



FRONT RANGE BARRACUDAS

CHARACTER • RESPECT • INTEGRITY

Long Course 2019, June

TRAVEL TRIP!

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JUNE 2019 NEWSLETTER

TRAVEL TRIP POOLS - ARE YOU READY??



The Roosevelt Pool in Rapid City, SD



YMCA pool in Des Moines, IA

WHY WE GO ON TRAVEL TRIPS



By now you've already got your hotel room booked and have your travel accommodations ready for our 2019 Cuda team travel meets! This year we're heading north to Rapid City, South Dakota and west to Des Moines, Iowa. If you are not attending either of these meets, the good news is we'll have a mid-summer travel meets on our schedule in 2020 and beyond.

Our travel meets are traditionally some of the most fun we have during the swim season. Our goal is to go and swim faster than we've ever gone before. But there is more to a meet than a handful of races that may last two minutes or less.

Team bonding for swimmers

It's meets like these where teammates become friends and friends become best friends. Whether you car pool or whether you go out to dinner with families everynight, It gives young swimmers of the same age an opportunity to spend a lot of time together with hard working peers who have the same interests.

They will probably remember some crazy story or event from this meet for years, long after they forget what their times were from this meet.

...and parents!

I recently ran into a swim mom that I had not seen in years (her swimmer is now 23). We reminisced a bit about many things. She described still having monthly meet ups with other former Cuda moms. At these get togethers they share stories and some wine; talk about what's new and reminisce about the good old days. It's awesome that more than a half decade removed from her daughter's last swim practice with Cuda, one of her closest social circles was Cuda moms! Hey, guess what? These days right now are the good old days! Parent to parent relationships are strengthened by hanging out in hotel lobbies after the kids have gone to bed and enjoying dinner with other Cuda families.

Learning to race when waking up in unfamiliar bed

When swimmers are younger, their biggest meets are inside the state of Colorado, and often in the Denver metro area. CSI Pioneer, Short Course State, Long Course State, etc...

Most of these meets our swimmers get to wake up in their own beds, have their parents make their favorite breakfast, and head off to the pool to compete in a fairly high comfort zone.

As they age and progress through the swimming ranks; most of our rested and taper meets each season happen outside of the state of Colorado. Sectionals is in a far away place, same with Junior Nationals. Senior Zones is out in Clovis, California every year. These are meets we train all season for and they happen after a day of travel and waking up in a hotel bed. If we want to succeed at these later in our swimming career, it's best to get some practice early on.

Racing unfamiliar names

Your swimmer probably has a 'rival' on other teams around the area. A swimmer from another team that they always seem to be seeded in the same heat at meets with. At a young age, a hierarchy generally crystallizes. They might always seem to beat them, or perhaps they almost always get beat by this rival. (continued on page 4)



Why we go to travel meets continued.....

This gives your swimmer the silly impression that they should always win, or on the flip-side - there's no chance to beat this individual. Racing next to swimmers and names they've never seen before is a breath of fresh air. There is no silly talk of, 'Oh, I can't beat them'. Because they don't know the outcome, it often times positively affects the race.

Fast times

Of course! This one's a little obvious, but it's worth mentioning. Our best time rate is traditionally quite a bit higher at these travel meets. For one, we're dropping down in altitude a bit- which means more oxygen. We've also targeted and should be somewhat rested for these meets as well. Hopefully you were already at a spot where you found a lot of value in travel meets, beyond the just going across a couple of state titles to compete in short races. If not, well then I gave you reasons to be excited about our meets in a couple of weeks or excuses to ensure you are attending the next travel trip!

PRE- AND POST- PRACTICE SNACKS AND HYDRATION

Has your swimmer been wondering what they can do to get closer to their goals, race faster, and up their game at practice? It might be worthwhile to take a closer look at nutrition.

Racing well comes from training well, and to do our best training, the body and brain need fuel. Even if you have a younger swimmer that's not doing tons of yardage, a smart snack before practice can boost focus, coordination, balance, and energy.

Some good options for on-the go fueling would be a banana, a bagel, or granola bar. If your swimmer's got a little more time, maybe an hour before practice, a yogurt and fruit smoothie, toast with almond or peanut butter, or another healthful carbohydrate with a bit of protein added in works great.

And don't forget the importance of hydrating before, during, and after practice! I'd love for our swimmers to start thinking of their water bottle as part of their uniform....just as essential as their suit, cap, and goggles.

Let's say bye bye to cramps and tummyaches and hello to feeling strong, sharp, and energized all practice long!

Go Cudas!

By Coach Lauren



JUNE

BIRTHDAYS

Reese Campbell
Ishana Dash
Brayden Emery
Alexander Fauvelle
Katharine Felderman
Daniel Goodman
Tanner Howe
Sydney Kimbrough
Alan Klopp
Alexis Limley-Bailey
Cynthia Liu
Renzo Nickerson
Hannah Pecze
Samantha Pecze
Juliet Story
Samantha Wotruba
Maxwell Wu
Valerie Xin

