



Cuda Zone News

ISSUE 2

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Message from Coach Wendy

WEEK 1 is finally here! We have so much to look forward to: new coaches to meet, new friends to make and new goals to set! The coaching staff will be discussing goals with the different age groups this week and will be assisting our swimmers with writing their own goals for their summer. Some of our coaching staff goals include:

1. Improve upon our past performances in dual meets-- by decreasing spread of points with top teams (and beating PT at THEIR pool!)
2. Decrease amount of swimmers who struggle technically – fewer DQs per meet!
3. Have fun!

I have watched the Barracudas grow over the past five seasons and look forward a new season with you! A few other reminders for the beginning of the season:

Don't forget to label and bring your swim equipment: suit, cap, goggles, fins, water bottle. Kickboards will be provided by coaches. If you have any questions regarding equipment, please ask a coach, especially if you are a new parent who missed our orientation.

PLEASE RESPECT OUR GREY GUTTER RULE. We ask that all parents stay behind the grey gutter to allow the coaches to do their job effectively. If there is a problem with your swimmer that we can't handle we will pull you aside. If you need to get your swimmer out early, then let a coach know and we'll pull your swimmer out. Leaving it up to us to help your child is part of building the coach/athlete trust relationship.

DRYLAND Starts Monday for ages 11 & up! 11&12 will meet Mondays & Wednesdays right after their practice 7:00-7:45 pm and 13+ will be BEFORE practice 6:00-6:45 pm Monday & Wednesday. Please make sure you have tennis shoes on those days.

QUESTIONS OR CONCERNS? Please save them for before or after practice. Feel free to send the coaches an email (Please see our website for individual coach emails) I can be reached at coachwendy928@gmail.com

Join Us! Kick Off The Season – Cuda Surf Fest – May 2

If you would like food from Season's Café at the club, **you must pre-order by Wednesday, May 1**. Forms are available at the café. Or feel free to bring your own picnic food.

https://www.teamunify.com/recsubb/UserFiles/Image/QuickUpload/cuda-surf-fest-flyer-ver42319_038357.pdf

Caps – Order Today!

Get your orders in by April 25 so you have them before our first dual meet! All orders will be shipped to Broadstone and parent volunteers will distribute on the pool deck (date TBA).

<https://www.alpha-aquatics.com/collections/broadstone-barracudas> [\[alpha-aquatics.com\]](http://alpha-aquatics.com)

Message from the President

Welcome to the 2019 Barracuda season, our 20th season! Judging from Day 1 of practice, the kids (and parents) are excited to start the defense of our 2018 Championship. The Advisory Board and I are excited to have the returning families back and welcome all of the new families to our team. Thanks to our coaches for their dedication and commitment to the kids as well.

The key to another successful season will be embracing our new FAST motto:

- F** *Friends & Family:* Members join together to ensure a positive and enjoyable athletic experience.
- A** *Active Participation:* Swimmers attend practices and meets, and parents fulfill their volunteer requirements.
- S** *Sportsmanship:* Swimmers, coaches and parents show respect to each other and to opponents.
- T** *Teamwork:* Swimmers and coaches work together and support each other

We look forward to making this another great season in the Cuda Zone! Remember to read and refer to the weekly newsletter for important announcements, updates, meet info, and social event details.

Thanks! - Ryan Tice

Practice Times: Spring Schedule > April 23-May 31

6&U	4–4:30 p.m.
7-8	4:30–5 p.m. > <i>this group is for swimmers who are proficient with all four strokes.</i>
7-10 <i>developmental</i>	5–5:30 p.m. > <i>this group is for swimmers who do not know breaststroke and butterfly AND for beginning swimmers who do not have swim team experience.</i>
9-10	5:30–6:15 p.m. > <i>this group is for swimmers who are proficient with all four strokes.</i>
11-12	6:15–7 p.m.
13-18	7–8 p.m.

CROWDED POOL: The first week of practice will be a bit crowded because so many swimmers are excited to get back in the pool! This is totally normal. Be patient! Things will settle down soon.

Time Trials – May 11

Time trials (Barracudas only) is a mock swim meet used to establish 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 time at his/her first swim meet. Time trials is also a chance for our parent volunteers to familiarize themselves with meet procedures. Step-by-step instructions for signing up swimmers and as volunteers are on the time trials event page on our website.

- Online registration deadline for swimmers: Wednesday, May 1 at 11:59 p.m.
- Online volunteer sign-up: opens Wednesday, May 2 at 10 a.m. and closes on Monday, May 6 at 11:59 p.m.
- If your child is swimming, you **MUST** volunteer for one shift.

Buy/Sell/Swap Used Suits and Gear

Instead of holding an event on the pool dock, we have created a Google doc where you can buy/sell/swap used suits and gear. Hopefully this is an efficient and convenient process but let us know if you have any issues. [GOOGLE DOC](#)

2019 Calendar

MAY

Thu 5/2 > New family swim meet walk-through / 5-6 p.m.

Thu 5/2 > Cuda Surf Fest (pool deck) / 6-8 p.m.

Sat 5/11 > Time trials @ BB

Sat 5/18 > SS @ BB

Sat 5/25 > HOLIDAY WEEKEND — *no meet*

JUNE

Date TBD > Swim-a-Thon reward party (for those who raise \$100/swimmer or \$200/family)

Sat 6/1 > BB @ CGG

Mon 6/3 > Summer swim schedule begins

Fri 6/7 > LBD @ BB — *night meet*

Wed 6/12 > Sac State Aquatic Center team building / 11-18s

Thu 6/13 > Picture day and Dive-in Music Night

Sat 6/15 > BB @ FSO

Mon 6/17 > Swim-a-Thon

Sat 6/22 > GBG @ BB

Tues 6/25 > Event for 10 & unders

Sat 6/29 > EDH @ BB

JULY

Date TBD > Picture make-up day

Date TBD > Post-practice brunch for 15-18s (restaurant TBD)

Sat 7/6 > HOLIDAY — *no meet*

Tue-Thu 7/9-11 > Coach appreciation days

Tue 7/9 > Sunsplash

Fri 7/12 > Last practice day for non-Champs swimmers

Sat 7/13 > BB @ PTP

Mon-Thu 7/15-18 > Pre-Champs Spirit Week

Thu 7/18 > Cuda Zone Champs Rally & Carb Night at BSC

Fri-Sun 7/19-21 > Championships at Del Oro Aquatic Center in Loomis

Tues 7/23 > Awards & Appreciation Night at BSC (new night this year)

Sat-Sun 8/3-4 > Meet of Champions (optional)