

## Message from the Board

On behalf of the entire Cuda Board of Directors, we want to thank you, profusely, for all the hard work that our membership put in towards running a fabulous Cuda Classic!!

So many families went above and beyond what could ever be expected: People who long-ago crossed their 15-hour requirement of volunteer time and people whose kids weren't even swimming in the sessions they worked showed up and volunteered in droves. Thank you! We cannot properly express our gratitude!

The meets that we host are the largest part of our income for the team and without the swim meets our monthly dues would be so much higher. It is very important to us as a board and as a team that other teams want to keep coming back year after year. In order to run a good quality meet we rely on our volunteers. We couldn't do it without all the volunteers that gave us their precious time at the Cuda Classic and in all the rest of our hosted swim meets.

Again, the word grateful doesn't even quite fulfill how we are feeling about how wonderful you were last weekend! Thank you again, we are so lucky to have your loyalty and Cuda Pride on our team!

Thank you!!

### CUDA Board

**Andrew Brand, Head Coach**

**Stacie Bailey, President**

**Jon Kehmeier, Vice President**

**Clark Saenz, Treasurer**

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**Diana Bennett, Member At Large**

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**Amy Schroeder, Member At Large**

# One Team

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

CHARACTER • RESPECT • INTEGRITY



[teamcudas.com](http://teamcudas.com)

## Coaches' Corner | Head Coach Andrew



One look at this month's newsletter calendar and you'll realize it's a full month for all swimmers ages 5-18. We do our best to create a spot on the calendar for every swimmer's championship meet, regardless of age and ability.

- First up is the Northern Colorado 8 & Under Championship up in Eaton, CO. We know it's a bit of a drive, but Eaton Swim Team does a fine job hosting a great meet! Plus the drive home goes by quickly when you've got some ribbons in hand and a huge smile on your face!
- Next we've got the 14 & Under state meet. All of the fastest young swimmers from around the state venture to VMAC to compete for some state titles. We'll have a strong showing this year and are excited again to host. Whether your swimmer is competing or not, we could also use some help running a smooth meet for visiting teams from all over the Centennial state.
- Now, looking ahead a bit to next month are three more meets, Northern Colorado Districts is up first. This is a fantastic meet in a prelim finals format. In the past we've had many young swimmers breakthrough and achieve their first finals swim ever at this meet. Even though the meet is in March, the deadline is in February, so please be aware of that. But we're looking for a strong team showing at this meet.
- And last, but certainly not least are: Northwest Sectionals and NCSA. These are national travel meets for our swimmers that have achieved cuts. These meets are the pinnacle for age group swimmers to strive for in the Spring, as many of the nation's fastest yards times will come out of these competitions.

## Informational Article of the Month

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

[10 Minutes a Day for Happier Parents and Swimmers](#)



## High Point Winners!

Cuda Classic High Point Winners! Not all pictured \*only parents who posted photos onto team facebook page. Congratulations to Hannah, Hunter, Reese, Kinley and Fletcher!



High Point Winner for All-Stars- Ellie Foulke!



## Announcements:

# SPRING BREAK SPENDING



### VACATION EXPENSES

### SHOPWITHSCRIP SOLUTION

New clothes: swimsuits, shorts, sundresses, hats, and more

Our assortment of clothing and accessory retailers provide endless options for everyone in your family.

Toiletries: your everyday essentials plus lots and lots of sunscreen

We carry both grocery stores and pharmacies so you can get what you need quickly.

Travel: the age-old question of flying or driving?

If you're taking to the skies, we have three major airlines, and if you're sticking to the road, a gas gift card will get you far, especially the reloadable ones!

Transportation there: do you need a rental car or to grab a quick ride?

Whether you're renting a car or you just need to get from point A to point B with a ride-sharing service, we have scrip for both options.

Hotels: obviously you need a place to stay!

Always look at our list of hotels before making a reservation, or do your research on Hotels.com, which, you guessed it, we have scrip for!

Food: eating out with your family can make your wallet feel thin

Food expenses can get out of hand on vacation. Luckily, there's scrip for all your favorite chain restaurants so you could earn while you eat!

Excursions: little side trips and souvenir shopping adds up

While we don't have scrip for every single shop, local restaurant, or every activity you'll do, we do have prepaid gift cards that are widely accepted!



## 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](mailto: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](mailto: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](mailto:cudamanager@teamcudas.com).

## Coaches' Corner

### Swimmer's of the Month

**Developmental Group** - swimmer of the month is Olivia Amato and **Advanced Developmental** is Hunter Nebola. Both swimmers have been very attentive in practice, like a sponge soaking up the skills being taught. They are leaders both in the water and out, following directions. Nice job to the both of you!

### Silver Group

#### Aanya Singh

What a month it was for Aanya! She's been a shining example of what can be achieved through focused practicing, having fun with new challenges, and giving/receiving encouragement among teammates. Aanya took the Cuda Classic by storm, racing with some serious guts and knocking off a total of 36 seconds from her best times in 4 events. Wowza! Keep up the good work, Aanya!

### Red Group

#### Jayda Perry

Jayda is being recognized this month for her courage, her resilience, and being a compassionate teammate. The swimming journey is full of peaks and valleys, hits and misses. Jayda is welcoming the challenge of tougher sets, practices, and races (200 IM!), enjoying the successes and rebounding from swims that didn't go as planned. She's also always willing to reach out to teammates who need a boost or a hug, which is what we're all about. Way to go, Jayda!

### White Group

#### Michael Roba -

Michael had awesome meet at the Cuda Classic improving 6 out of 6 best times. In practice is a great role model for his peers because of the exemplifies characteristics of hard work and dedication. No matter what the set is, Michael is always up for the challenge.

### Gray Group

#### Sydney Pippert

I'm proud to announce that the Gray Group Swimmer of the month is Sydney Pippert. Sydney has showed a great attitude, attendance, work ethic and grit this season. Congrats Sydney!

## Please help CUDA support Broomfield FISH!

The Front Range Barracudas recently adopted a shelf at Broomfield FISH. Please help us stock it by bringing any and all kinds of **Macaroni & Cheese** to the **14 & Under State Championship Meet**. We will have a collection box in the entryway of VMAC during each session, February 22nd - 24th.



We know there's always a lot to carry to a meet, but please consider stuffing a few boxes in your swim bag, or bringing an extra bag just for this. Your donation, however big or small, will make a difference! Thank you SO much for your support!!



# STATE GOODY BAGS!!!



Short course state meets are fast approaching and for the 5th year in a row we would like to honor our swimmers with a goody bag. This is a parent sponsored event and we really need your help in filling the bags. We can even shop for you if you would like to donate a gift card instead of items for the bag. These bags will be filled with snacks, drinks and maybe even a trinket or two to keep our swimmers fueled and ready for the weekend.

Thank you to all the families that have contributed so far!! We couldn't provide these for the swimmers without your help!! If you would still like to participate, please follow this link to the sign up genius. We're collecting items until February 12th.

<https://www.signupgenius.com/go/5080E49AFE92B0-state>

Thank you, Everyone!! GO CUDA!!!





# Newsletter

February 2019

## Mark your Calendar



Date	Event
Feb 5th	College Information Night @ VMAC
Feb 9th	Northern Colorado 8 & Under Championships @ Eaton HS
Feb 11th	February Board Meeting 7pm @ VMAC
Feb 13th	Sign-up deadline February Pizza Meet @ teamcudas.com
Feb 15-17	Colorado Senior Meet @ DU
Feb 15th	February Pizza Meet @ VMAC
Feb 20th	State Qualifier Dinner @ Cinzettis
Feb 21st	Northern Colorado Districts sign-up deadline @ teamcudas.com
Feb 22-24	14 @ Under State Championships @ VMAC

## January Birthdays

<b>Ethan Adams</b>	<b>Kaylee Austin</b>	<b>Dalila Berryman</b>	<b>Kaine Combs</b>
<b>Jordan Dolan</b>	<b>Kinley Grigg</b>	<b>Addison Groce</b>	<b>Abbie Kehmeier</b>
<b>Hunter Nebola</b>	<b>Hudson Peterson</b>	<b>Sydney Pippert</b>	<b>Makenna Reiner</b>
<b>Reese Roper</b>	<b>Isabella Schneider</b>	<b>Johnee Shields</b>	<b>Ryler Slavik</b>
<b>Juliana Spitalnik</b>			



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



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

Proud Sponsor of the Front Range Barracudas  
[www.JFWTrucking.com](http://www.JFWTrucking.com)



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The Front Range Barracuda Swim Team

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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, January 14, 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

Congratulations to these "parents of the month" who completed their stroke and turn training and became Certified Officials of USA Swimming: Bree Kimbrough, Dimitru Nicolaev, Nikki Goodman & Craig Mahonchak! We have doubled our parent officials, but we are still about 8 short for a team of our size. If you have started to shadow, please continue it, we need you (Abby).

If you have attended the class but have not completed your on-deck training, don't worry, there will be plenty of opportunities to do so. Feb Pizza meet, CUDA Carnival and the entire long course season including two multi-session home meets in the Steve Drozda and CUDA/STAR.

If you haven't attended a Stroke & Turn class, but want to, let me know and we can try to schedule one at the VMAC. That is the first step to becoming an official. We also need Admin Officials who sit at the computer and verify results as well as System6 people to run the scoreboard. If you are interested in either of those things, I can point you in the right direction.

If you have any other "Official Questions" reach out to me at [OfficialsCoordinator@teamcudas.com](mailto:OfficialsCoordinator@teamcudas.com)

Thanks - Jason Slavik

**If you're interested in finding out more information,  
please contact Jason Slavik at [officialscoordiantor@teamcudas.com](mailto:officialscoordiantor@teamcudas.com)**



**Nutritious Snack Options- courtesy of our resident Family Practice Physician, Susan McDonald. This would be great to print and post on your fridge for healthy snack ideas! Thank you Susan!**

- Cottage cheese and strawberries
- Instant oatmeal with nut butter
- Hummus with celery, carrots or bell peppers
- Smoothie with yogurt, milk and fruit
- Smoothie with fruit, protein powder, water and honey
- Edamame
- Peanut butter and jelly sandwich
- Hard boiled eggs and toast or fruit
- Elephant eye- crack an egg into buttered bread with a center circle cut out
- Trail mix
- Applesauce with oatmeal
- Tuna salad on lettuce or with crackers
- Frozen waffle with nut butter
- Tortilla rollup with deli meat and cheese
- Peanut butter balls with dates and cinnamon/cocoa powder
- Baked potato in the microwave with toppings
- Microwaved sweet potato
- Smoked salmon and cream cheese with bagel or toast
- Yogurt and fruit
- Granola and yogurt
- Quesadilla with cheese and veggies
- Nachos
- String cheese and fruit
- Cottage cheese with sunflower seeds
- Almond flour scones/cookies- google recipe ideas
- Homemade granola bars
- Apple and peanut butter
- English muffin pizzas
- Meat sandwich
- Energy bars
- Deviled eggs
- Whole wheat crackers with cheese or peanut butter
- Beef jerky with crackers or fruit
- Melon and prosciutto

