

A message from the President
Summer Swim Fun

The beginning of Long Course (LC) Season signals the rapidly approaching end to school and the start of the summer practice schedule as well as fun, indoor and outdoor swim meets. If you haven't been to an outdoor meet, you'll enjoy being outside and the fun time spent picnicking as your swimmer(s) race.

Please take a moment to go to the www.teamcudas.com site to familiarize yourself with the summer practice schedule and upcoming LC meets. All swimmers are encouraged to attend every meet for their swim group (ex. Red, Advanced White, etc.).

A quick update regarding new/alternative pool options for our (former) FRCC swimmers. As I mentioned in a previous newsletter, we actually have several very strong options for full practice time at existing and new (to be built) pools. We are proactively working with these pool committees as they formulate Fall 2009 pool use schedules, or, as they update their building calendars for new pools. *As with all CUDA communication, we will quickly release information as it is available.*

[Karen Zimmerman ~ BBSC President](#)

Coaches Corner
Head Coach Tex & Coach Tom
May is Sportsmanship Month!
GRANT Opportunity for CUDAs!

Deadline May 29th

Competition fuels achievement. You want to swim faster than the people you race and that makes practices sharper and performances greater. Aaron Piersol, the top backstroker in the world for most of a decade, took his swimming to a higher level in 2008 because of his competitiveness and the great progress of Ryan Lochte, his friend who tied his World Record at the Olympic Trials. His response to greater competition was greater achievement.

Competition with good sportsmanship is a powerful and positive factor.

Having respect for our sport of swimming and respect for the efforts of your teammates and competitors allows us and our teammates to better enjoy the sport through their years and subsequently enjoy more achievement.

I went to www.responsiblesports.com and I found good solid information and advice on encouraging our team to benefit from better sportsmanship. I was pleased to see positive examples that I recognize from our swimmers, and found positive examples that I want to see more of as well. They had good information for parents and coaches as well, and I passed both of the tests.

Where the competitiveness comes in is this. Our team competes with other organizations for a \$2500 grant. The more people who logon and pass the tests and credit to the Broomfield Barracudas, the better our chances of winning. Everyone on the team should pass the tests and earn credits for us (I say credits because you can pass the parent test and the coaches test as well). To be more competitive, people who are not even on our team can earn us credits. My Mom and Dad and my extended family are learning about good sportsmanship and will be recruited to earn credits for our team. Here's what I sent them along with a note of thanks for their help:

1. Visit the website: www.Responsiblesports.com
2. Click on the Responsible Parenting Tab
3. At your own pace go through the material, only the bold text is quiz material, videos aren't required viewing
4. Take the 10 question quiz and pass it (corrections allowed!!)
5. Set up a quick and easy account (Just name, email, and account password)
6. Receive verification email of passing (immediately)
7. Click on link contained within email
8. Search for Broomfield Barracudas Organization

	<p>9. Click on the listed Barracuda organization for us to receive the point for participants certification 10. Feel good about helping us out!!!</p> <p style="text-align: center;">The deadline is fast approaching – Act today Please! THANKS for Helping out the Team! Help to Earn Points for CUDAs – Opportunity to Earn Grant money!</p> <p>~ Tex</p>																				
Sportsmanship Update	<p>We are almost half way through our timeframe to raise awareness about responsible sportsmanship this month. So far we have just 42 certified responsible parenting All-Stars. The more All-Stars we have as a team, the better chance we have for a \$2,500 organizational grant, so please help the team and help yourself!</p> <p>Have numerous email addresses? Take the quiz from various addresses to qualify again and again!</p>																				
<p><i>Swimmers of the month from BCC</i></p> <p>Red Group Girl ~ Trinity Stuart Boy ~ Noah and Sam Schauf</p> <p>Silver Group Girl ~ Addie Paquette Boy ~ Jon Drake</p>	<p>Swimmers of the month from BCC</p> <p>Red Group Girl~ Trinity Stuart: Trinity, who recently moved up from developmental, has been coming to practice with determination to have fun and get better everyday. This shined through by her awesome performance at the Suburban Pentathlon where Trinity got a best time every race she swam in.</p> <p>Boy~ Noah and Sam Schauf Noah and Sam have shown that their talent level is matched only by their hard work. Both boys had an awesome month working and getting better everyday they came to practice.</p> <p>Silver Group Girl~ Addie Paquette Addie has been working hard in the Silver group since she was promoted this winter. Now the hard work is paying off for Addie as she swam all significant best times at the Pentathlon. Addie also swam well at her first ever long course meet!</p> <p>Boy~ Jon Drake Jon just recently began his Barracuda swimming career. Since recently being promoted to Silver, Jon has become one of the harder working swimmers, and continues to show determination to get better daily.</p> <p>WAY TO GO SWIMMERS! ~Coach Tom</p>																				
Hooking Up with the Coaches!	<p>Our coaches strive to maximize the practice/training time spent developing our swimmers. The coaches are busy from the moment practice begins and have a set training schedule. So that each coach can give 100% of their attention to all swimmers, please arrange a time, with your swimmer's coach, to speak or meet, <u>before or after practice</u>. The coach's email addresses are on the Team web site and you can email them with a request to meet.</p>																				
Upcoming Meets & Events	<p>Mark your calendars!</p> <table border="0"> <tr> <td>May 17-19</td> <td>Foothills LC Open</td> </tr> <tr> <td>May 22</td> <td>May PIZZA Meet</td> </tr> <tr> <td>May 26-28</td> <td>CUDA Stroke clinic</td> </tr> <tr> <td>May 29-31</td> <td>ACCES Long Course Open</td> </tr> <tr> <td>June 4</td> <td>CUDA Silver Circuit</td> </tr> <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 & 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> </table>	May 17-19	Foothills LC Open	May 22	May PIZZA Meet	May 26-28	CUDA Stroke clinic	May 29-31	ACCES Long Course Open	June 4	CUDA Silver Circuit	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
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<p>Summer Away Meet Plans</p> <p>June 19-21</p>	<p>Traditionally the away meet has been a great time for both swimmers and parents. It's fun to take a trip to a new place, watch some great swimming and see some of the new sights. This year we are heading east to the University of Missouri to swim at one fantastic swimming complex!</p> <p>Please check with the coaches if your swimmer is expected to qualify for this meet.</p> <p>Hotel Block: Residence Inn by Marriott 573-442-5601, there are 3 options for rooms: Studio \$99/night, 1 BR, \$99/night and 2 BR units \$139/night. Please contact the hotel directly to secure your rooms.</p> <p>Team Dinner: 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.</p>
<p>New Parents Corner</p>	<p>In an effort to share the in's and out's of the swimming world to new parents please look for info and updates specifically for you in this section.</p> <p>Colorado Swimming (CSI) Website: www.csi.org This is a great place to look up your swimmer's best times, compare their times against various levels like Silver State, State, Zone requirements, or see the progress they have made over a season.</p> <p>Each swimmer has a unique Swimmer ID. To search the database, you will need to either look up your swimmer's ID OR enter it. To look up your swimmer's results:</p> <ul style="list-style-type: none"> ● go to the Tools/Forms tab, ● select Swimmer's Tools, then ● select Find A Swimmer, ● enter a partial last name and select your swimmer. ● Now you can look at their Best Times, etc. <p>Check out the CSI site – it has great information on all aspects of your child's sport! The more you know the better swimming parent you can be to your child.</p>
<p>Notes from the CUDA Treasurer</p>	<p>As we approach the end of the first half of long course season, prompt payment of all balances would be much appreciated. For those of you on quarterly invoicing, invoices for the rest of the swim season will be issued on May 21st. Drop off payments at BCC or Mail payments to: CUDAs PO Box 120, Broomfield, CO 80038</p> <p>Just a reminder that that CUDA club policy states that payment is due 10 days after invoicing.</p> <p>It would also be helpful if each family could send just a single check once a month. It is not necessary to send multiple checks as each family has only one account no matter how many swimmers you have.</p> <p>Please also remember to plan ahead to meet your long course fund raising commitment of \$50. You have until July 31st to do so.</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 ~ cudacash@comcast.net ~ 303-255-3232</p>
<p>Fund Raising</p>	<p>Don't forget to continue to purchase your King Soopers gift cards (scrip) and Old Chicago Pizza Pals coupons, or, the online gift cards (information on the www.teamcudas.com web site) during the Spring and Summer months. A percentage of every gift card/scrip purchase is credited to your swimmer's CUDA fundraising commitment.</p> <p>You may contact Kellie and Scott Bratcher to arrange a time to meet to purchase your King Soopers gift cards and Old Chicago Pizza Pals. Kellie and Scott can be reached at: scottkellie@earthlink.net</p>

Volunteer Coordinator	<p>I'm Wendy Allee your new Volunteer Coordinator. As you may know Long course is underway and with that there is an additional 4 hours of the volunteer commitment that still needs to be fulfilled. I'm sure that most of you have fulfilled your commitment, as I'm sure some of you have done more. However if you have not, now is the time it must be completed. The deadline for completion is July 15, 2009.</p> <p>There are still some opportunities left to get your hours. Upcoming on June 4th our CUDA hosted Silver Circuit Meet will need timers, etc. and on June 14th we need volunteers for the Broomfield Mini Haha Triathlon. We have for the last 4 years supported the City of Broomfield by handing out water at this fun triathlon event. " Have questions on the volunteer hours you have logged to date, please contact Wendy Allee at alyfmly@q.com or at cudavolunteer@gmail.com.</p> <p>On another note: I am looking for another Volunteer Coordinator to help me with the developmental groups for the BCC Pool. This position is a volunteer position, a great way to get your volunteer hours and to stay involved. It would start with the new season August 2009-2010. If you are interested please let me know.</p> <p>AS A REMINDER: If by July 15, 2009 you have not fulfilled your volunteer commitment (4 hours for long course) you will be billed the full \$100 for the volunteer program fee. In order to avoid this fee PLEASE volunteer. It is a great way to get involved and get to know other parents on the team. Without our parents getting involved and volunteering we would not be able to have meets and our kids would not be get the most out of being on a swim team.</p> <p>Again thanks for all your help in all that you do. Wendy</p>
CUDA Challenge	<p>Thank you to all our swimmers, and parents, who actively solicited donations. We appreciate your energy and support! A special Thank You to Jackie Hahn, CUDA Challenge Coordinator, for the many hours and special project skills she brought to this year's Challenge.</p>
Monthly BBSC Board Meeting	<p>Due to the evening practice schedule at different pools, there are several Board members who are coaching and, therefore, unable to make the evening, General Board meeting. So that we can have a full discussion, and majority vote, on key Club issues, the monthly Board meeting has been changed. The meeting is still the <u>third Monday of the month, at the BCC, but from 11:30am-1:00 pm</u>. This schedule will continue for the foreseeable future. <i>Please join us if you are available.</i></p>
The Board Welcomes Your Suggestions	<p>The Board enjoys hearing from all parents, and swimmers, so please feel free to email any Board member (email addresses are listed on the Team web site), or, chat with us at one of the pools. If you haven't met the CUDA Board members, please drop any one of us an email and we'll be glad to arrange a time to call you or meet with you in person.</p> <p>As always, your feedback and suggestions enhance our ability to continue to grow as a Team.</p>
Team Communications	<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: www.teamCUDAs.com</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>