

## Message from the Board

By now, we are hoping you have seen and experienced our new mission statement which has been the culmination of much work over the past couple of months to ensure our BOARD is working to make the Cudas the best team we can be. The mission statement the board came up came together quite quickly after our work with USA Swimming:

**“One Team, serving our community by building champions in and out of the water.”**

Our Key Values:

- 1) **Character:** Our first priority is realizing the fullest potential of each child’s athleticism, competitive spirit, Team spirit, and citizenship.
- 2) **Respect:** We will treat each other with respect and fairness at all times, just as we wish to be treated ourselves.
- 3) **Integrity:** We adhere to honesty, fairness and doing the right thing without compromise, even when circumstances make it difficult.

The board was able to agree on this so quickly because of how simply it captured what we want CUDA to be:

- **“One Team”**- we are one CUDA. We need to work to a future where there isn’t a BCC and a VMAC team; where different swimmers and groups may require different resources but are valued equally; where Board, Coaches, and Parents look to each other to solve problems and not cast blame.
- **“Serving Our Community”**- We’ve been so lucky to enjoy wonderful community support, including local governments, school districts, and private business. We want to continue these relationships and give back, in several ways, to those who have invested so much in us.
- **“Champions in and out of the Water”**- This falls last on the statement, but is in no way least. We can never forget that our most important responsibility is the personal development of these young people. We can serve our community, and our kids, by building swimmers who have a lifelong love for the sport; who understand the value of commitment, discipline, hard work, and leadership; who know how to win and lose with grace, compassion, and perspective; who understand the importance of being part of something larger than themselves.

Simple to remember. Simple (if not always easy) to apply. Simple to know when we’re outside the lines. These traits will drive how we handle CUDA business, how we treat each other and ourselves. Trust me when I say that you haven’t seen the last of this mission statement or these key values.

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

## Fun at the Broomfield Days Parade!



## Fun at the Red and Black Meet!



## Announcements:

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## Coaches' Corner | Head Coach Andrew



Goal setting with Cudas starts at the Red group level and continues all the way through Elite group. Setting goals and realizing what work needs to be done to achieve those goals- is an important role in the swimmer's maturation process. It helps young athletes connect the dots between hard work and success. Not only does it help with their swimming career, but it's a great life skill as well. Our process varies from group to group and becomes a little more elaborate as the swimmer's grows and matures. Making an analogy to school: A third grader might be asked to write a paragraph for a writing assignment, which a high school junior will be tasked with writing an eight page essay. Look for more details on your swimmer's goal setting process at our upcoming group meetings. If you have any questions about the goal setting process, or how you can help you swimmer out, please talk to your group coach for more details. Thanks and go 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:

[Five Great Goal Setting Hacks for Swimmers](#)



**Are you looking to connect with other CUDA parents?**

Check the [Front Range Barracuda Parents Page](#)

**Do you want to see great pictures of our team?**

Check the [Front Range Barracuda Parents Page](#)

**Are you looking for a carpool?**

Check the [Front Range Barracuda Parents Page](#)

**Do you need more info about a CUDA event?**

Check the [Front Range Barracuda Parents Page](#)

**Do you have equipment or apparel that you don't need anymore?**

Check the [Front Range Barracuda Parents Page](#)

**Please check out our parent run Facebook page and join us!**

*\*\*Please note: This page is completely organized by parents. It is not a CUDA team sponsored page.*

***Thank you for supporting our team.***

The Facebook logo text, the word 'facebook' in white lowercase letters on a blue rectangular background.

## Coaches' Corner | Coach Lauren

### Silver Group

#### Kaaviyan Kannaiyan

Though we are just a few weeks in, Kaavi has shown that he's more than ready to take on the season and make it one of his best yet, and I fully believe that it will be. He is without a doubt one of Silver group's hardest workers, but accompanying that focus and that drive is a seriously contagious love for this sport and an enthusiastic spirit that can make even the hardest practice or toughest challenge seem surmountable and more fun. Kaavi's already set some pretty big goals for himself this season, which is awesome. By continuing to make the most of every part of his swimming journey, taking it all in stride and having fun (Kaavi's forte), he's going to have a dynamite season. Keep it up, Kaavi!

#### Gretchen Sequin

Gretchen is off to a great start this season! She's earned her distinction as September's swimmer of the month by exemplifying the 3 p's- patience, positivity, and persistence. When the going gets tough, Gretchen gets going. She's got grit, she's got heart, and she never gives up. I also love Gretchen's approach to racing. After she's put in the effort in training and it's time to go fast, she shakes off of any nerves and what ifs and just says hey, let's have some fun and see how this goes! It wasn't a surprise at all when she raced her way to three strong, smiley finishes and a personal best time at September's pizza meet. Great job, Gretchen!

### Red Group

#### Daniel Goodman

What a fun first month as a Cuda it's been for Daniel! Being new to the swim team atmosphere and challenges that accompany that can be tough, but Daniel has taken it all on with an open mind, a lot of heart, and a positive determination, which is what being a part of this team is all about! It's been wonderful to see Daniel enjoying his time at practice and at meets with his teammates, but focusing well on how to polish up his strokes and get stronger. He's already made some great strides, and we're very excited to have him as part of the team and to see what awesomeness the rest of the season has in store for him. Way to go, Daniel!

#### Rowan Granger

I'm glad to recognize Rowan this month for doing double duty at the pool, putting in the work on both the physical and mental side of her swimming. Sometimes swimmers might be asked to try things that are a little or a lot outside of their comfort zone and put a great deal of trust in themselves, their coach, or teammates. This is NOT an easy thing to do, and I'm incredibly proud of Rowan for continuing to bust through obstacles and find the fun of trying things and giving it her best shot no matter the outcome. This attitude paid off for her for big time at this month's pizza meet where she swam her way to three personal bests and three heat winner ribbons. You rock, Rowan!

Coach Lauren



## Coaches' Corner | Coach Gail

### Mental Toughness is Your Secret Weapon!

Our Mental Conditioning sessions for the new season kicked off with the theme "Mental Toughness Is Your Secret Weapon!"

The new format, with all the swimmers participating by team level, was great! We did a review of what mental toughness means, along with some reminders about making sure mental conditioning is a part of every practice. We started work on developing a High Performance Mindset and creating some daily mental actions for the upcoming season.

One subject we talked about was building belief in yourself and I'd like to expand a little on our discussion. A sure way to crush confidence is by comparing yourself to others. Comparing yourself to teammates is a form of negative thinking and serves absolutely no good purpose. Always coming out on the losing side is no way to strengthen belief!

Swimmers, parents, and coaches need to be aware of the comparison trap when it comes to times and progress.

Every athlete's path is going to be different. Growth spurts happen at different times. Puberty and hormones create body composition changes, which can affect performance. Those frustrating plateaus pop up with no warning. So comparing progress and times with a teammate is NOT the way to a high performance mindset and success in the pool.

The outcome goal in swimming is to drop time. But the reality is that won't happen every race. So even making that comparison can be detrimental. A swimmer's focus should be on improving personal effort, fitness, technique, strategies and mental toughness. Doing these things consistently will lead to the desired results. If a comparison is to be made, it's "Did I make the effort to be better today than I was yesterday?"

Healthy competition between teammates, wanting to swim like someone on the team who has "awesome underwaters" or striving to be like your idol Missy Franklin is great. Beating yourself up because you're "not as good as" ...not so much. So next time you're tempted to make a negative comparison, stop the thought and create a more productive thought or action. Your belief will thank you :-)

Cheers to a most successful season!

**Gail Royce**



## Mark your Calendar

Date	Event
October 6th	Dual w/ Longmont @ VMAC
October 8th	Board Meeting @ VMAC 7:00-9:00pm
October 9th	Developmental Group Meeting @ VMAC
October 12th	Advanced Developmental Group Meeting @ VMAC
October 13th	Rock Creek Corn Maze @ Rock Creek Farms
October 17th	October Pizza Meet Deadline @teamcudas.com
October 18th	Deadline for Vortex Meet @teamcudas.com
October 19th	October Pizza Meet @VMAC
Oct. 19-21	Scary Fast Meet @ Epic
October 27th	Pumpkin Decorating @VMAC



## October Birthdays

<b>Lauren Anderson</b>	<b>Anika Dash</b>	<b>Rowan Granger</b>	<b>Harrie Ha</b>
<b>Ridley Hagerman</b>	<b>Calvin Hodges</b>	<b>Kaaviyan Kannaiyan</b>	<b>Sydney Mayes</b>
<b>Elizabeth McEachen</b>	<b>Tyler Mills</b>	<b>Flora Quan</b>	<b>Anna Sharples</b>
<b>Aanya Singh</b>	<b>Margaret Swanson</b>	<b>Rebecca Thompson</b>	<b>Michael Truong</b>
<b>Anushka Udeshi</b>	<b>Jonah Wang</b>	<b>Evan Klopp</b>	<b>Skylar White</b>





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



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

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## 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](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).

## 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, October 8, 2018 from 7:00 pm to 9:00 pm at Veterans' Memorial Aquatic Center (VMAC)**. We look forward to seeing you there!

## Officials' Corner

**There isn't a better time to become an official!**

There will be a Stroke and Turn Clinic for new and prospective officials this **Friday, 10/5 at 6pm in the VMAC classroom**.

The clinic is during Black, Senior, Elite Prep and Elite practice. Get 4 hours of service credit for a two to two and a half hour class. Get 4 hours of service credit for sitting in a classroom instead of up in the bleachers. Even if you choose not to continue as an official, please show up for the class and you will still receive the volunteer hours. If you were ever considering becoming an official, this is the closest class you will ever have.

As a benefit, you can start your on-deck training the very next day at the Dual Meet, Cuda vs. Longmont, if you would like, and be well on your way to helping out our team as a certified USA Swimming official. Send an email to the CUDA Official Coordinator, Jason Slavik ([officialscoordinator@teamcudas.com](mailto:officialscoordinator@teamcudas.com)) or just show up on Friday and sign in to the sign-in sheet to receive 4 hours of volunteer credit for a two hour class. We look forward to seeing you!

**If you're interested in finding out more information,  
please contact Jason Slavik at [officialscoordinator@teamcudas.com](mailto:officialscoordinator@teamcudas.com)**



## Website Updates

The following changes were made to the CUDA website:

- Don't forget to check out our new website with the following new features:
  - College Corner
  - All team practice schedule on one tab!
  - Updated team sponsors and partners

