



**A message from the President**

**Our Team**

We've had a great start to the Short Course Season with excellent swims by many CUDAs at recent swim meets. Our White-Elite swimmers are enjoying their new practice pool at the new Adams City High School. If you haven't had an opportunity to stop in, at the ACHS pool, take a moment to do so as it's a great facility (7200 Quebec Pkwy, 80022). Thank you also to all parents who are participating in the carpool program. This is a great way to meet other parents, as well.

As a 501c3 entity (non-profit) most Team documents – ex., financials, board meeting minutes, etc. are available for our CUDA members to review. So that you are aware of what your elected Board is discussing and deciding, we encourage you to attend one of our monthly board meetings (more information below), chat with a Board member, and/or, request a copy of the monthly, Board meeting minutes. You may send an email to our Board secretary and request that minutes be emailed to you. Board email addresses can be found at: [www.teamcudas.com](http://www.teamcudas.com)

Your current Board members are:

Karen Zimmerman	President
Steve Drozda	Vice President
Matt Dretzka	Treasurer
Daryl Warner	Secretary
Tex Doherty	Head Coach
Laura Peterson	Member At Large
Kevin Mackey	Member At Large

Non-Board member (but equally important !): Jennifer Dretzka, Business Manager

The Board will be holding extra board meetings, in Nov and Dec., to start long-range planning to prepare our team for even more growth and expansion in the year, and years, to come. We will be setting, in Nov., the 2009-2010 goals/objectives for the Team, and will post these goals/objectives to the Team web site. We will also have a key member of the USA Swimming staff, at a Dec. meeting, to assist us in drafting a long-range plan for the Team. This is an iterative process with much discussion regarding (for example) how to support a growing team, how large we may want to grow, our opportunities for new swimmers in the NE/NW Metro area, and, staffing.

Respectfully, Karen Zimmerman, BBSC President

**Coaches Corner**

**Head Coach Tex**

Plan your meet participation for December and January today. We got off to a great start in October, and we plan for a great showing at the Pentathlon in November, but we must look ahead to December very quickly. There have been some important changes to our schedule.

The CSI Open at Denver University is only for qualifiers, who will mostly come from Andrew's Advanced White and White groups and the Elite Group. Please check your times by going onto the website under "My Meet Results" and see if you qualify by comparing to the meet information for the CSI Open. If you qualify, then commit to this meet, which will be very competitive for those who qualify. The registration deadline has moved up to make sure we get to participate in the meet, so commit today if you qualify. We will use the times from this weekend's NJ meet to enter the CSI meet.

The next weekend, we will have our Red & Black meet for everyone, from Developmental through Elite, on Friday night at BCC. On Saturday and Sunday, we will travel to Loveland for those who did not participate in the CSI Open (those who did will attend practice Saturday morning). For both the Red & Black meet and the Loveland meet, we need you to commit early to those meets. The registration deadline for the Loveland meet is November 15th. The last Loveland meet filled very quickly, so we will send our team entries on the 16th to make sure that we

get into that meet. For Red and Black, we must have you commit early so your coaches can select teams and plan relays, so the deadline for that meet is November 25th, the day before Thanksgiving.

The following weekend is the Suburban League meet, which was moved to the Meyers Pool and is just a one-day (Sunday) meet. We will attend the second session only, which has the 200 fly, 200 back, 200 breast, 400 IM and the 1650, so that meet will be only for those who participated in the CSI Open and want another chance to swim a couple of distance events. Beyond those events, how well we train in December will determine our success in 2010, so get to practice and swim fast.

The Winter Districts meet which is generally early in February has been moved to January 29th-31st, which complicates our January schedule a bit. In the past, we have enjoyed sending our entire team to this meet, but in the interest of planning for our top swimmers (especially the older ones), the Colorado Open the weekend of January 22-24th is imperative, so swimmers attending this meet should not attend the Winter Districts meet the very next weekend – again, those swimmers should be training the next weekend to continue to prepare for State, Sectionals and Far Westerns.

That very same weekend, we have the 2010 Cuda Classic on January 24th, which is for all of our swimmers aged 10 & under. This is where we should show off the future of our club, so we expect to have every 10 & under Cuda at the meet (that's 80 swimmers) swimming fast.

We would love to have those swimmers swim well in the one-day Cuda Classic and then travel to Winter Districts the next weekend, so please plan to make both of those meets if you have a 10 & under swimmer. The Winter Districts meet, we should have most of our team attend, but other swimmers will be expected to step up and do well for us in the absence of some of our top swimmers, who will have already raced in the previous weekend and the MACS meet early in January as well.

As you can see, there are some important changes that have affected our schedule and presented some new opportunities. If you have questions about which meets are right for your swimmer, email your coach and recruit his help with the planning. Go to [teamcudas.com](http://teamcudas.com) and plan your Winter today.

### Coach Tom

On Halloween the CUDA'S swam scary fast at the Longmont Great Pumpkin classic. In total we had 30 swimmers competing, with the majority in the 10 and under age group. In coaching newer swimmers, I take pride in the amount of kids that were swimming for the first time in a competitive atmosphere. For some, the goal was not getting disqualified, and for others it was just to finish first in their heat for a piece of candy and a tattoo. Regardless of the motivations, the kids swam great. We had some stellar performances, highlighted by **Kailey Morales** winning the 6 and under girls high point, and **Eshan Jain** tying for first also for the 6 and under high point. **Austin Griffith** was third in the 6 and under high point running, as was **Logan Sainsbury** in the 8 and under age group. While the swimming was great, the highlight may have come at the end of the 10 and under session when the kids did an apple-bob in the diving well. Even right now I can't figure out why they did it, except for pure viewing entertainment!

### Coach Andrew

The silver state meet and short course state meet are five months and... oh, about seven snow storms away, but it's time to start looking towards those dates as to why we're swimming day-in day-out. Setting goals towards what you want to do at those meets plays a key role in having solid performances every day at practice. Sometimes it's hard to find motivation to head to practice when there is snow outside of your window and you'd rather stay at home with sponge bob and hot chocolate. If you set some goals, and stay true to those, and use those as motivation for where you want to be in five months; then that will make it easier to get to practice, which in turn will make it much easier to be swimming the times you want to go in February and March. **I will hand out goal sheets during practice this week as well as e-mail them out. Please bring three goal sheets to practice with your goals in mind Wednesday, November 11 (if you are in Advanced White) and Wednesday, November 18 (if you are in White). I will work with you individually at some point during that practice.**

### Swimmers of the month from BCC Red Group

#### Red Group

**Girl~ Kailey Morales:** Kailey continued her great start to the season by not only attending 93% of the practices for the month, but also by winning her first high point trophy for the 6 and under age group at the Longmont meet. Congratulations Kailey, and keep up the hard work!

<p>Girl ~ Kailey Morales Boy ~ Kanta Emoto</p> <p><b>Silver Group</b> Girl ~ Devan McMillan Boy ~ Ian Thomas</p>	<p><b>Boy~ Kanta Emoto:</b> Kanta has really been coming along strong of late. His 96% attendance was tops in the group, and he has been swimming best times with legal strokes! Great Job Kanta!</p> <p><b>Silver Group</b> <b>Girl ~ Devan McMillan:</b> Devan had over 70% attendance for the month, and swam amazing at her very first meet in Loveland. The highlight came when Devan completed her first legal 100 butterfly! Super swimming Devan!</p> <p><b>Boy ~ Ian Thomas:</b> Ian was a different swimmer this month. Not only was his attendance over 85%, but so was his effort at those practices. Ian swam all best times in Longmont, and looks like he is on pace for a great season! Awesome work Ian!</p> <p><b>WAY TO GO SWIMMERS!</b> ~Coach Tom</p>														
<p><b>Upcoming Meets &amp; Events</b></p> <p>No Practice at BCC Nov. 26 &amp; 27<sup>th</sup> due to Thanksgiving.</p> <p>White – Elite A schedule is being developed for Thanksgiving week</p>	<p><b>Mark your calendars!</b></p> <table border="0"> <tr> <td>November 13</td> <td>Pizza Meet</td> </tr> <tr> <td>November 20</td> <td>TEAM Pictures, Pentathlon concession drop off, &amp; t-shirt pick up TEAM Dinner Out (See Below)</td> </tr> <tr> <td>November 21&amp; 22</td> <td>CUDA Pentathlon</td> </tr> <tr> <td>December 4 - 6</td> <td>CSI Open at DU</td> </tr> <tr> <td>December 11</td> <td><b>Red &amp; Black Team Holiday</b> Pizza Meet – Everyone Sign Up</td> </tr> <tr> <td>December 12 – 13</td> <td>Loveland Meet – for swimmers who did not attend the CSI Open</td> </tr> <tr> <td>December 20</td> <td>Suburban Meet</td> </tr> </table> <p><b>We have booked rooms at the Comfort Inn in Fort Collins for State Meet in March. More info coming.</b></p>	November 13	Pizza Meet	November 20	TEAM Pictures, Pentathlon concession drop off, & t-shirt pick up TEAM Dinner Out (See Below)	November 21& 22	CUDA Pentathlon	December 4 - 6	CSI Open at DU	December 11	<b>Red &amp; Black Team Holiday</b> Pizza Meet – Everyone Sign Up	December 12 – 13	Loveland Meet – for swimmers who did not attend the CSI Open	December 20	Suburban Meet
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<p><b>Volunteer Job Sign Up</b></p> <p><b>Our Team Hosted Pentathlon NEEDS Volunteers</b></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 convenient way to sign up for specific job opportunities and functions for meet support.</p> <p>Under Events, select “<b>Job Sign Up</b>”, select the job you would like to do and it’s that easy!</p> <p>As you sign up to participate in the Pentathlon, please pick a job you can your TEAM out with.</p>														
<p><b>TEAM Picture Day</b></p> <p><b>Friday, Nov. 20<sup>th</sup> at BCC 4:30pm</b></p>	<p>All swimmers are encouraged to attend the November 20<sup>th</sup> TEAM Picture Day at the <i>Broomfield Community Center Gym</i>. Please arrive promptly at 4:30pm. A team picture will be taken first, followed by individual pictures. You are not obligated to buy a picture, BUT we would like everyone there for the TEAM picture. Packet order forms will be handed out at both the ADAMS &amp; BCC pools. If you are interested in purchasing pictures, please complete the information on the envelope and bring it with a check enclosed on picture day.</p>														
<p><b>Fall Swimming</b></p> <p><b>Adams HS Swimmers:</b></p>	<p>Here are the practice schedules beginning November 1<sup>st</sup> at Adams high school:</p> <p><b>White, Advanced White, Senior and Elite:</b></p> <p><b>White:</b></p> <table border="0"> <tr> <td>Monday/Wednesday</td> <td>6:00 – 7:45pm @ADAMS</td> </tr> <tr> <td>Tuesday/Thursday/Friday</td> <td>4:45 – 6:30pm @ADAMS</td> </tr> </table> <p><b>Advanced White:</b></p> <table border="0"> <tr> <td>Monday/Wednesday/Friday</td> <td>4:45 – 7:00pm @ADAMS</td> </tr> <tr> <td>Tuesday/Thursday</td> <td>5:45 – 8:00pm @ADAMS</td> </tr> <tr> <td>Saturday</td> <td>7:45 – 10:15am @ADAMS</td> </tr> </table> <p><b>Senior:</b></p> <table border="0"> <tr> <td>Monday/Wednesday</td> <td>5:45 – 8:00pm @ADAMS</td> </tr> </table>	Monday/Wednesday	6:00 – 7:45pm @ADAMS	Tuesday/Thursday/Friday	4:45 – 6:30pm @ADAMS	Monday/Wednesday/Friday	4:45 – 7:00pm @ADAMS	Tuesday/Thursday	5:45 – 8:00pm @ADAMS	Saturday	7:45 – 10:15am @ADAMS	Monday/Wednesday	5:45 – 8:00pm @ADAMS		
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<b>BCC swimmers:</b>	Tuesday/Thursday	4:45 – 7:15pm @ADAMS														
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<b>Team Holiday FUN Friday, Dec. 11th 4-7pm at BCC</b>	The Coaches are excited to run a TEAM Red v Black Relay Meet. All swimmers should sign up to attend this meet. Coaches will select teams. Warm ups will begin at 4:00pm. Racing will end approximately 6:15pm with pizza following.															
<b>Notes from the CUDA Treasurer</b>	<p style="color: blue; text-align: center;"><b>Change to Dues, Payment Options, and Fund Raising Policy</b></p> <p><b>DUES CHANGE:</b> As part of the effort to make the budget shortfall manageable, the board has approved a dues increase effective December 1, 2009. The bill that will be posted to your accounts November 21st, 2009 will reflect a dues increase for each group. Below is the new dues structure:</p> <table border="0"> <tr> <td>Developmental</td> <td>\$55/month</td> </tr> <tr> <td>Red</td> <td>\$195/quarter</td> </tr> <tr> <td>Silver</td> <td>\$225/quarter</td> </tr> <tr> <td>White</td> <td>\$285/quarter</td> </tr> <tr> <td>Advanced White</td> <td>\$315/quarter</td> </tr> <tr> <td>Senior</td> <td>\$345/quarter</td> </tr> <tr> <td>Elite</td> <td>\$390/quarter</td> </tr> </table> <p><b>PAYMENT OPTIONS:</b> You can submit payments the following ways (NO CASH please):</p> <ul style="list-style-type: none"> <li>• mail payment to the BBSC P.O. Box 120, Broomfield, CO, 80038</li> <li>• set up voluntary automatic withdrawal from you checking account (Setup Auto Pay on TeamUnify site)</li> <li>• drop payment in the drop box in BCC drop box (there is NO drop box in Adams high school)</li> </ul> <p>Payment not received by the 5th of the month will keep your child out of the water until payment is received in full. When buying equipment/gear for your swimmer from the team, put these on separate checks from the Dues amount. If your child has a different last name than the name on the check, please put your child's name in the Memo area. Please send any questions you might have to cudacash@comcast.net</p>		Developmental	\$55/month	Red	\$195/quarter	Silver	\$225/quarter	White	\$285/quarter	Advanced White	\$315/quarter	Senior	\$345/quarter	Elite	\$390/quarter
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Elite	\$390/quarter															
Team caps and t-shirts are not billed thru the TU billing system. Please, upon purchase from your coach write a check, NO CASH, with a notation in the memo box what item was purchased. Submit by any payment option. THANKS!																

**Fund Raising**

**Team Dinner Out - Friday Nov 20**  
 Come join the fun with a Team Dinner Out at CB Potts– near 120<sup>th</sup> & Huron in Westminster.  
 Following team pictures on Friday night before the Pentathlon, come out and share your team spirit with everyone. It will be a great social event along with getting everyone fed! A win-win combo for any family. A large room has been reserved for our team between 6-9pm.

Coupon books will be for sale for \$20 per booklet for CB Potts of which the team receives FULL profit. These booklets provide

- 2 – “buy one get one” dinners
- 2 - “buy one get one” lunches
- 2 - “buy one get one” desserts

The coupon books will be for sale Friday night at Team pictures, cash or check please. Contact Christie Dierking [cjdierking@yahoo.com](mailto:cjdierking@yahoo.com) to reserve your booklets ahead of time, to ensure we have enough on hand for everyone! These are great stocking stuffers, gifts for others or just for repeated family use.

Please RSVP for this dinner opportunity – it will help the FRC to better plan. Contact Contact Christie Dierking [cjdierking@yahoo.com](mailto:cjdierking@yahoo.com)

Thanks for the support - FRC

CB Potts Address: 1257 W. 120th Ave Westminster Co 303-451-5767

**Old Chicago – Pizza Pals**  
 The November shipment of Old Chicago Pizza Pals have arrived. Contact Scott or Kellie Bratcher to order your and arrange for pickup. [ScottKellie@earthlink.net](mailto:ScottKellie@earthlink.net)

**King Soopers & Safeway gift cards**

We are pleased that so many families are purchasing the King Sooper & Safeway Gift Cards and earning a percentage credit towards your seasonal \$50/family commitment. King Sooper & Safeway 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](mailto: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 Sooper & Safeway script purchased is credited to your swimmer's account and towards your \$50/Short Course, or \$50/Long Course, fundraising obligation.

**New Parents Corner**  
**Information for BCC**  
**Parents from**  
**Coach Tom**

Swimming is a unique sport for a variety of reasons. First and foremost, in swimming we have a 7 month long season. Much like a theme park ride we can remember the beginning and the end, but the middle gets lost in translation. We are getting to that middle part. With the arrival of the middle comes a couple of obstacles. At the beginning of the season there is a ton of excitement, and a certain newness that comes with everything swimming. Eventually, like right around now, this newness fades and swimming just becomes another monotonous activity like waking up in the morning and going to school.

This doesn't just happen with the kids, but with the parents also. Then the ever looming holiday season rolls in on top of the monotony. Now all of the sudden swimming is a chore for parents to get their kids to, and we don't see your swimmer with any consistency until after the Christmas break. We need to break this vicious cycle of absence, and do our best to keep the kids involved with the sport. The best way to do this is to just keep coming to practice and sign up for the meets. I promise you that the coaching staff doesn't get bored coaching your children. We are getting to a good point with the BCC groups. The kids strokes are all getting legal, and they are preparing to

start getting some good training in. Harder work is right around the corner, and before we know it we will be preparing for the end of our season towards the end of January.

I know that most swimmers who attend BCC practices are new, as are the parents. It is important to understand that the season plan works best when fully attended. In layman terms the coaches set up a season plan for the kids. Mine generally goes as follows:

- Learn the strokes and become proficient at all 4. (8-12 weeks)
- Learn turns and starts (2 weeks)
- Learn how to train (4 weeks)
- Train aerobically (6-8 weeks)
- Stop hard training, and get fast for end of the season meets (2-3 weeks)

Just like a geometry class, if you miss a step, you then have to move backwards to go forward. Currently, we are all going forward together in the pool. Without fail the coaches will soon begin to only see some kids as few as 1 or two times every two weeks. At the same time the group will continue to move forward, and the pace even picks up as the season progresses. Let's start a new trend, let's see great attendance throughout the busy season. January is right around the corner, and that is when our season begins to ramp up to come to a climax.

Swimming is also unique because it isn't something you can do at home. If you miss a day of practice you not only miss an opportunity to get better, but you begin to lose the "feel for the water." This feeling is what we refer to as swimming shape. Runners can take some time off before a marathon to rest, but swimming is unique in that you need to be in the water to keep the feeling, and get the best out of your performances. We have some upcoming meets in early December and January that are great competition opportunities for our BCC groups. The coaches not only want to see kids sign up for the meets, but also swim well.

In short, please make a conscience effort to get your children to the pool for practice throughout this upcoming holiday season. While the coaches completely understand the time constraints both you and your children face, keep in mind that they have put a lot of hard work to get to where they are right now, and it is a lot easier to keep moving forward rather than have to almost start completely over. If that means we only see your child twice a week, rather than four times, so be it. Showing up with any kind of consistency is way better than not showing at all.

Have a wonderful Thanksgiving month!

**Monthly BBSC Board Meeting**

Board meetings have historically been held the third Monday, of each month, in the evening. However, due to the practice schedule at the new Adams HS, two of our Board members would not be able to attend the Monday evening meetings. Also, we have several Board members who travel extensively, for work, and were also not able to meet on Monday evenings.

Therefore, starting in December and for the remainder of the 2009-2010 swim year (through August 2010), the Board will be meeting on the third Friday, of the month, from 11:00-1:00 pm, at the Broomfield Community Center. We invite all interested parents/guardians to attend the board meetings.

NOVEMBER MEETING – Monday, November 16<sup>th</sup> from 11:00-1:00 pm, at the BCC

DECEMBER MEETING – Friday, December 18<sup>th</sup> from 11:00-1:00 pm, at BCC

**Team Communications**

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](http://www.teamCUDAs.com)

Please contact Laura Peterson with any questions regarding registering as a CUDA parent.

The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.