

Message from the Board

Wow! What an incredible season we had! We have wonderful athletes, wonderful coaches and wonderful parents! This team feels more and more like a family so thank you all for all you do to contribute positively to our team.

We have had many great meets that we can reflect upon and lots of good times that we can reflect upon for short course season and that is awesome! It is great to take a moment and celebrate our successes, both for our individual swimmers and as a team as a whole.

As short course wrapped up, it is on to the beginning of long course and time for our kids to momentarily slow down and focus on technique to make them even better swimmers still! I love the summer season because they get to go outside a little bit and play and it feels to me like they have more opportunities to make better friends with their teammates! We have lots of upcoming meets, a team travel meet and a couple of planned celebrations. Don't forget our Swim-A-Thon which has already kicked off and this year more than ever is intended to be lots of fun for our swimmers! We look forward to seeing you at the side of the pool.

Here's to a great 2019 long course season!

Thank you!!

CUDA Board

Andrew Brand, Head Coach

Stacie Bailey, President

Jon Kehmeier, Vice President

Clark Saenz, Treasurer

Jodi Walters, Secretary

Diana Bennett, Member At Large

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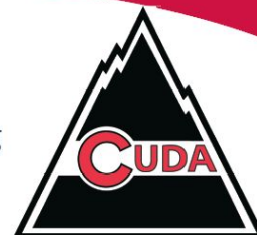
Michelle Moran, Member At Large, Spirit C

Amy Schroeder, Member At Large

One Team

Serving our community by building
Champions
in and out of the water

CHARACTER • RESPECT • INTEGRITY



FRONT RANGE

teamcudas.com

Coaches' Corner | Head Coach Andrew



You may have noticed the banner that recently appeared on the top of Teamcudas.com. It's our Swim-A-Thon tracker and will tick up over the next two months as we get closer to our goal. I want to give a shout out to board member and Cuda parent Michelle Moran, she's done a fantastic job adding some new and exciting pieces to this year's event.

Please click over to the Swim-A-Thon event page on teamcudas.com to check out information about the event. We understand that this is an important fundraiser, but also try to have something fun for every Cuda who participates. Whether a swimmer pounds the pavement really striving for a grand prize or kicks in 25 bucks, we want an event where everyone feels they're contributing and having fun. Also mark your calendar for our prize party in June as well. If you have any questions after checking out the event page, reach out to me and I'll see if I can help. Thanks and go Cuda!

Informational Article of the Month

Please click on the link below to check out Coach Andrew's recommended article for the month:

[9 Basics to Great Swim Parenting](#)



What is Swim-A-Thon??

A lot of folks have asked me about the Swim-A-Thon event...

What is it exactly and how is it run??

Well, we wrap up our fundraising with a Swim-A-Thon event every year. Much like a walk-a-thon, our swimmers swim laps until they either...

1. Reach the 200 lap goal.
2. Swim for 2 straight hours.
3. Get so tired they have to stop. There's not many that choose this option...every swimmer gives it all they've got at this event every year!!

Watching these swimmers, especially the little ones, give it their all for their TEAM is truly inspiring and watching the team spirit displayed as all our CUDA swimmers participate together on the night of the Swim-A-Thon is heartwarming!!

It's an event I look forward to each and every year!!

This year it will be held on May 15th, from 5:00 - 7:30

On 5/15 our swimmers will be assigned a lane with parent counters who will not only keep track of how many laps they've finished, but also cheer them on and keep them motivated so they can finish strong!

This is a great time for ALL swimmers! Ask any veteran swimmer on the team and they will tell you that one of their favorite events is the Swim-A-Thon. Swimming 200 lengths in 2 hours for the first time is something a swimmer will never forget! For the more veteran swimmers, this test of endurance is an effort to beat their last year's best time (and their friends). Swim meets show the athletes how fast they swim. Swim-A-Thon allows the athletes to see how strong they are in the endurance department.

Once they finish, swimmers will be given an opportunity to partake in healthy and tasty snacks, as well as cheer on the other swimmers - encouraging them to keep going!

Please plan to stay to the end of the event! 7:30 isn't late...practice for many of our swimmers runs later than that. Hearing "The Final Countdown" play as our younger teammates finish up is pretty awesome and these younger swimmers deserve every bit of motivation, cheering, support and encouragement we can give them!!! Thank you!!!

ONE TEAM!!! GO CUDA!!!

Swim-A-Thon FUN

FUN NEW prizes and surprises for 2019!!!

**Prize packs for everyone that raises/contributes
\$25 or more!**

**Weekly drawings for fun prizes for all that have
donated up to that point!**

**Other FUN drawings along the way...pay attention to
your email and our Parent FaceBook Page for the
whats and whens!**

**Not on our Parent FB Page?? Find us at
[Front Range Barracudas Parents](#)
quick to keep up with all the fun details!!**

**Please help us thank our Partners with your show
of support!! They've been SO supportive of
CUDA and our 2019 Swim-A-Thon!!!**



**We've had a great start to our
campaign!**



THANK YOU FOR YOUR SUPPORT!!!

GO CUDA!!!



Swim-A-Thon 2019 Partners

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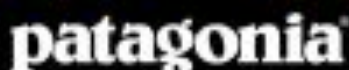
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THORNTON
LOCATION

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Coaches' Corner

Swimmer's of the Month

Developmental Group

Ethan Soesilo

Ethan has had good effort, good listening and a positive attitude!

Advanced Developmental

Reese Campbell

Reese as well has had great effort, good listening and a positive attitude!

Silver Group

Sydney Mayes

Watch out for Sydney! She's about to take this long course season by storm! By being consistent in her practice attendance, persistent in her efforts to better her stokes, and having a great attitude about both, all four of her strokes are looking long, strong, and confident. She's also lots of fun to be around, and we're really glad to have her as a Silver group teammate.

Red Group

Moses Wotruba

What a transformative few months it's been for Moses. It's been so fun to see his progress this season, starting out relatively unsure, now confidence for days! Through continuing to show up and work through those tough obstacles, he's not only keeping up with his teammates, but positively challenging them to up their game too at both practice and at meets. Your rock, buddy!

White Group

Zinedine Guezmir

Congratulations to Zinedine Guezmir for showing leadership in the pool early in the long course season!

Gray Group

Izzy Schroeder

I am proud to announce that the Gray Group Swimmer of the Month is Izzy Schroeder. Izzy shows true grit when challenged and the results have shown in the pool! I am really excited to see Izzy's continued improvement as we move to the long course season. Congrats Izzy!

Fundraising



The Cudas have a couple easy methods to earn money that gets credited to your account. Some families earn hundreds of dollars every season.

ShopWithScrip

1. Register with ShopWithScrip. Email scripsales@teamcudas.com for an invite. Here is an explanation of how this program works.
2. Setup your PrestoPay. This is a video with instructions on how to setup.
3. Order gift cards for your everyday shopping and gifts from over 750 stores. These cards can be ordered 3 different ways
 - Physical gift cards
 - Reload and Reload Now (gift cards that are able to be reloaded via the website or ScripWallet)
 - ScripNow (e-gift card available on any mobile device)

King Soopers - link your online account to Cudas with our organization code of HS138 Safeway cards

1. Purchase card directly from Bree Kimbrough for \$25 (cash or check payable to Front Range Barracudas).
2. Reload the card at the store while you are shopping. 3. Earn a 5% rebate on all reloads. Got

Questions? Contact: Bree Kimbrough at scripsales@teamcudas.com

Do you want to see what fun is going on at the pools?

Follow us on Twitter:

<https://twitter.com/teamcudas>

~~Got Questions? Contact: Bree Kimbrough at scripsales@teamcudas.com.~~

Account Up to Date?

Please be sure to check your account invoices monthly. To do this, please login to the team website and click on "My Account" tab located on the left of the page. Then click on "My Invoice/Payment" tab also on the left side of the page. From there you can check balances, make a payment, and see your service hour balance.

Remember if you have any questions about your account, please email cudamanager@teamcudas.com.

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2. Setup your PrestoPay. [This](#) is a video with instructions on how to setup.
3. Order gift cards for your everyday shopping and gifts from over [750 stores](#). These cards can be ordered 3 different ways
 - Physical gift cards
 - [Reload and Reload Now](#) (gift cards that are able to be reloaded via the website or [ScripWallet](#))
 - [ScripNow](#) (e-gift card available on any mobile device)

King Soopers and Safeway cards

1. Purchase card **directly** from Bree Kimbrough for \$25 (cash or check payable to Front Range Barracudas).
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KING SOOPERS CHANGES



King Soopers will no longer be using the reloadable gift cards as of 4/1/19. You will now be able to earn rewards just by linking your rewards account to our organization. Here are step by step instructions on how to get your rewards account linked to Cudas:

For King Soopers Stores - go to <https://www.kingsoopers.com>
For City Market Stores - go to <https://www.citymarket.com>

*For those of you that already have a login:
Login, Go to My account, On left hand side click on Community Rewards In the search box type HS138 and it should bring up Front Range Barracudas, Click enroll

*New users will need to create an account which requires some basic information, a valid email address and a rewards card.

With this new program there are also some other IMPORTANT things to know:

1. Each quarter I will send you a reminder with instructions on how to print a statement of earning and due date. With this new system and because of security, I will no longer be receiving an itemized statement. It will be up to you to send me your statement by the due date to receive credit for your swimmer.

If you need help with the steps above King Soopers has setup a hotline and email to assist. The email

is kingsooperscommunityrewards@kingsoopers.com and the phone is (303)698-3403

Hello spring, hello earnings

The season is blooming. Get energized with earnings up to 14%.



Refresh your skin. Wash the winter away with soaps, suds, and lotions.











Refresh your décor. Add a pop of color to your home with accent pillows, wall art, and more.











Refresh your outdoor oasis. Plants, patio furniture, and grilling tools await.







Refresh your look. Let the season inspire your wardrobe with floral patterns and bright colors.









Shop and earn with **more than 750 top brands** at ShopWithScrip.com or on mobile at MyScripWallet.com.

A note from your coordinator: Ready to start earning FREE money for your swimmer?

Contact Bree Kimbrough at scripsales@cudas.com

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Coaches' Corner | Coach Gail

Greetings and Happy Spring!

It's a new season, a fresh start and an opportunity to set some new big goals!

Why do you need to set goals? Because if you don't know where you're going, how will you know when you get there! It's hard to come to practice every day and work hard without having a clear picture in mind of why you're there and exactly where you're wanting to be by the end of the season.

So please take some time, sit down and think about how you want your upcoming season to be, and then create your goal plan. Here are some actions to get you started.

1. Decide on your "Fire in the Belly" goal. That's the biggest, most important thing you want to accomplish this season. That goal that gets you excited and motivates you to work hard.
2. Set a few intermediate goals you can achieve along the way. These can be time goals or improvements in technique or skills.
3. Determine the actions you must take every day to make your goals happen.
4. Write your goals down and put them where you can see and review them often.
5. Make the decision to commit to doing everything you can to accomplish your goals.

I have a great goal setting worksheet. If you'd like a copy, email me at mental_coach1@msn.com (please note the underscore) and I'll get one to you right away.

Cheers to a strong, fun, and successful long course season!!!

"I think goals should never be easy, [they should force you to work](#), even if they are uncomfortable at the time." —**Michael Phelps**





Newsletter

April 2019

Mark your Calendar



Date	Event
April 8th	Sign-up Deadline Cuda/ Fast/ Hra Tri Meet @Teamcudas.com
April 10th	Cuda Spring Try -out @ VMAC
April 13th	Cuda/ Fast/ Hra Tri Meet @ Epic
April 16th	Sign-up Deadline Steve Drozda Shotgun @ Teamcudas.com
April 17th	After Practice Snacks with Friends! @ VMAC
April 17th	Sign-up Deadline for April Pizza Meet @ Teamcudas.com
April 19th	April Pizza Meet @ VMAC
April 20th	Northern Colorado Swim Camp @ Thompson Valley HS

April Birthdays

Charlotte Fieeiki	Lorelai Frauenfelder	Aiden Gu	Jaden Gu
Reese Hopper	John Liu	Zoe McCollam	Arya Nandyal
Jack Predota	Bianca Saju	Fletcher Schwartz	Emily Soesilo
Zachary Torrence	Havish Vatti	Marin Wheeler	



THANK YOU...
to the wonderful businesses that have sponsored our Cuda Team this season!



**JFW wishes all the swimmers
GOOD LUCK TODAY!**

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And **THANK YOU** to the wonderful businesses that have partnered with us this season!



Make room for a little fun.™



Board Meetings

All Barracuda team members and parents are invited to attend and participate in our monthly Board meetings. They are held the second Monday of every month. This month the meeting is scheduled for **Monday, April 8, 2018 from 7:15 pm to 9:00 pm at Veterans' Memorial Aquatic Center (VMAC)**. We look forward to seeing you there!

There isn't a better time to become an official!

Officials' Corner

New season-new volunteer requirement- satisfy all your hours and your appetite by becoming an official (we get fed at almost every meet). You can get the minimum fundraising requirement waived altogether by fulfilling your minimum meet requirement as an official. New to the team or the sport, becoming an official educates you and the swimmers on the rules of the sport. No experience necessary!

If you have any other "Official Questions" reach out to me at OfficialsCoordinator@teamcudas.com

Thanks - Jason Slavik

**If you're interested in finding out more information,
please contact Jason Slavik at officialscoordiantor@teamcudas.com**

