

Message from the Board

Hello everyone! We wanted to say congratulations to all of our swimmers at our meets this last month!! It's so exciting to see everyone's accomplishments and all the athletes' smiling faces!

We wanted to update you all on the top things the Board has been working on...

1. We are very pumped up about our first hosted swim meet of the year in two weeks. Our hosted meets are our pride and joy - and we are working hard to make this one the best yet! Thank you to all the parents who have stepped up and started officiating - we couldn't run these meets without you!
2. We are focusing on protecting our athletes through SafeSport! Look for SafeSport policies coming soon!
3. We are also very excited to announce a couple new committee is that we are working on - the fundraising committee and the community service committee. To keep in line with our new mission statement "One Team, serving our community by building champions in and out of the water", we are looking for great minds to help us brainstorm on fabulous ways to fundraise to help us build champions and to serve our community. Please email fundraising@teamcudas.com if you're interested in helping out!

Swimmers-Good luck at Pentathlon and the CSI Pioneer meets this month!! Race hard and have fun!

Thank you as always for your support! Please contact me or any Board member with questions or concerns.

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

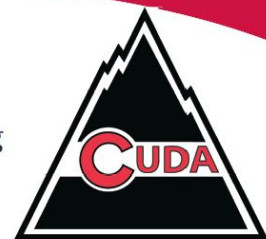
Michelle Moran, Member At Large, Spirit Coordinator

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

Fun at the Pizza Meet!



Fun at Pumpkin Decorating!

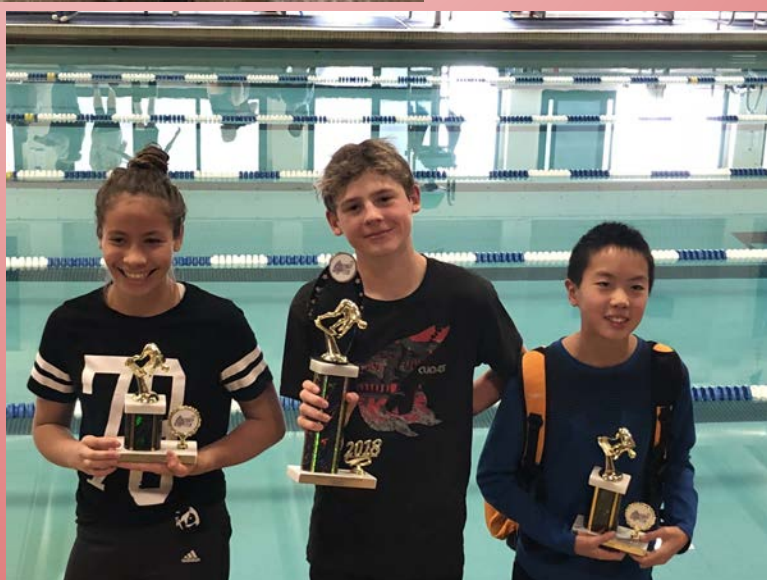


Congratulations to our Aces High Point Winners!

High point winners: 8 and unders: McKayla Adams, Kinley Grigg, Jack Moran 9-10: Aamon Grigg, Nandana Kannaiyan, Not pictured: Ellie Foulke, Max Wu

11-12, Aiden Bailey, Marissa Inouye, Hector Mu, Aditya Nadyal (not pictured)

13 & Over: Sophia Romero, Sam White



Announcements:

Cuda Fundraising

Contact scripsales@teamcudas.com for information on how you can earn **FREE** money!



shopwithscrip

SCRIP IS FUNDRAISING WHILE YOU SHOP!

Logos shown: Low's, Amazon.com, Barnes & Noble, Best Buy, Macy's, and others.



Coaches' Corner | Head Coach Andrew



We love that we host dual meets periodically throughout the year. One day, one session meets free up a weekend for you and your family. If you have multiple swimmers of different ages, it consolidates your swimming even more so! There's definitely a time and place for those on our schedule.

When we look at championship meets in this sport though, they are never that quick. State, Sectionals, Junior Nationals, etc... meets are often three or four day events with a prelim/final format. So you swimmer might be swimming double-digit number of events over the course of eight sessions. We attend meets like Scary Fast or Aces High Point to get our swimmers used to competing during consecutive days, so when championship time comes, they're ready! Competing in a meet where one has to swim their best effort in multiple events, go home and rest, and come back the next day is important practice. This gives swimmers an opportunity to best learn how to recover over multiple day meets. A swimmer is obviously going to compete in more than just three events in a multi-day meet like Aces High Point, so they're going to get more opportunity for pre and post race feedback from their coaches. Some constructive criticism they receive after an event on Saturday can be used on Sunday to make their swim better, instead of having to wait a couple weeks after a dual meet swim.

Informational Article of the Month

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

[15 Signs You Are an Awesome Teammate](#)



CUDA Gives Back!

We're excited to announce that we're hosting our first community service event of the season at the Pentathlon! Please watch for more opportunities to get involved with fellow CUDA teammates and families in support of our community as CUDA Gives Back!

Broomfield FISH Food Drive
@ the Pentathlon!

Please support Broomfield FISH by bringing some non-perishable items to VMAC on 11/17 or 11/18. We will have collection boxes set up during each session of the Pentathlon. We know there's always a lot to carry to a meet, but please consider stuffing a few items 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!!



Broomfield
FISH

Feeding Families and Fueling Hope

Coaches' Corner | Coach Lauren

Goal Setting for your Developmental through Silver Swimmers

With two months of training down this short course season, now is a great time for your swimmers to check in with themselves and with their coaches on what is motivating to them, what they're enjoying about the team/the sport, and what they'd like to improve upon. Short term and long term goals are wonderful to have, even for our youngest or newest team members. It is very important that these goals are set with the following parameters in mind...

- Realistically attainable, considering age, strength, and swimming experience
- Should be something that swimmers actually want to achieve and will be willing to work toward....not just something they think coaches or parents want to hear
- Should focus on controllable outcomes---less about times or places at meets, more about the process of skill building (ex. 5 dolphin kicks off every wall)
- Pressure off! Striving for and meeting a goal can be incredibly rewarding IF
 - we can maintain patience/positivity, and limit fixation/frustration
 - feel good about the continued attempts to get there

Over the next few weeks, swimmers will be giving this some thought with input and personalized feedback from coach on how to keep swimming fun and appropriately challenging.

BCC Swimmers of the Month

Silver Group

Surabhi Sharma

It has been so wonderful to see Surabhi emerging as a leader and positive role model in the Silver group! She attends practice regularly, but more importantly, she shows up ready to be present....to meet the challenges, make the most of the day, and have a great time while doing it. Keep smiling and working smart, Surabhi. You're doing great!

Red Group

Nick Dolan

If there were a picture in the dictionary next to the word "persistence", it would surely be of Nick. He has been so patient with the process of building his strokes and focused on incorporating the little things that can actually make a huge difference. This season he is stronger and more confident than ever, making a habit of rocking those turns and streamlines, and continually seeking ways to improve. Way to go, Nick!

SWIMMERS OF THE MONTH

Developmental	Advanced Developmental	White	Gray
Skylar White	Renzo Nickerson	Agnes Mu	Hannah Pecze



CUDA Activities for November & December...

Save the dates! More info to follow via email and online at teamcudas.com!!

- Snack Night @ VMAC after pictures and practice on Friday, November 16th
- Broomfield FISH Food Drive @ The Pentathlon Saturday, 11/17 and Sunday, 11/18
- Holiday Fun and Free Swim @ VMAC after the Dual Meet on Sunday, December 9th
 - Fundraiser Night and CUDA Social
@ Your Pie, 14342 Lincoln St., Thornton
on Monday, December 10th. This is a no-practice night for all groups. We sure hope you can make it!!

Coaches' Corner | Coach Gail

Mental Toughness is Your Secret Weapon!

Our recent Mental Conditioning session was a fun and productive one! Our puzzle activity sparked some good conversation about teamwork, communication and cooperation. And we also talked about a couple of the High Performance Mindset Traits we're working on this season, being adaptable and being a solution focused athlete. Some reminders from our session:

1. Being adaptable is the ability to make mental or physical adjustments to manage challenging conditions and situations.

(examples- swimming outdoors in the heat, long delays between races, changes in the schedule)

ACTION- Instead of complaining when a situation isn't what you expected, ask yourself, "How can I adapt and make this work out successfully for me?"

2. When difficulties and problems arise, high performing athletes are skilled at coming up with quick and effective solutions.

(goggles breaking, lost swim suit, warm up not feeling right)

ACTION- Practice asking yourself the questions, "What one thing can I do right now?" or "How can I solve this like a mentally tough athlete?"

When faced with challenges in practices or competition, you have a choice. Complain, whine, pity party, or positive, proactive, action. Your choice reflects your mental toughness!

Remember, you have to do the work! Training your mental skills is just as important as training your physical skills. Mental Conditioning must take place every day during practice. Great work in the classroom does no good unless it's applied in the pool!

Happy Thanksgiving to all the Cuda swimmers, coaches and families! I'm very thankful to be a part of your program!

Gail Royce



Mark your Calendar

Date	Event
Nov. 5th	Sign-up Deadline for Cuda Pentathlon XXXI @ teamcudas.com
Nov. 6th	Sign-up Deadline for E and EP after practice brunch @ teamcudas.com
Nov. 10th	Elite and Elite Prep after practice brunch @ The Bagel Deli
Nov. 12th	Board Meeting @ VMAC @ 7pm
Nov. 16th	Sign-up Deadline for CSI Pioneer Meet @ teamcudas.com
Nov. 16th	Team Picture Day @ VMAC
Nov. 17 & 18th	Cuda Pentathlon XXXI @ VMAC



November Birthdays

Kristen Abdallah	McKayla Adams	Vienna Dai	Nicholas Dolan
Ellianne Effland	Zinedine Guezmir	Iris Kline	Samuel Lindberg
Jerry Liu	Stella Madrid	Cambrie Mahonchak	Robert McEachen
Cody Mills	Jack Moran	Harper Pecosky	Elizabeth Schroeder
Surabhi Sharma	Alexander Zou		



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



Moneywise Tax
CPA, P.C.



Proud Sponsors of
The Front Range Barracuda Swim Team

GO Cudas! Swim Strong... Swim Fast!



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

And **THANK YOU** to the wonderful businesses that have partnered with us this season!

FIRST WATCH

PROUDLY SUPPORTS BARRACUDA SWIM TEAM



NORTGLENN
100 E. 120th Ave.
Northglenn, CO 80233
303.920.3447

OPEN DAILY FROM 7 AM TO 2:30 PM

FIRSTWATCH.COM

FIRST WATCH THE DAYTIME CAFE



COURTYARD[®]
Marriott.

Make room for a little fun.™



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. Sign up for [ShopWithScrip](#). Watch this [video](#) for an explanation of the Scrip program.
2. Sign up for [PrestoPay](#). Here is a [video](#) explanation of PrestoPay.
3. Order gift cards from over [750 stores](#), including clothing stores, restaurants and online businesses. Scrip can be ordered three ways.
 - Gift cards
 - Reloading existing cards
 - Virtual gift cards you purchase and use from your phone. Learn more about ScripNOW [here](#).

King Soopers cards

1. Purchase a King Soopers card from the Cudas for \$25.
2. Reload the card at the store while you are shopping.
3. Earn a 5% rebate on all reloads you do at King Soopers.

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.

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, November 12, 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

For those of you that missed out on Stroke & Turn training, we are hosting Administrative Officials Training on Friday, November 19th, from 6-7:30pm in the VMAC classroom. If you are interested in the "dry" computer/admin side of swim meets - this is for you! You will receive 2 hours of volunteer credit for attending the clinic. For the 4 of you current officials that aren't already AO's, you can (should) attend as well. If you plan to attend, please let me Coachc Eric or me know so I can have an accurate list. As always, please reach out with any questions.

I am now the only male certified official with a swimmer on the CUDA's. We've got a few getting certified as I write this but need some more (Steve) to step up. Come on, Dads, we need you! If you attended the Stroke and Turn Clinic, that was really the hardest part. Don't knock it 'till you try it! The CUDA Pentathlon is a perfect meet to test the officiating waters...it's a typically a relatively short session with only 5 different events (5 boys & 5 girls). If you're going to be there anyway...might as well earn some CUDA volunteer hours and Certified Official Shadow hours as well.

Thanks - Jason Slavik
officialscoordinator@teamcudas.com

**If you're interested in finding out more information,
please contact Jason Slavik at officialscoordinator@teamcudas.com**

