



FRONT RANGE BARRACUDAS

CHARACTER • RESPECT • INTEGRITY

Short Course 2019,
December
Table of Contents:

- Page 2:** Winter Training - By Coach Andrew
- Page 3:** Summer Travel Trips
- Page 4:** December Birthdays
- Page 5:** Ask Swim Mom: Should my Son Skip High School
- Page 5:** High-point winners

DECEMBER
2019
NEWSLETTER



WINTER TRAINING

Our swimmers have worked really hard in the pool since early September. With our Pioneer, Junior Nationals and our dual meet wrapping up our first part of the season; we know we don't have a meet for over a month.

This is the time of year that coaches enjoy a whole lot, because we really get some challenging practices done in the pool!

We also understand though that with Christmas right around the corner many of you are traveling around the country to visit relatives for a few days. Those two things aren't entirely compatible. So a recommendation if you chose to accept it... Let your swimmer train with a team near where you're staying on vacation! That team will most likely be putting in some hard holiday training and will give your swimmer an opportunity to make some new friends and keep in tip-top shape between grandma's home cooked meals!

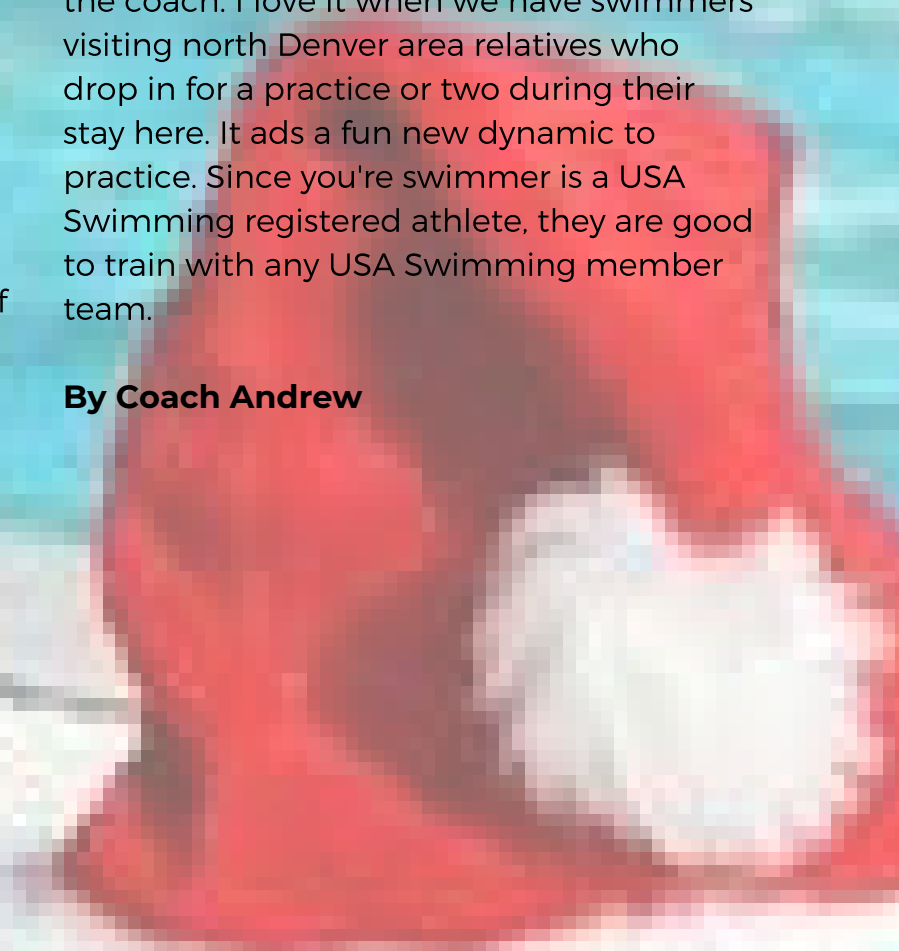
In order to find team that works copy and paste...

<https://www.usaswimming.org/Home/join>

Copy the above address into your browser and set the parameters to what you want.

Click through the website link to the best team for where you're staying and contact the coach. I love it when we have swimmers visiting north Denver area relatives who drop in for a practice or two during their stay here. It adds a fun new dynamic to practice. Since your swimmer is a USA Swimming registered athlete, they are good to train with any USA Swimming member team.

By Coach Andrew



SUMMER TRAVEL TRIPS

We're half a year away, but excited to announce our Summer of '20 travel meets.

As with past years our goal is to provide a beneficial learning experience and meet for all of our swimmers whether they are in Developmental or Elite group or any group in between. Please look for information on these meets as we get closer to long course season!

Little Apple Invite (Manhattan, KS)

June 12-14, 2020

For Groups: Developmental, Advanced Developmental, Red, Silver, White & Senior

Des Moines Invite (Des Moines, IA)

June 12-14, 2020

For Groups: Gray, Black, Gold, Elite Prep and Elite

ASK SWIM MOM: SHOULD MY SON SKIP HIGH SCHOOL SWIMMING?

Courtesy: Elizabeth Wickham

Dear Swim Mom,

We are feeling torn for our son who is 16, on if he should compete for his high school or if he should skip high school swimming to train with his club team. He's close to Junior National times which is his goal, plus he wants to swim in college. We're afraid the time he takes off from training with his coach will hurt him achieve his goals. But then we are worried he will miss out on the fun of high school swimming this year, which he really enjoyed last year. What are your thoughts about high school versus club swimming? Thanks in advance for some input.

Club Swim Parent—

Dear Club Swim Parent,

That's a tough choice for a lot of swimmers to make. Hopefully, it can be worked out if the swim coaches communicate and work together in the best interest of the swimmer. A friend's son had a high school coach who wouldn't allow him to miss any practice. Practices were at the same time as his club team, so he would be missing training with his club coach for the entire high school season. The club coach called the high school coach and explained the swimmer's goals and target meets. They compromised on a swim schedule that allowed him to swim both. I'm not sure what your high school coach's or school district's rules are. Every high school coach is different. At our high school, the girls' coach allowed swimmers to train with their club coach instead of the high school while the boys' coach did not!

High school swimming can be a fun part of our children's swimming careers. When they are year-round swimmers, high school allows them a moment to shine with their school peers. Often without high school swim, some of their best school friends would never have a chance to see them race or understand why they spend so much time at the pool. The school spirit and working together as a team to win league or state meets can be thrilling, too. High school swimming may be the very thing to rekindle a spark or enthusiasm if a swimmer is feeling burned out after years of age group swimming. Also, high school swimming trains kids for college with the focus on team, winning races and a schedule of dual meets.

That being said, your son needs to look at the big picture of what he wants from swimming. If he's not allowed to train at all with his club coach during high school season, will it affect the rest of his swim season? Will it harm his long-term goals? Could he swim workouts that his club coach provides for high school practice and keep his training consistent?

Best of luck to your son and support his decision whether or not he swims for the high school team.

What advice do you have for Club Swim Parent about high school versus club swimming? If you have a question for Elizabeth Wickham, please email her at ewickham@me.com and your question may appear in a future story.



DECEMBER BIRTHDAYS

Olivia Amato

Gabrielle

Amato

Dorothy

Bennett

Emma

Blanchette

Kaitlyn

Genzer

Zoe Glover

Ellabelle Higgins

Jordan Johnson

Nandana Kannaiyan

Anisha Mehta

Hector Mu

Sanjay Mudukutore

Bryce Neeley

Kelly Neo

Maxim

Nicolaev

Madeleine Norton

Arden Quan

Sabrina Rachjaibun

Mia Schroeder

Fletcher Slavik

Ethan Soesilo

Finley Stone

Mikayla Torrence

Maxwell Weiss

Madison Wright



HIGH-POINT WINNERS

Attached are some high-point winners from the last month or more!

11 yr old girls 7 th place .. Nandana Kannaiyan (CUDA Pentathlon)

8 and unders- 4th place ..Hunter Nebola- (Aces)

Please send future pictures of accomplishments to secretary@teamcudas.com OR post on to the CUDA Facebook page! Remember, I cannot include them if I don't have them!

