



# Cuda Zone News

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[broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

<https://www.teamunify.com/team/recsubb/page/home>

## Back in the CUDA ZONE on Monday!! Schedule changes!

The 2022 Broadstone Barracudas swim season kicks off on Monday, April 25th. We know everyone is so excited for Monday! And everyone is curious as to when to come to practice. We are trying to organize practices so that we can maximize pool time and space. With that said there will be changes to our practice schedule to accommodate age groups with larger numbers. We are working hard on organizing that and will have the new schedule for you as soon as possible. Please continue checking your email this weekend!

## Message from Coach Wendy

Welcome to the Broadstone Barracudas! We are so excited for a new era of Cuda swimming. As a coaching staff, we are asking you to please help us make this an amazing and safe season by following our guidelines and suggestions. Our coaching staff is eager to help your swimmers and look forward to meeting you as well. Below are some reminders to help you get started and be successful next week.

### SWIMMERS SWIM, COACHES COACH AND PARENTS PARENT

I am a firm believer in the theory "swimmers swim, coaches coach and parents parent." Our recreational swim team is not the same as what you might find in other recreational sports. Our coaches are not volunteers with little to no experience; our coaching staff has over 40 years of coaching experience. We come to you as experts who are trained in our field. The Barracudas program is here to teach your children how to compete. It is a program designed to teach competitive swimming. We are here not as an alternative to lessons, but as a way for children to develop as sprint swimmers. Please be the biggest cheerleader and supporter and let the coaches teach.

### GREY GUTTER RULE

We ask that parents observe the grey gutter rule. When your swimmer is in the pool, please do not approach coaches unless it is an emergency. You can reach the coaches via email and set up a time to have a discussion if needed. This is to help coaches keep their focus on the swimmers to ensure the safety for all.

### SWIMMER COACHES

We will be able to have a few swimmer coaches on deck with us this year! Please email Coach Wendy at [coachwendy928@gmail.com](mailto:coachwendy928@gmail.com) – if you are 14 years old or older and interested.

### EQUIPMENT (Please label all gear with your child's name!)

- Caps: Required for any swimmer whose hair is past their ears.
- Goggles: Recommended to have darkened goggles because of the summer sun. Be sure they fit correctly before coming to practice. It's also helpful to have a back-up pair for practices and meets.
- Fins for 10&under: We would like swimmers to have the *regular long fins* ([click here](#) for example – order from any vendor).

- Fins for 11&over: We would like swimmers to have the *shorter fins* ([click here](#) for example – order from any vendor). If you already have the long fins, we can just cut them.
- Paddles for 9&over: [click here](#) for example – order from any vendor.
- Practice suit: Make sure it is tight enough to stay on during swimming/diving.
- Team suit: We would like all swimmers to wear team suits and team caps to swim meets. We have a “uniform” just like other sports teams.
- Mesh bags for storage: [click here](#) for example – order from any vendor.

We are thrilled to be able to have this season and we look forward to working with everyone to make this the beginning of a new era of strong and amazing Cuda swimmers.

Let's go Cudas!  
Coach Wendy

## 2022 Coaching Team

Wendy Webster - Head Coach  
Kelley Bunch  
Mary Romero  
Jen Brinzer - Broadstone Barracudas and Jr. Barracudas  
Jenna Getz  
Jordan Maestre  
Nic Marshall  
Maggie Lam  
Camryn Tice  
Myklin Cooper

## 1st Annual Barracudas Cornhole Tournament and Fundraiser Dinner: May 14th, 5pm!

Calling all Cornhole Players!! Come out and join us as we host our first cornhole tournament and fundraiser dinner. This event will raise vitally needed funds for our team and be a fun night for all. You can sign up as a team (\$100 team of 2) or even as an individual (\$50) and we will pair you up with someone. If you aren't a cornhole player but want to join the fun buy a spectator ticket (\$35)! All tickets (team, individual, spectator) include dinner, music and one drink ticket. **This is a great way to meet your required \$50 per swimmer fundraising goal...hint, hint!** For more information and to sign-up scan the QR Code below with your phone. Anyone on the Barracudas swim team or members of the club can sign-up and bring their own team so spread the word! This event will be held on the back lawn at Broadstone.



## Kick-Off Team Social and Meet Walkthrough: Thursday, May 12

Join us for our annual team kick-off social and meet walkthrough! Come learn the team cheers, eat cake, meet new friends and rekindle your old friendships! This is a fun night that is capped off with a swim meet walkthrough for those learning how a meet works. The event will be held on Thursday, May 12th at 6pm located on the Broadstone pool deck and back lawn.

## Time Trials: Saturday, May 14

Time Trials (Barracudas only) is a mock swim meet used to establish baseline times for all swimmers, so it is important for swimmers to attend. If your swimmer is not able to attend, he/she will get a baseline time at his/her first swim meet.

Having a baseline time helps the coaches place your child in the right race and compete against other kids at their level. Time trials are also a chance for our parent volunteers to familiarize themselves with the meet procedures. Step-by-step instructions for signing up (declaring) swimmers and signing up for volunteer jobs are on our team website.

- Online registration deadline for swimmers: Wednesday, May 11, 2022 at 11:59pm.
- Online volunteer sign-up: opens on Wednesday, May 4, 2022 at 10:00am and closes on Monday, May 9, 2022 at 11:59pm..
- If your child is swimming, you are **REQUIRED** to volunteer for one shift.

## Lightning-Rain Swim Practice Policy

Swim practice will continue as usual -rain or shine- unless there is lightning. Once we have a strike of lightning the pool is cleared for 45 minutes. Practice will resume if at all possible 45 minutes from the last strike.

## Junior Barracudas Is Back!!

After a 2-year Covid pause we are bringing our popular Junior Barracudas swim program back! This swim program focuses on freestyle, backstroke and diving skills designed to prepare children for the Broadstone Swim Team. Instruction is done in the water with the children. Swimmers must be ages 4-7 and be able to swim independently without fear of the water. It is imperative for the safety of our swimmers that participants are water safe and ready to learn. The club offers other programs to prepare children for confidence in the water. Children may also participate in home Barracuda swim meets when the coach determines readiness. Parents will be asked to provide goggles and fins for their child. Details will be given at the first class meeting. This program costs \$145 and runs Mon, Wed, Thursdays from 5-5:30pm May 9th-June 2nd (Memorial day holiday make-up Tuesday of that week). Numbers will be limited with the possibility of a second class as needed. To sign-up and get more flier information please go to the front-desk!

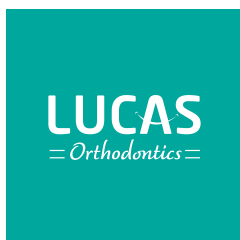
## Stay Informed

**PLEASE read what we email and post online so you have all the information you need about our team and the season.**

- Cuda Zone News
- Team website: <https://www.teamunify.com/team/recsubb/page/home>
- Emails
- Facebook: like us!
- Instagram: follow us at broadstone.barracudas

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**Thank you to our AMAZING 2022 Sponsors!**



## **2022 Calendar**

### **May**

Thu 5/12 - New family swim meet walkthrough - 5-6pm

Thu 5/12 - Kick-off Summer swim team social- 6pm

Sat 5/14 - Time Trials@ BB

Sat 5/14 - First Annual Cornhole Tournament @BSC - 5pm (More details coming soon)

Sat 5/21 - BB@ College Greens Gators

Sat 5/28 - Holiday Weekend - NO MEET

Tue 5/31 - Summer swim schedule begins

### **June**

Sat 6/4 - BB@ Loomis Bay Dolphins

Mon-Friday 6/6-6/10 - Unity Week (social events by age group)

Wed 6/8- Picture Day@ Broadstone -5pm

Sat 6/11 - Folsom Sea Otters@ BB

Thu 6/16 - Swim-A-Thon Fundraiser @BSC -5:30pm-9pm

Sat 6/18 - BB@ Granite Bay Gators

Sat 6/25 - BB@ El Dorado Hills TAZ

### **July**

Sat 7/2 - Holiday Weekend- NO MEET

Sat 7/9 - Park Terrace Penguins@ BB

Tue-Thu 7/11-7/15 - Coach Appreciation Week

Fri 7/15 - Last day of practice for non-champs swimmers

Sat 7/16 - BB@ Sierra Sharks

Mon-Thu- 7/18- 7/21 - Pre Champs Spirit Week

Thu 7/21 - Cuda Zone Champs Rally & Carb Night at BSC

Fri-Sun 7/22-7/24 - SSL Championships (Location TBD)

Tue 7/26 - Awards and Appreciation Night at BSC