

Message from the Board

Happy New Year!

I hope everyone had a happy and safe holiday season. I am excited to see what 2019 will bring.

CUDA will host the CUDA Classic at VMAC, January 18 – 20. This is a fun and exciting meet. The mini ducks will make their 2019 short course debut for heat winners and swimmers will focus on qualifying for state championships. Jobs for the CUDA Classic are open for signup. We need your help to fill these job positions. These positions are critical for a successful meet. There are about 26 positions for each session available and there are 7 sessions of the CUDA Classic. So, we need a lot of volunteers to make the meet a success! Happy coaches, happy officials and happy swimmers makes for happy life!

Colorado State Championships are coming up in February, including Northern Colorado 8 and Under Championships, Colorado Senior Meet and 14 & Under State Championships. January is the time to commit to the build up to championship season. We look forward to seeing the hard work pay off in the coming month.

You may have questions and want to talk to your swimmer's coach. If you need to communicate with a coach, please email or make arrangements to meet in person outside of practice times.

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

Cathy Drozda, Member At Large

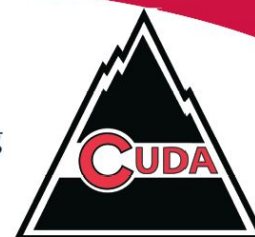
Michelle Moran, Member At Large, Spirit Coordinator

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



Coach

The end of last year brought some exciting things to Cuda including our new mission statement, which starts with the two word phrase, '**One Team**'. At meets we've always competed in Cuda Caps. Be it the white or black version. All of our competition caps have Cuda emblazoned across the silicone dome. One piece our coaching staff wants to be more consistent with moving forward is wearing a team suit to match the cap. Our official vendor, MI Sports, has a couple of different styles at slightly different price points; the color scheme is the same on all- a solid and sharp black. We understand many swimmers love expressing creativity with suits they own. Some of those uniquely designed suits probably came out of boxes from under the Christmas tree. Practice is a perfect opportunity for those to be on nods to individuality to be on full display and we'll display the team solidarity for the solid black suit at meets. Direct link to MI Sports Cuda Store-- <https://www.swimmisports.com/team-stores/front-range-cudas/>

[Coach Andrew Brand](#)

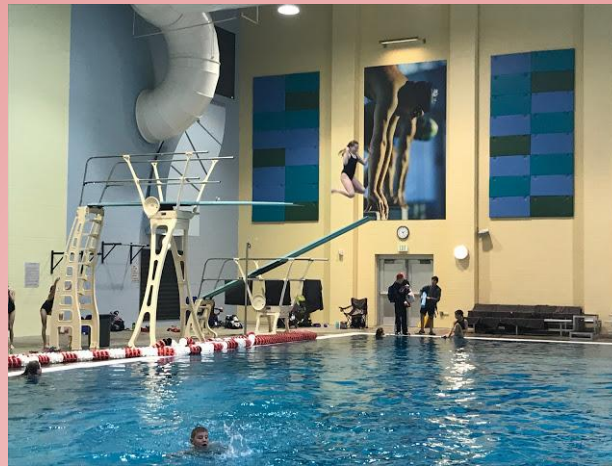
Informational Article of the Month

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

[Less is More in Swim Parenting](#)



December CUDA fun!



Credit Card Earnings VS Scrip Earnings

The Battle of Plastics



MONTHLY SPENDING AVERAGE

Groceries	\$335
Dining Out	\$250
Entertainment	\$240
Gas	\$175
Clothing	\$150
Home Repair	\$150
Vacation	\$330

IN A YEAR...

when you use a credit card:

when you use a scrip gift card:



CREDIT CARD EARNINGS
\$378 - \$700

SCRIP EARNINGS
\$1,080



Another thing to keep in mind is that with credit cards you have to read the fine print, as the earning potential differs from year to year. While you could earn \$378-\$700 in year one, you'll only earn \$278-\$391 in year two with the same card.

But with scrip, you could earn \$1,080 every year!



ShopWithScrip
Powered by Great Lakes Scrip Center

Spending Averages based on national averages for a family of four. Credit Card Earnings calculated on NerdWallet

Is one of your New Years resolutions to be more financially savvy??

✓ **START HERE!!!**

For an invitation email scripsales@teamcudas.com

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 - Kasen Emery AND **Advanced Developmental Group**- Emma Grace Blanchette

Both swimmers have displayed great work ethics, improved stroke technique, and work hard at each practice!

Silver Group

Jack Predota

Jack has been an incredibly positive addition to the Silver group since joining the team last August. He not only attends practice consistently, but does so with a consistently great attitude and focus on getting stronger in every facet of his swimming. His willingness to ask for feedback and then start applying it right away displays maturity and investment in himself and this team, and is also resulting in some seriously strong races and personal best times. Keep it up, Jack!

Red Group

Mia Hauschild

It has been a joy to see Mia blossom as a swimmer, a great teammate, and a leader in the Red group. I've been so impressed with the guts she's been showing in her races and the determination with which she approaches practice and skill building. Her patient persistence and ability to embrace the challenge and make it fun (200 free!) is paying off for her big time in strength and confidence and setting a very positive example for her group mates. High five, Mia!

White Group

Zoey Chavira -

Great job of crushing some of the hardest sets we've had this year with a positive attitude while high fiving her teammates for encouragement.

Gray Group

Ellabelle Higgins- Ellabelle once again showed the day in and day out efforts that makes a great teammate. Her attendance, work effort and great attitude makes each day brighter for her teammates and myself. Thank you Ellabelle and congratulations on being December's Gray Group Swimmer of the Month.



**SO many fun Team activities coming up!! Please mark your calendar!
Look forward to seeing you all!!**

Wednesday, January 16th and Monday, January 21st

Fundraising Nights at Costa Vida Westminster, 4:00pm - 9:00pm.

Please refer to the CUDA website for the flyer which needs to be presented with each order. You can print in advance or show on your phone.

We were lucky to be able to schedule 2 Costa Vida nights this month! Stop in before or after practice on Wednesday, January 16th (or take home dinner on your way home from VMAC!!) or meet up with friends on a no practice night on Monday January, 21st!

Thanks so much for your support!!

January 18th - 20th @ the CUDA Classic

Help CUDA support Broomfield FISH!

CUDA adopted a shelf at Broomfield FISH recently. Help us stock that shelf for the month of January by donating any and all types of Macaroni and Cheese at the CUDA Classic. A collection bin will be available at each session. Thank you so much for your support!!

Wednesday, January 23rd and Wednesday, January 30th

Snacks with Friends after practice

All groups are at VMAC on both of these nights...let's get together and socialize a bit after practice!! This activity is 100% parent funded/sponsored. We'd love it if you could sign up to contribute a snack for our swimmers to share. Also, if you have a Black or Senior Group swimmer and could help man the snack table from 7:30 - 8:30, it would be greatly appreciated! There's a sign up for that on the website too, Thank you!!

Sunday, February 3rd

Post Holiday Fun for Moms and Swimmers

Join some CUDA moms and swimmers for a Chunky Blanket class and support CUDA in the process! Please contact Michelle Moran, fundraising@teamcudas.com, if you're interested in more info.

STATE GOODY BAGS!!!

It's that time of year again! 2018-2019 Short Course Season has gone by so fast!! Soon we'll have many of our CUDA swimmers participating in the State Swim Meet. As in past seasons, we'll be preparing goody bags for these swimmers to congratulate them on their achievement. This is a 100% parent funded/sponsored activity. If you're interested in contributing some snacks/treats for our swimmers, please watch for the signup genius document that will be coming to your email soon. Thank you so much for your participation!

Post Season Apparel

Please keep an eye out for an email with ordering information later this month. We will have a tight turnaround time on these t-shirts and will not be able to reopen the store for late requests.



Newsletter

January 2019

Mark your Calendar



Date	Event
Jan 7th	Sign-up deadline for CUDA Classic @ Teamcudas.com
Jan 9th	Sectionals Informational Meeting @ VMAC
Jan 14th	Board Meeting @ VMAC @ 7pm
Jan 16th	FUNdraising night @ CostaVida
Jan 18-20	The CUDA Classic @ VMAC
Jan 21st	FUNdraising night @ CostaVida
Jan 23rd	After practice snacks @ VMAC
Jan 23rd	Cuda vs. Aqua Dual sign-up deadline @ teamcudas.com
Jan 25th	College Information Night @ VMAC
Jan 30th	After practice snacks @ VMAC
Feb 1 & 2	Cuda vs. Aqua Dual @ Cherry Creek High School



January Birthdays

Hayden Dickinson	Adler Felderman	Selena Karlin	Madelyne Keenan
Daric Khamvongsa	Bryce Li	Caden Mahonchak	Jayda Perry
Michael Roba	Gretchen Seguin		

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 

Proud Sponsors of
The Front Range Barracuda Swim Team

GO Cudas! Swim Strong... Swim Fast!

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

Love Swimming and Have Fun!



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**PROUD SPONSOR OF THE
BARRACUDA SWIM TEAM**
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And **THANK YOU** to the wonderful businesses that have partnered with us this season!

COURTYARD[®]
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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

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**

