

## Message from the Board

On behalf of the entire Cuda Board of Directors, a HUGE thanks goes to the families who volunteered at the Short Course 14&U State Championships. Congratulations also to all of our swimmers who swam at the 14 & Under SC State meet! There was some very fast swimming and a lot of lifetime best times. All of that dedication and hard work paid off for so many of our swimmers and that was very fun to watch. As many of you are aware, the Front Range Barracudas were very excited to host this year's 14 & Under SC State Championship Meet! An event like this would not have been possible without our wonderful Volunteers, Officials and Coaches! I want to especially thank everyone who volunteered so many long hours to make this meet a success. I am in awe with how many people worked tirelessly to ensure this was a great meet for our swimmers and coaches.

With the long hours and hard work our coaches, officials, and volunteers put into making this a great experience for our young swimmers, our team was happy to be able to provide them with delicious meals to keep them going! We had so many families that again went above and beyond their minimum hours and volunteered session after session. Thank you! We cannot properly express our gratitude!

We couldn't do it without all the volunteers! Hosting well run meets not only keeps our budget healthy but it also keeps our dues low and we could not have the privilege of hosting a meet like 14 & Under State without all of you helping us!

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**

**Jodi Walters, Secretary**

**Diana Bennett, Member At Large**

**Cathy Drozda, Member At Large**

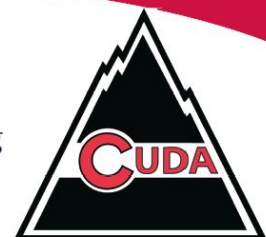
**Michelle Moran, Member At Large, Spirit Coordinator**

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

## Coaches' Corner | Head Coach Andrew



We conduct group move-ups twice per year on Cuda. At the end of each season. Short course into long course and long course into short course. Our short course into long course move-up is right around the corner and I wanted to explain our process... You'll hear come mid-March if your swimmer is moving from one group to the next for long course season, but that's obviously not the first time coaches address it. Over the past couple of staff meetings we've been chatting about swimmers and how members in each group are progressing. We'll discuss if they're: capable of making move-up sets, have the attendance we'd like to see, possess maturity and consistent practice effort, etc... We take these decisions seriously and put time and thought into them, and we want you to understand that.

Please be aware that move-ups are NOT like grades in school (where it's assumed a swimmer will progress to the next grade at the end of the year.) I can't stress that enough. It's common place to have a swimmer train for two, three, four or more seasons in the same group before being promoted. Our best interest is in the swimmer's long term development. If we think a swimmer checks all of the boxes to move to the next group; we'll gladly promote them! If there is still work to be done in areas, we'll keep them in the group that's the best fit for them. Hopefully that all makes sense. If you'd like more information, please check out our Group Promotion Philosophy document on [teamcudas.com](http://teamcudas.com) and/or reach out to your swimmer's current group coach. Thank you and go CUDA!

## Informational Article of the Month

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

[Swim Parents](#)



## High Point Winners!

Congratulations to 8 & Under Champs!



## 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**

##### **Ryler Slavik**

Ryler has improved by quietly listening, taking his time to do the drills and technique correctly.

#### **Advanced Developmental**

##### **Charlotte Lindberg**

Charlotte is a group leader, she follows directions, tries her best and works hard!

#### **Silver Group**

##### **Ace Armon**

Big high fives to Ace! Through challenging himself at practice, working slowly on technique then really pushing those boundaries when it was time to go fast, he really had a month for the books, racing his way to 2nd place high point finisher at 8 & under champs and onto his first short course state meet as a medley relay qualifier. Doing great, Ace!

#### **Red Group**

##### **Flora Quan**

What a wonderful addition Flora has made to the red group this season. She loves to swim, and it shows daily, through the smile on her face, her contagious positivity, and her laser-like focus on bettering her strokes. Her streamlines can't be beat and her turns are so quick you'll barely catch them. Keep up the good work, Flora!

#### **White Group**

##### **Samantha Pecze**

Samantha had a great meet during the 2019 14 & Under state championships. She dropped time in both the 50 & 100 Breaststroke. In practice she has proved to be a leader by doing the hard sets with a smile and encouraging those around her to work hard.

#### **Gray Group**

##### **Emma Linscombe**

I am proud to announce that the Gray Group Swimmer of the Month is Emma Linscombe. Emma comes to practice each day with a goal of improving. She asks great questions and works hard changing habits in order to improve. Congrats Emma on being the Gray Group Swimmer of the month.

What: Fundraiser and Cuda social

When: Friday, March 15th, 11:00 am -  
9:00 pm

Where: Panda Express, Thornton location  
only

Address: 550 E. 144th Ave, Thornton, CO  
80023





# Newsletter

March 2019

## Mark your Calendar

Date	Event
Mach 8-10	Northern Colorado Districts @Mountain View HS
March 11th	March Board Meeting @ 7 PM @ VMAC
March 14-17	Northwest Sectionals @ Federal Way, WA
March 15th	Cuda Social Night @ Panda Express (144th Ave)
March 27- 30	NSCA @ Orlando, FL



## March Birthdays

<b>Michael Acker</b>	<b>Sydney Bales</b>	<b>Luke Crumplar</b>	<b>Luana Ejzykowicz</b>
<b>Ellie Foulke</b>	<b>Maelynn Higgins</b>	<b>Ellen Holmes</b>	<b>Charlotte Lindberg</b>
<b>Charlotte Maier</b>	<b>Gillian Moran</b>	<b>Agnes Mu</b>	<b>Vanessa Tu</b>
<b>Jude Walters</b>	<b>David Wilmoth</b>	<b>Elijah Womak</b>	<b>Moses Wotruba</b>
<b>Amanda Zou</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)



Proud Sponsors of  
The Front Range Barracuda Swim Team

**GO Cudas! Swim Strong... Swim Fast!**



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Jason & Kathi Weaver  
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*Love Swimming and Have Fun!*



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BARRACUDA SWIM TEAM**  
*SWIM FAST & FEARLESS!*



**N** NOBLE LIVING REALTY  
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Jean Zhao  
Broker  
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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, March 11, 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

If you have started your 24 hours of shadowing but haven't finished by the end of short course please send Jason a copy of your log so that you can get volunteer credit from Dawn. If you missed out on the last officials training and want to do it now or couldn't make it, please let Jason know so he can schedule a class if there is enough interest. If you were at the class but haven't started on deck shadowing it's not too late as we've got a whole long course season ahead of us. Send me an email and let's chat.

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)**

