



**A message from the President**

The Short Course Season (Sept-Feb) is in full swing with many great meets coming up in the next few months. The CUDAs are sponsoring two meets – Distance Day and Pentathlon. We encourage all CUDA swimmers to attend these meets to practice your racing skills and to show support of our Team-sponsored meets. Volunteer opportunities will be posted on the Team web site under the Volunteer page.

October is also an exciting time for our White – Elite swimmers as we begin swimming (Oct. 19<sup>th</sup>) at the NEW Adams City High School (ACHS) aquatic center (photos below). This is a brand-spanking new pool facility (opened July 2009) and only 10-12 minutes from the Northglenn HS. We are the first swim team to practice at the ACHS and have a full 8 lanes!

Please look at the Team web site for ACHS practice times (beginning Oct. 19<sup>th</sup> and through May 2010) and reference an earlier BLAST regarding carpool arrangements. Please speak with Coach Tex or Coach Andrew if you have questions regarding the ACHS pool, practice times, etc.

Karen Zimmerman, BBSC President

**NEW POOL - Adams 14**

As you already know, later this month White and Advanced White, along with Senior group and Elite will shift where they swim. Yes, the pool is both south and east of the Northglenn High School pool. However the silver lining in the entire situation is two fold. One is that the facility we will be using until May is brand spankin' new. We will be the first club team to ever use its eight lanes of water, and the aquatics director at the Adams 14 pool is very excited to have us. Secondly the move is only temporary. In the near future we are excited about having a new permanent 50 meter home for our high end groups. So when you fret over driving an extra nine minutes to get to practice everyday, realize that we we only have this situation for less than nine months. As a coaching staff and as a team we are looking towards the the future and thinking long term, and we hope that the families that make up the Cudas are as well!

~ Coach Andrew



<p><b>Coaches Corner</b></p> <p>Head Coach Tex</p>	<p>Parents,</p> <p>We are off to an incredible start to this season. The coaches are managing excitement and energy at the pool everyday and a new group of parents has joined us with the attitude of “what can I do to help”. Your coaches spend time and energy planning the future of your swimmer’s career, and you spend time and money to bring your child to practices and meets. We can’t demand more than that, but your help beyond that can make a great impact on the future of this team. I’m excited to see so many people who want to do more to help.</p> <p>Our club has a reputation for running great, small meets. We have just over a year to change that to the club with a reputation for running great, big meets. The Pentathlon is a great example of what can be done in a 6 lane, 25 yard pool and we are proud of that 22 year tradition. Clubs that have access to larger facilities like Loveland or North Jeffco have a completely different business model. Their finances are helped greatly by hosting big meets often. That money goes back to giving greater possibilities to the swimmers of the club. We haven’t ever had that access, but we believe that we will in the near future, so we prepare for that.</p> <p>Coach Andrew and I and Clint Dierking (our athlete representative for this meeting) just attended the Colorado Swimming House of Delegates meeting in Glenwood Springs to represent our Club’s interests. One of things we voted for was to remove some of the barriers to moving up the officiating ranks. If someone who wants to serve as a meet referee for our club, they will learn stroke and turn judging and how to be a starter, and then how to be a referee. If they consistently attend meets and learn, they will be able to become a referee in the near future. The rules in the past made the task daunting, and the new, more flexible requirements should really help us expand our officials crew to build what we need. For example, several of our parents will take their first step by attending a training session at Denver University on October 11th. Please let any of the coaches know if you want to get involved in this area, we need to grow more CUDA officials to be ready a year from now.</p> <p>The pizza meet is our introduction to competition for swimmers. The white, advanced white, senior and elite groups all did one for old-time’s sake last week, and this Friday, the groups at BCC have their chance to do it. For Pizza meets, we have parents grab stopwatches and time – if you haven’t ever done that, please offer to help – it’s easy to learn, it’s a good way to start learning about the sport, and your child sees you supporting their sport and his or her efforts. There is much to be done beyond timing to run a big meet, but it is still very important that our team can provide timers to get the job done at every meet. There are many other tasks as well, such as hospitality, concessions, computer operations and awards. We will host the Distance Day meet October 24th at Northglenn High School pool. This is the perfect meet for a parent to learn a new skill that helps our club immediately and far into the future.</p> <p>In terms of what you can do for your own child in particular, please attend your group parent meeting. Most of the BCC swimmers have had the chance to attend a parent meeting with Tom. Elite group and advanced white group parents will meet at Northglenn High School for a meeting this Saturday, October 10th from 10am-10:45am. Senior Group and White Group parents will meet at Northglenn High School Thursday, October 15th from 8-8:45pm.</p> <p>As the head coach of an up-and-coming swim team, I plan to make sure that work done by parents and officials benefit the sport of swimming, the health of the club and ultimately, that all efforts go towards the benefit of swimmers.</p> <p>~ Tex</p>
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<p>Key Message from Coach Tom</p>	<p>The start of a new swim season is much like the beginning of a new school year. It always takes a little while for everyone to figure out what is expected of them. This particular season started off a bit oddly because not only did we have 40 new swimmers at BCC, but then three quarters of the coaching staff up and left for the American Swim Coaching Clinic in Ft. Lauderdale. So the poor kids, and their parents, were left with their heads spinning. Once those heads came to a stop I returned, and then it was my turn to spin for a little bit!</p> <p>I am now extremely pleased to say that after just over a month of swimming (and a lot of pushups!) I feel like everyone is now on the same page. This has amazed me, and kudos goes out to all our new parents, old parents, and of course the kids. This shows me we have a group of people who are enjoying their experience with the team, and also are enjoying the improvement that is occurring daily within our ranks. I appreciate not only the children's hard work in the pool, but also all the work the parents put into our club too.</p> <p>I really can't begin to say enough about all the BCC groups, and am truly excited to see where we can go this season. For those of you who have been around BCC for a while you may have noticed the larger groups. This is a good thing! Attendance was stellar last month, new swimmers keep coming, and we all keep getting better. Most importantly, we are having fun while doing it. With those being our two major goals, I am thrilled to be a part of what is going on and look forward to a very bright future for all our kids.</p> <p>My personal goals for this season involve you as much as me. I really want to be involved with our parent base as much as possible to educate you about the sport. They say it takes a village to raise a child, and that is evident for parents nowadays. I want our parents to enjoy the sport as much as the kids, because without your support I wouldn't be here. So please, come to the parent meetings at BCC, the next will be the first Monday of Nov. (2-Nov) and we will talk about goals. Please also check the Cuda website, the BCC bulletin board, and most importantly come say hi to the coaches. Let Jonathan and myself know who you are, and what you think. If you want to take it even a step further feel free to attend a monthly board meeting, or become an official – contact Marilyn Kerr.</p> <p>So again, thank you to everyone for getting the season off to a wonderful start. Remember to look at the meet schedule under the Documents tab on the website. Pick two that your child can attend and pencil them into your calendar now. Keep in mind that some meets are better for different groups, and that is also listed on the meet schedule. Also, please remember that Jonathan and I are here to not only help your kids improve in and out of the water, but to also help you become a better swimming parent. Whether it's via email, or pulling us aside before or after your child's practice, please don't hesitate to get in touch with us. Till next month...</p> <p>~ Coach Tom</p>
<p>Swimmers of the Month</p> <p><b>Red Group</b>  Girl: <b>Randy Rens</b>  Boy: <b>Grant Gonzalez</b></p> <p><b>Silver Group</b>  Girl: <b>Kayla Griffith</b>  Boy: <b>Logan Schwanz</b></p>	<p><b>GREAT JOB!</b>  Each month, coinciding with the newsletter, Coaches Tom and Jonathan select a boy and girl from then Red and Silver groups to be swimmers of the month. They like to factor in attendance, meet participation, hard work, and meet performance for the monthly attributes. Each swimmer of the month should see the coaches for their "award" and their name will also get posted on the bulletin board.</p> <p><b>Red Group</b>  <b>Randy Rens</b>~ Randy has had great practice attendance, and it really paid off for her at the first meet of the season. Randy got personal best times in all her events, and seemed to have the most fun while doing it! Great Job!  <b>Grant Gonzalez</b> ~ Grant has been off to a great start of the season. His attendance has been stellar, and he also dropped time in his events to start the season off right at the Evergreen meet. Awesome job!</p> <p><b>Silver Group</b>  <b>Kayla Griffith</b> ~ Kayla has always been dedicated and hard working, but she has taken that to another level so far this season. She crushed her previous best times at the Evergreen meet, and has been a model to all the other kids in Silver group as to how to practice. Thanks Kayla!  <b>Logan Schwanz</b> ~ Logan has been extremely dedicated for being brand new to the Cuda's. He has been a regular at practice almost daily and at his first meet as a member of the team swam extremely well. Keep up the great work!</p> <p>~ Tom &amp; Jonathan</p>

<b>Upcoming Meets &amp; Events</b>	<p><b>Mark your calendars!</b></p> <p>Oct 9            Pizza Meet -BCC groups  Oct 10            Parent Meeting: Elite and Advanced White groups at Northglenn HS 10am-10:45am  Oct 10            Parent Meeting: Senior and White Groups at Northglenn HS 8-8:45pm  Oct 16-18        Loveland Meet  Oct 24            CUDA Distance Day * (Club hosted meet: volunteering opportunity)  Oct 31 - Nov 1    Longmont Great Pumpkin Meet  Nov 6-7          Eaton Fall Fest  Nov 6-8          NJ High Point  Nov 13           Pizza meet  Nov 20           Team PICTURE Day – at BCC 4:30 pm – Bring Concession Donations  Nov 21-22        CUDA Pentathlon * (Club hosted meet: volunteering opportunity)</p> <p><b>Both of the CUDA hosted meets are heavily in need to volunteers. These meets provide fund raising opportunities for the Club.</b></p>
<b>CUDA Team Picture Day</b>	<p>We will be having CUDA Team pictures on Friday, November 20th. Please plan to arrive at the BCC GYM at 4:30pm. We will take our Team picture promptly, followed by individual pictures. Photo ordering envelopes will be handed out in November, a week or two prior to the event. More information will be coming on CUDA Team apparel that should be worn. If your swimmer doesn't have a Team suit, or T-shirt, please contact the following to purchase items. For CUDA Team race suits, warm-ups, etc, please go to the <a href="http://www.teamcudas.com">www.teamcudas.com</a> web site, click on the MISports link. For Team t-shirts, please contact Coach Tom: <a href="mailto:CoachTom@TeamCudas.com">CoachTom@TeamCudas.com</a></p> <p><b>Note to Parents:</b> Also on Nov. 20th (during the Team picture session) we are asking that parents bring their food donations, to the BCC preschool room, for our Team-sponsored, Pentathlon Meet on Nov. 21st and 22nd. The BCC preschool room will be open at 4:30 pm for food drop off. Look for a food donation list to be posted in November on the <a href="http://www.teamcudas.com">www.teamcudas.com</a> site.</p>
<b>Volunteer Update</b>	<p><b>CALLING ALL VOLUNTEERS</b></p> <p>As you know we are hosting a few meets this season and need everyone 's help. The first meet of the season that we are hosting will be the <b>DISTANCE DAY MEET, on October 24</b>. The job sign up is already posted and ready for you to sign up.</p> <p>This will be a great opportunity to start earning those hours towards your volunteer commitment. For any questions that you may have feel free to contact Wendy Allee at <a href="mailto:cudavolunteer@gmail.com">cudavolunteer@gmail.com</a>.</p> <p><b>Concessions:</b> Please donate one food item to Concessions/Hospitality. Review the CUDA webpage under the Distance Day Event Information, to see the food items needed. All items should be dropped off in the morning on the day of the meet. <b>Please email Susan Lombardi at <a href="mailto:MsusanL@Comcast.net">MsusanL@Comcast.net</a> or call her at (303) 465-3826 to let her know the items you are bringing.</b></p> <p>Thanks again for all your help and support. Looking forward to a great turn out and hope to see everyone there.</p>
<b>Notes from the CUDA Treasurer</b>	<p>As always, if you have questions, or issues with paying your bill, please contact either Jennifer or myself. Matt &amp; Jennifer Dretzka ~ Treasurer &amp; Business Manager, BBSC ~ <a href="mailto:cudacash@comcast.net">cudacash@comcast.net</a> ~ 303-255-3232</p>

<b>Fund Raising</b>	<p>We are pleased to announce that the BBSC has added the Safeway gift card program to our Fundraising program. The Safeway gift cards are the same as the King Soopers gift card program and can be used at any Safeway (and affiliates) store for groceries, gas, services, etc. Safeway gift cards will be available in \$100 gift card amounts.</p> <p>A percentage of each gift card purchase will be applied to your swimmer's account and towards your family's - \$50/season (short course &amp; long course) Fundraising requirement.</p> <p>Our Fundraising Coordinators, Scott and Kellie Bratcher, will be selling the gift cards at both the BCC pool and the Northglenn HS pool, and, starting in mid-October at the Adams City High School pool.</p> <p>Please email Scott/Kellie to arrange a time to meet: <a href="mailto:scottkellie@earthlink.net">scottkellie@earthlink.net</a>  <i>Thank you for your support of the CUDA Fundraising Program !</i></p>
<b>BBSC Board Updates</b>	<p><b>New Board Members</b></p> <p>The BBSC Board is pleased to announce our new Board members (term: Sept 2009-March 2011) – Daryl Warner and Steve Drozda (incumbent). Board contact information is on the Team website.</p> <p><b>Board meetings are held the third Monday of each month, from 7:00-9:00 pm, at the BCC. All swim parents/guardians are welcome to attend the board meetings.</b></p> <p>In October, the Board will begin our long-range (2-5 year) planning session so our Team continues to have clear and measurable goals as we expand and grow. Please send any comments, suggestions and ideas to any of the Board members. Once the long-range plan is finalized, the Board will publish the goals, and overall plan to the BBSC swim community.</p> <p><b>Our Deepest Thanks for These Wonderful Volunteers</b></p> <p>The BBSC is fortunate to have the support and dedication of many wonderful parents, guardians and families. Many of these individuals have given years of their time and expertise to the support of swim programs, which directly benefit all CUDA swimmers.</p> <ul style="list-style-type: none"> <li>• Vera Roda            Fundraising Program</li> <li>• Marilyn Kerr        Board Member</li> </ul> <p>We are also very lucky to have several experienced swim parents, and CUDA friends, who have extensive coaching expertise. While members of our coaching staff were attending the national coaches conference in early September, these individuals donated their time to coach our swimmers.</p> <ul style="list-style-type: none"> <li>• Chad White</li> <li>• Terri Jo Hasbrouck</li> <li>• Laura Peterson</li> <li>• Cathy and Steve Drozda</li> </ul> <p>Please take a moment, when you see these individuals, to Thank them for their generous donation of their time.</p> <p>Respectfully, Karen Zimmerman, BBSC President</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. The Team does not sell or communicate outside of the CUDAs any personal information including email addresses.</p>