



FRONT RANGE BARRACUDAS

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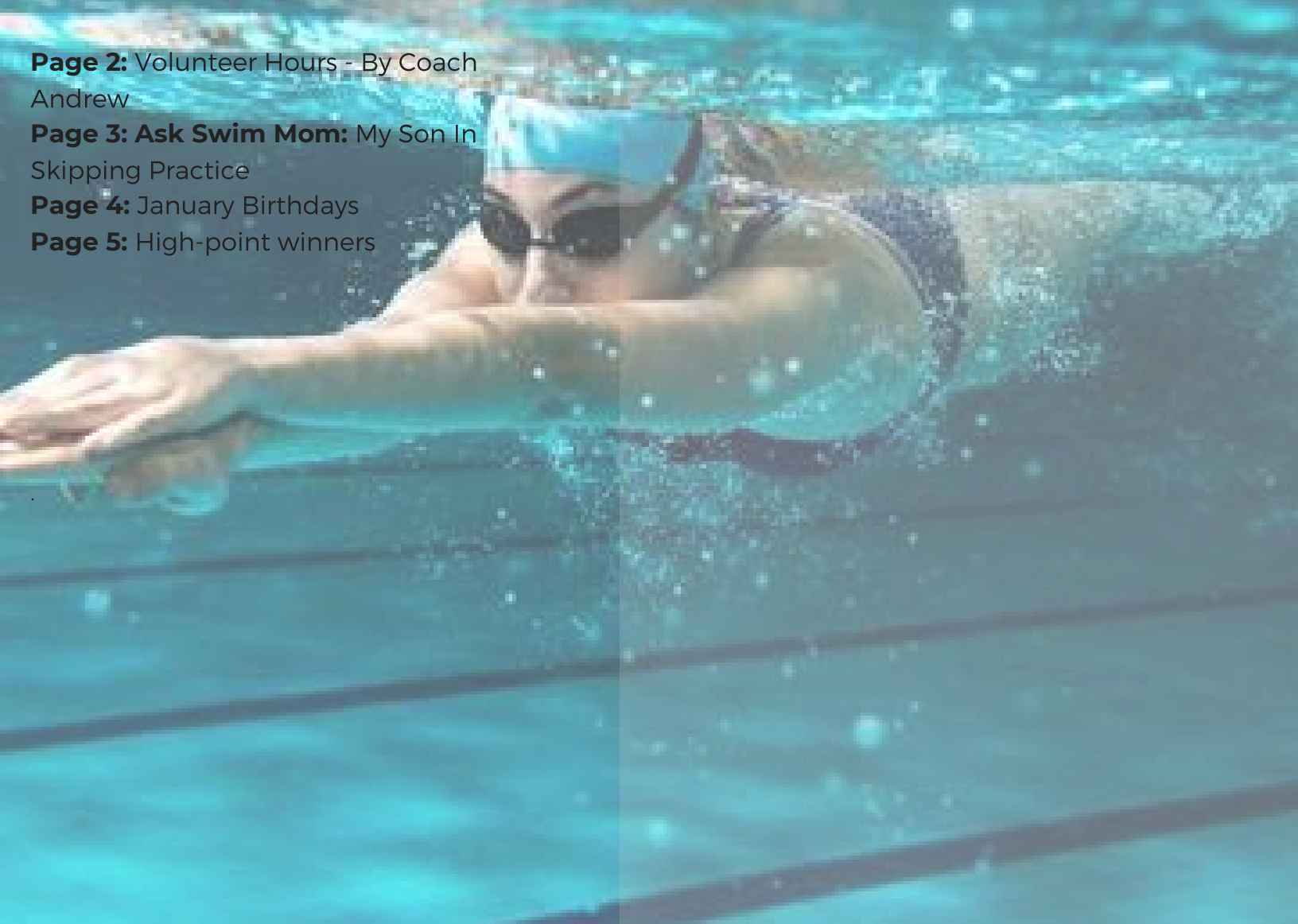
Short Course 2020, January
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JANUARY

2020

NEWSLETTER

VOLUNTEER HOURS

The background image shows a swimming pool with several people, likely volunteers, standing at the edge. They are looking down, possibly at something on the pool deck or in the water. The scene is brightly lit, suggesting an indoor pool setting.

Our response to filling service hour slots this season that been very impressive!

It's awesome to see the quick response we've had to almost all of our events. The biggest piece to having a home meet run smoothly is the volunteer base we have; and that's why our meets have rocked! Thank you for all who have helped in some capacity so far this short course season.

Even though it seems like the season is flying by and almost over- we still have our two largest events yet to come and we want to ensure those are properly staffed.

The Cuda Classic slots are for the most part full. As I'm typing this, there are a couple of miscellaneous timing slots available, but for the most part we are good-to-go!

Colorado 14 & Under State meet is our grand finale to the season. That's our chance to show off to the rest of the state. Those jobs will be posted in late January, which gives us about a month to fill up our roster of service help. If you have yet to meet your entire service hour obligation and have not signed up yet, please consider reserving one of the final Cuda Classic slots or plan on grabbing State meet opportunities when they're posted.

We'll also have a couple of misc opportunities like Cuda Carnival and Districts as well. If you have any questions about Cuda Classic, State or any other events we have as the short course season finishes, please let me know. Thanks!

Coach Andrew

ASK SWIM MOM: MY SON IN SKIPPING PRACTICE?

Courtesy: Elizabeth Wickham



Dear Swim Mom,

I just found out that my 16 year old skipped practice, even after dropping him off at the pool and then picking him up after he messaged for a pick up. I'm super ticked off about it, but more about the deceit than anything. I haven't called him out on it yet. I just had a hunch and messaged coach and asked if he was there.

He's in grade 11 and is losing interest, but I also don't want him to turn into a deadbeat teen that only plays video games. I'm not sure if it's just a Christmas break thing because he was off for a week and his routine is all messed up. I'm also concerned that if he drops swimming, that that might influence others to drop as well on our small team, with only a dozen swimmers at his level.

This is tough. I'm feeling like confiscating his phone or grounding him for lying or just telling him to find his own way to the pool...but then he probably will just sleep in and not go. He has a chance to swim in college if he sticks with it.

Thanks for any advice you can offer.---Ticked Off in Tennessee-----

Dear Ticked Off in Tennessee,

First, I believe you need to talk to your son about honesty and the importance of keeping his word. Most likely, he feels he'll disappoint you if he doesn't want to swim. As for grounding or taking away the phone, that's a personal decision to make.

My son wouldn't tell us that he didn't want to swim at about the same age. I'm sure he thought it would crush us. He made up excuse after excuse of why he couldn't go to meets and practice. I flat out asked him several times if he wanted to swim and he always said "yes." I should have opened my eyes to reality and supported him more in the things he was passionate about, like music.

I interviewed one coach who said his own son would drive him crazy because he wouldn't be focused at practice and bounced off the bottom of the pool. His son eventually switched sports to rowing and found his passion. The coach said the important thing is for our kids to do something they choose, whether or not it's swimming.

If your son wants to swim in college, then encourage him to stick with it. Of course, swimming isn't required to have a great college experience, but it does open doors. Coaches can flag athletes they want on their team for admissions. Swimming can give your son many advantages which may include a close-knit group of teammates, better meals, tutoring, a scholarship and priority registration for classes.

Many parents tell their kids that they need to finish the season, then decide if they want to continue or not. I think this is helpful to learn how to finish and not quit in the middle of things. When things get hard, it's an easy answer to quit. Sticking it out to the end of the season will be an accomplishment and a reward in itself.

Good luck!

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.

JANUARY **BIRTHDAYS**

Krish Goyal
Daniel Ha
Lily Jakobsen
Selena Karlin
Daric Khamvongsa
Bryce Li
Luke Lovell
Joseph Matthys
Cameron Neeley
Jayda Perry
Kyle Raskay
Julia Raskay
Michael Roba
Gretchen Seguin
Fiodar Slater
Reagan White



HIGH-POINT WINNERS

Attached are some high-point winners still coming in from November meets!

8 and unders- 7th place ..Hunter Nebola-
(CUDA Pentathlon)

13& Over- Kyle Raskay, Sydney Bales, Tony
Saenz

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!

