sept. 1 at Northglenn High School. We will have joint practice for white, adv. White, senior and elite groups the first Sept. 1 – Sept. 4. to review basic skills and stroke technique.</p> <p>Practice will be held 4:30 – 6:30pm. Please arrive 10 minutes early to be ready for practice at 4:30pm.</p> <p>The remaining schedule will be posted soon.</p> <p>Developmental, Red and Silver BCC begin their schedule below on September 8th, the day after Labor Day (BCC will be closed the first week in September due to standard maintenance). The times listed are tentative for now, and will be finalized prior to registration.</p> <p>Developmental</p> <table border="0"> <tr> <td>Monday/Wednesday</td> <td>6:00 to 6:45PM</td> <td>@BCC</td> </tr> <tr> <td>Tuesday/Thursday</td> <td>5:00 to 5:45PM</td> <td>@BCC</td> </tr> <tr> <td>Tuesday/Thursday</td> <td>6:30 to 7:15PM</td> <td>@BCC</td> </tr> </table> <p>Red Group (practice up to 5 times each week)</p> <table border="0"> <tr> <td>M-T-W-Th</td> <td>5:45 to 6:30PM</td> <td>@BCC</td> </tr> <tr> <td>Friday</td> <td>5:30 to 6:30PM</td> <td>@BCC</td> </tr> </table> <p>Silver Group (practice up to 5 times each week)</p> <table border="0"> <tr> <td>M-T-W-Th</td> <td>5:00 to 6:00PM</td> <td>@BCC</td> </tr> <tr> <td>Friday</td> <td>4:00 to 5:30PM</td> <td>@BCC</td> </tr> </table>	Monday/Wednesday	6:00 to 6:45PM	@BCC	Tuesday/Thursday	5:00 to 5:45PM	@BCC	Tuesday/Thursday	6:30 to 7:15PM	@BCC	M-T-W-Th	5:45 to 6:30PM	@BCC	Friday	5:30 to 6:30PM	@BCC	M-T-W-Th	5:00 to 6:00PM	@BCC	Friday	4:00 to 5:30PM	@BCC
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<p>Summer Team Party August 3rd</p> <p>6-10pm at the Bay</p>	<p>The summer team party has been booked on Monday, August 3rd at the Bay for a private party 6:00 - 10:00pm.. This is after all meets, but zones. This will be a great way to the end the season and celebrate an awesome year of swimming for all.</p> <p>Look for more info to be distributed in future communications.</p>																					

**Notes from the
CUDA Treasurer**

Change to Dues, Meet Fee Payment Policy, and Fund Raising Policy effective Sept 2009

DUES AND MEET FEE PAYMENT POLICY: All dues and meet fees are billed on the 21st of the month with payment due by the end of that month. Non-payment of all dues/fees past the 5th day of the following month will necessitate non-participation for the swimmer(s) until payment is made.

New Auto pay from Checking Option: We are currently in the process of setting up voluntary automatic withdrawal from checking accounts to pay your monthly bill. This change will be effective in September. More details to follow once we have the set up complete. At this time the board decided not to pursue the credit card payment option due to cost. Please send any questions you might have about the new process of checking withdrawal to cudacash@comcast.net

Fund raising Program change for Fall

Due to low participation, we will no longer be offering the Great Lakes (GL) Script program after this month. July will be your last opportunity to place an order. The team wishes to thank Vera Roda for her help in running this program for the team. THANKS VERA!

Payment for \$50 fund raising/family/season due at beginning of SC and LC seasons

A change moving forward is to have all fundraising obligations pre-billed at the beginning of each season and families will be able to earn credits back for utilization of the fund raising program options (King Sooper script and Old Chicago Pizza Pals).

As always, if you have questions, or issues with paying your bill, please contact either Jennifer or myself.
Matt & Jennifer Dretzka ~ Treasurer & Business Manager, BBSC ~ cudacash@comcast.net ~ 303-255-3232

Fund Raising

King Soopers gift cards

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. King Sooper gift cards are easy to use for the purchase of groceries, grocery store gas, as well as the purchase of other national and local retailer's gift cards (Starbucks, Target, Olive Garden, 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 one of the pools during regular swim practice, to purchase your cards.

A percentage (%) of each, King Soopers script purchased is credited to your swimmer's account and towards your \$50/Short Course, or \$50/Long Course, fundraising obligation.

New Parents Corner

Topic of the Month – What Food to Take to Meets

Our swimmers are awesome and nothing is better than seeing them perform well at a meet because they have everything they need and they have fuel for success. Meets are long and it is super important to bring the right kinds of food for them to snack on to keep their energy levels high, stay hydrated, and fuel their next swim. Make sure you have some healthy and easy to grab snacks and drinks available.

Snacks: fruit, granola bars, power bars, a wholesome sandwich
Drinks: water & sports drinks

**Monthly BBSC
Board Meeting**

July Board Meeting will be held on Monday July 20th, 7-9m at the BCC. Please join if you would like to contribute your thoughts to running our club.

