

**A message from the President**
**Long Course Season is in Full Swing**

It's hard to believe but this is Summer. All swimmers are encouraged to take advantage of the different practice sessions which were created to allow time for other summer activities.

Our White through Elite swimmers will continue to swim at Northglenn High School through October, when high school girls swimming starts. Information will be coming soon regarding swim practice venue for our White through Elite swimmers. We are still working with staff on the two, solid, permanent swim facilities and will have a temporary home through early 2010.

[Karen Zimmerman ~ BBSC President](#)

**Coaches Corner**
**Head Coach Tex & Coach Tom**

It is hard to believe how short the long course season goes by. We have 43 swimmers competing this next weekend at the North Jeffco Summer Open and then 19 traveling next week to the CSC Summer Invite in Columbia, Missouri, at what is commonly thought of as the best swimming facility in the United States. All of the remaining meets in Colorado are now on the website, so plan the rest of your competitive season now. Below is the information on the remaining meets for the season. Please go to the website and sign up.

**To be the best we can be, we need you racing at the meet! Get signed up.**

In summertime, everyone on the team has more opportunity to swim. First of all, take advantage of the opportunities you have. Some groups have more practices per week, some simply have longer practices and others have both. At any rate, each Cuda swims more this time of year, and in the interest of swimming well, you really need to pay attention to fueling your body. Eat balanced meals throughout the day, most importantly, a nutritious breakfast. Bring a water bottle to practice if practice is an hour or more so that you stay hydrated and can keep performing swimming well throughout the practice.

On a personal note, thanks to Coach Tom and to the elite group who helped me move all of my stuff from Westminster to Boulder – it was a lot of stuff, but went fast thanks to the help. My wife is going to finish college at CU Boulder, so it is important that we live in walking distance to campus.

And thanks to so many who helped at the Silver Circuit meet this Thursday. We have some significant equipment problems to fix before hosting another meet, but we were rich with eager and helpful volunteers who helped to make the experience positive for the swimmers. I glanced over to the pool every so often and saw some fast swims each time, so kudos to the swimmers and coaches Tom and Jonathan for preparing for those races. See you at the pool,

~ Tex

Dates	Meet	Location	Signup Deadline	Swimmers
June 28	10 & Under Spectacular	Boulder - South Boulder	9-Jun	all 10 & unders
July 8	NCS 8 & under Championships	Brighton HS	30-Jun	All 8 & unders
July 11 & 12	Northern Colorado LC Champs	Ft. Collins - Epic	29-Jun	All 9 & over
July 23 - 26	CSI LC Championships	Ft. Collins - Epic	13-Jul	Qualifiers
August 1 & 2	NCS Summer Send-Off	Ft. Collins - Mulberry	19-Ju	Non-qualifiers

<p><b>Swimmers of the month from BCC</b></p> <p><b>Red Group</b>  <b>Girl ~ Duyen Tran</b>  <b>Boy ~ PJ Roberts</b></p> <p><b>Silver Group</b>  <b>Girl~ Joie Sun</b>  <b>Boy~ TJ Williams</b></p>	<p><b>Swimmers of the month from BCC</b></p> <p><b>Red Group</b>  <b>Girl~ Duyen Tran</b>  Duyen has been improving everyday at practice, and this improvement was on display at the Silver Circuit meet where Duyen swam an amazing race every time she got wet! All best times, and her strokes looked amazing, excellent job!</p> <p><b>Boy~ PJ Roberts</b>  PJ has the best attendance record in the Red group, and his hard work and dedication is really beginning to pay off. PJ had a great Silver Circuit meet, and helped lead the 11-12 boys relay to victory. Great work!</p> <p><b>Silver Group</b>  <b>Girl~ Joie Sun</b>  Joie has continued her hard work at practice, and it has begun to pay off! At the Silver Circuit meet Joie achieved her first of what will be many Silver State times to come, congratulations and great job Joie!</p> <p><b>Boy~ TJ Williams</b>  TJ has shown a rejuvenated passion for the sport of swimming recently. TJ has truly come into his own, both in practice and at the meets, by being eager to learn and willing to put in the hard work. Keep it up TJ!</p> <p><b>WAY TO GO SWIMMERS!</b> ~Coach Tom</p>														
<p><b>Upcoming Meets &amp; Events</b></p>	<p><b>Mark your calendars!</b></p> <table border="0"> <tr> <td>June 12-14</td> <td>NJ LC Summer Open</td> </tr> <tr> <td>June 19-21</td> <td>CSC Summer Invitational Columbia MO (See info below)</td> </tr> <tr> <td>June 28</td> <td>Boulder 10 &amp; Under meet</td> </tr> <tr> <td>July 22-26</td> <td>LC State</td> </tr> <tr> <td>August 4-8</td> <td>Western Zones</td> </tr> <tr> <td>August 3</td> <td>Swim Team Party – Bay aquatics Center</td> </tr> <tr> <td>August 30</td> <td>Fall Registration – At BCC</td> </tr> </table>	June 12-14	NJ LC Summer Open	June 19-21	CSC Summer Invitational Columbia MO (See info below)	June 28	Boulder 10 & Under meet	July 22-26	LC State	August 4-8	Western Zones	August 3	Swim Team Party – Bay aquatics Center	August 30	Fall Registration – At BCC
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<p><b>Summer Away Meet Plans</b>  <b>June 19-21</b></p>	<p><b>Team Dinner:</b> On Friday night the team will have a group dinner. Depending on how many families sign up for the meet will determine how much formality we put into pre-planning the event. Look for a Blast communicating the details for the this event.</p>														
<p><b>Summer Team Party</b>  <b>August 3</b>  <b>6-10pm</b></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>														
<p><b>New Parents Corner</b></p>	<p><b>Topic of the Month – Swimsuits &amp; Equipment</b></p> <p>As we all know our kids love the water – but extended time in the pool can take a toll on the practice suits. A recommendation for practice suits is to get a polyester suit and save the lycra suite for meets. The poly suits can last 3-4 times longer and are a better investment for the kids.</p> <p>Goggles are a necessity and having a spare set, just for meets, is a good idea. Extra straps can be purchased to have on-hand in case of an emergency or to add to a favorite pair of goggles.</p> <p>Depending on your swimmer's group level, there will be different equipment needs. Check with the coaches on these requirements. All additional equipment can be purchased through MI sports at <a href="http://www.swimmisports.com">www.swimmisports.com</a> or at <a href="http://swimoutlet.com">swimoutlet.com</a></p>														

<b>Notes from the CUDA Treasurer</b>	<p>Reminder that Long Course payments are due, prompt payment of all balances would be much appreciated. Drop off payments at BCC or Mail payments to: <b>CUDAs PO Box 120, Broomfield, CO 80038</b></p> <p>As always, if you have questions, or issues with paying your bill, please contact either Jennifer or myself.</p> <p>Matt Dretzka ~ Treasurer, BBSC ~ <a href="mailto:cudacash@comcast.net">cudacash@comcast.net</a> ~ 303-255-3232</p>
<b>Fund Raising</b>	<p><b>King Soopers gift cards and online scrip/gift card orders</b></p> <p>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.).</p> <p>You may purchase the cards, in \$100 denominations, from our Scrip Volunteers: Kellie and Scott Bratcher (<a href="mailto:scottkellie@earthlink.net">scottkellie@earthlink.net</a>). Please email Scott and Kellie to arrange a time to meet, at one of the pools during regular swim practice, to purchase your cards.</p> <p>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 gift giving needs - friends, family, coaches, etc.</p> <p>If you haven't enrolled yet please log-on at the following URL and begin ordering:  <a href="https://www.shopwithscrip.com/index.aspx">https://www.shopwithscrip.com/index.aspx</a>  Enter your email address and our team's account number -<b>89A6D31B14921</b></p> <p>A percentage (%) of each, King Soopers or online gift card, purchase is credited to your swimmer's account and towards your \$50/Short Course, or \$50/Long Course, fundraising obligation. Please contact Vera Roda, Fundraising Coordinator, with any questions. <a href="mailto:cudascrip@gmail.com">cudascrip@gmail.com</a></p>
<b>Monthly BBSC Board Meeting</b>	<p><b>June Board Meeting Change</b></p> <p>Due to work and summer schedules, the Board will be meeting on <b>June 10<sup>th</sup>, 4:00-5:30 pm, at the BCC.</b> All CUDA parents/guardians are invited to this general Board meeting</p>
<b>Team Communications</b>	<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, meet registration, and member updates, etc. is done via email.  Web site: <a href="http://www.teamCUDAs.com">www.teamCUDAs.com</a></p> <p>Please contact Laura Peterson 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>