

Message from the Board

Holiday season is here, this is a great time to reflect on the blessings of swimming. We have the best coaches, athletes and parents of any sport I know!!

COACHES

Coaches are the heart and soul of swimming. They create team bonding and a powerful culture that brings out the best in each swimmer, set a great example by how they communicate, and encourage swimmers to support each other in practice and at meets. Most of all, their primary role is to build character and future leaders. Great coaches inspire courage, grace, dedication and excellence. Thank you to our fabulous coaches who make the sport fun!

ATHLETES

The swimming journey would not be possible without dedicated athletes full of dreams, passion and purpose. They know that swimming is not just about personal success or breaking records, It's about support, determination, and being there for each other. Swimmers light up the pool with their fire and resilience. Thank you to our athletes for making us proud everyday!

PARENTS

Swimmers could not pursue swimming with grit and determination without their parents. Parents provide carpools, towels, fresh goggles, food and more food, and countless volunteer hours. They provide emotional support during every phase of a swimming journey, and remind our athletes to work hard and have fun! Thank you swim parents for being there through it all!

Give thanks for the coaches, athletes and parents for all they give to make life between the lane lines so much fun! Happy Holidays!

CUDA Board

Andrew Brand, Head Coach

Stacie Bailey, President

Jon Kehmeier, Vice President

Clark Saenz, Treasurer

Jodi Walters, Secretary

Diana Bennett, Member At Large

Cathy Drozda, Member At Large

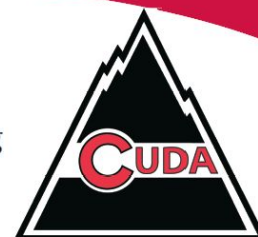
Michelle Moran, Member At Large, Spirit Coordinator

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



Our goal is to determine the best summer travel meets for our swimmers as early as possible. Unfortunately, teams hosting mid-June meets do not have every detail about those meets nailed down at the point. We have been able to hunt down information for finalists and would like everyone to mark down June 21-23 on the novelty 2019 calendars you unwrap for Christmas. We'll try to announce the locations as soon as we are confident in the best meets for our swimmers. Criteria we look for in finding a travel meet is: Ease and cost of travel, competitive meet in a great facility, and it's a nice bonus if there's some fun events for your family to partake in after the meet! These travel meets are more than just traveling across state lines to swim six events. Most championship meets for our older swimmers are out of state- so it gives our swimmers experience in waking up in a hotel and competing at their best. It also provides some awesome team building opportunities for swimmers and their families. Memories that they'll remember long after they forget what times they achieved at that meet. Please stay tuned for more information.

[Coach Andrew Brand](#)

Informational Article of the Month

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

[Why kids should go on travel tips](#)



Cudas give Back! Cudas donated 463 LBS of food to FISH!



High Point Winners from CUDA Pentathlon!

Congratulations to Emma, McKayla, Ellie, Karli, Nandana, Hannah, Hector, Sabrina, Sam and Sydney



Congratulations to our CUDA Pentathlon High Point Winners! (Continued)

High point winners: Tony, Sophia, Shannon and Charlotte



Announcements:



FOR Mom				
FOR Dad				
FOR Teens				
Toys & Games				
Stacking Stuffers				

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Announcements:



FOR Teachers	BARNES & NOBLE BN.com	Gift Basket	Eastern	STARBUCKS®
Business Gifts	BEST BUY	Hilton	REGAL	STAPLES
Fashion & Style	W OLD NAVY BANKS&PUBLIC ATHLETA	L.L.Bean	macy's	Target Marshalls HomeGoods SIERRA
Cooks & Bakers	BED BATH & BEYOND®	HONEYBAKED HAM	OMAHA STEAKS BROOKLYN	POTTERY BARN WILLIAMS SONOMA 7th FLOOR
Online Shopping	1.800flowers.com	amazon.com	STITCH FIX	VISA

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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 and 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>

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.

Coaches' Corner

Swimmer's of the Month

Developmental Group

Fletcher Schwartz- Congratulations Fletcher!

Advanced Developmental Group

Avery Henninger- Congratulations Avery!

Silver Group

Emily Soesilo

A big high five to Emily S.! She's really been setting a great example of what this team and participating in this sport is all about....challenging herself every day and enjoying time in the water with her teammates and friends. Emily also showed some serious guts this last month in trying 100 fly for the first time at Vortex and achieving her first short course state qualifying time in the 50 fly. Awesome job, Em!

Red Group

Breno Ejzykowicz

Breno's being recognized this month, first, for being a great friend and supportive teammate. It was so wonderful to see Breno taking time at practice to console an upset teammate, and then again at last month's Pentathlon, reveling with his buddy after a really close and fun race they just had in the 100 IM, giving each other lots of "good jobs" and high fives. Breno's finding a new level of fun, swimming strong, and raced his way to this weekend's CSI Qualifier. Way to go, Breno!

White Group

Jonah Wang

Jonah had a stellar performance this weekend at the CSI meet. He dropped time in every event and qualified for state in the 50 backstroke! Way to go, Jonah!

Gray Group

Aamon Grigg

Aamon has worked really hard with a great attitude, excellent attendance and a willingness to learn. Congrats Aamon!

HOLIDAY FUN AND OPEN SWIM

Stay and cheer on your teammates as they finish up their races at the CUDA v Foothills Dual and then hop back into the pool for some holiday fun! There will be a bunch of CUDAs swimming the mile at the end of the meet and it would be so great to have everyone there to cheer them on!! We'll have pizza, cookies and free swim until 2:30 PM. All CUDA swimmers are welcome!



Please be sure to commit your swimmer(s) so we have enough food. Your CUDA account will be charged \$5 for each participant. Hope you're all able to make it! Happy Holidays!!

Coaches' Corner | Coach Gail

Mental Toughness is Your Secret Weapon!

I hope you're all working on your CONSISTENCY! As we talked about last session, there are countless things you need to do to be successful. Being at practice regularly, giving 100% effort, eating healthy, staying hydrated, getting good sleep, stretching, being focused, having a positive attitude, doing your mental work are just a few of the things you need to do to excel at swimming. But if you only do them once in a while or just when you feel like it, you'll have a hard time finding that success. Every day must be a day dedicated to consistency of purpose, behavior, mindset and action.

WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE THEREFORE IS NOT AN ACT BUT A HABIT.

We also did some great work on breathing. Keep practicing the different types of breathing during workouts and throughout the day to find which ones work best for you in different situations. Deep breathing is one of the easiest and most effective ways to deal with nerves, frustration, lack of focus, pressure and anxiety.
BREATHE.....

Happiest of Holiday Wishes to All of You!!

Gail Royce



Mark your Calendar

Date	Event
Dec. 9th	Dual Meet v Foothills @ VMAC
Dec. 9th	Holiday Party @ VMAC
Dec. 10th	Fundraiser @ Your Pie
Dec. 17th	Board Meeting @ VMAC @ 7pm



December Birthdays

Olivia Amato	Gabrielle Amato	Dorothy Bennett	Emma Blanchette
Owen Feran	Zoe Glover	Elabelle Higgins	Jordan Johnson
Nandana Kannaiyan	Cooper Maier	Anisha Mehta	Hector Mu
Sanjay Mudukutore	Maxim Nicolaev	Madeleine Norton	Arden Quan
Sabrina Rachjaibun	Alexandra Remaklus	Mia Schroeder	Fletcher Slavik
Ethan Soesilo			



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



Moneywise Tax
CPA, P.C.



Proud Sponsors of
The Front Range Barracuda Swim Team

GO Cudas! Swim Strong... Swim Fast!



The *Dream* Weavers
Jason & Kathi Weaver
(303) 918-7006

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

FIRST WATCH

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Make room for a little fun.[™]



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. Sign up for [ShopWithScrip](#). Watch this [video](#) for an explanation of the Scrip program.
2. Sign up for [PrestoPay](#). Here is a [video](#) explanation of PrestoPay.
3. Order gift cards from over [750 stores](#), including clothing stores, restaurants and online businesses. Scrip can be ordered three ways.
 - Gift cards
 - Reloading existing cards
 - Virtual gift cards you purchase and use from your phone. Learn more about ScripNOW [here](#).

King Soopers cards

1. Purchase a King Soopers card from the Cudas for \$25.
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Remember if you have any questions about your account, please email cudamanager@teamcudas.com.

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, December 17, 2018 from 7:00 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

We have two parents that have completed their Stroke & Turn training and are now Certified USA Swimming Officials!

Congratulations to Susie Pecze and Chris Lindberg! That brings our current CUDA parent officials up to 8. We still need 12 more for a team of our size with a yearlong home meet schedule that brings in a substantial part of our annual budget. We can't run meets without officials. We did have quite a few shadow at the CUDA Pentathlon, which is quite encouraging. If you have started your shadowing, keep it up! If you haven't started yet and have already taken the class, it's not too late to start the on-deck shadowing process. Come on down to the VMAC classroom at the start of warmups for the CUDA/FST Dual and sign in to begin your shadowing on December 9th. If you have any questions or missed the class in October, reach out to Jason at officialscoordinator@teamcudas.com and we will make it happen. It's a great way to help the team and your personal financial commitment instead of watching from the bleachers.

Thanks - Jason Slavik
officialscoordinator@teamcudas.com

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

