



Cuda Zone News

ISSUE 13

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www.broadstonebarracudas.org / broadstone.barracudas@gmail.com

BACK TO BACK UNDEFEATED LEAGUE CHAMPS!

Congratulations to all the swimmers, coaches and parents. After a dominating 464-325 win over the Park Terrace Penguins, the Cudas are once again UNDEFEATED league champs. It was a fun meet with incredible sportsmanship (including a post-race hug), great races, and very loud cheering from both teams. It made for one of the most exciting free relay sessions in our team history, not to mention our first ever dual meet win at the Park Terrace pool!

The win marked our 19th straight dual meet victory dating back to the 2017 season. That's a testament to the culture, coaches and families that make up the Broadstone Barracuda Swim Team. Thanks to all of you! It's on to the Champs meet where we plan to continue the success and repeat last year's Champs Meet victory.

Message from Coach Wendy

What a meet – the energy surrounding the pool was incredible. This weekend, our TEAM, came together to defeat a longstanding championship team at their pool. How did we do it? You swam from the heart. You allowed yourselves to compete, to swim outside of your head. Our TEAM won because we worked together – no one person won this meet. Teamwork is the essence of life – “team guts always beats individual greatness.” Congratulations, Cudas, on another amazing season finale. We are definitely not one and done!!

THANK YOU to all your extra love, hugs, cards and notes during coach appreciation week. Nothing makes our day better than receiving your notes and hugs. We are the luckiest coaches ever and we feel so appreciated. Thank you for your generosity.

Lastly, CHAMPS! Champs week starts today! We've talked about lots of things that you need to do to prepare yourself. If you did not receive the article "Focus Control" please ask a coach for a copy or check our bulletin board area. Remember to eat healthy and get extra rest! Avoid any sugar and excessive media. The better you take care of your body, the better you will do. If you are feeling nervous about a specific part of Champs, talk to a coach! Remember that we need to continue working together as a team at Champs. We need people cheering all day long. Stick around and cheer on your friends and teammates. It is a long and hot weekend but we will do better together! The vibe around the PT pool at the end of the meet was the best ever and I would like to have that same vibe around the Champs deck. You are so ready for this Cudas – let's go get 'em!

Carb Night & Champs Rally: TOMORROW is the RSVP Deadline

****PLEASE GO TO OUR WEBSITE AND RSVP just like attending a meet and in the notes section please tell us how many meals your family will need****

We hope you can join us! We will hand out the Champs theme shirts, fill up on carbs, paint nails, and decorate posters and cars. We'll also do our team cheers, practice for the parade and GET THE SWIMMERS FIRED UP!!

5:30-6:45 p.m. – Distribute Champs theme t-shirts. Swimmers can paint their fingernails and finish making signs/decorations for Champs.

6:00-7:00 p.m. – Dinner will be served

7:00 p.m. – Rally begins

After rally – Car painting

****Spirit Week****

Spirit Week is here! Let's get pumped up for our CUDAS! Parents: feel free to help if you're on the pool deck.

SPIRIT WEEK

Mon 7/15: Pancake breakfast after practices.

Tue 7/16: Make signs/decorations for the Champs parade.

Wed 7/17: Make signs/ decorations for Champs Parade

Thu 7/18: Carb Night and Champs rally in the evening.

CHAMPS WEEKEND SPIRIT STUFF

Theme is Barracuda Dreamin' > California surfer/beach vibes

- Champs parade: **You must be at our team area no later than 6:30 a.m. on Saturday.**
- What to wear for the parade: Swimmers will receive a Champs theme t-shirt (at carb night) and sunglasses (morning of parade). You can also bring/wear your own California surfer/beach-style accessories (colorful board shorts, small beach balls, Pura Vida bracelets, etc.), spirit items and props for the parade.
- For the parade, kids can carry the spirit signs or decorations made during Spirit Week.
- Decorate your pop-up tent and be creative! Go with the California surfer/beach theme or decorate with Cuda colors.

2019 Champs Meet – July 19th – 21st

We will be sending out a separate email with Champs Meet details (including a revised FAQs document). Our theme this year is **Barracuda Dreamin'** (see above), so bring out your inner surfer dude/dudette and let's have some fun this weekend. Because we are at a different venue this year (Del Oro HS pool in Loomis), please be sure to read the Champs Info email/packet that we'll be sending out to the Champs committed families along with SSL Official Champs Program. We will also post the info on the Champs event page on our website.

Let's Celebrate! End-of-Season Awards & Appreciation Night

TUESDAY: July 23rd | 6:00 – 9:30pm

Back lawn at the club

Bring one dessert to share (NO NUTS, serious allergies this season)

Let's celebrate another great season and recognize the swimmers, coaches, and parents who make it happen. Bring your chairs and blankets. *Please note that we have changed the day from Monday to Tuesday.*

6-6:30 pm – Dinner (bring a picnic or enjoy the regular menu from Season's Café)

6:30-8:30 pm – Swimmer participation recognition and awards presentations

8:30-9:00pm – Season in Review Video presentation

New Records – Congratulations!

13-14 boys 50 free: Aaron Siy (23.67 / old = 23.78)

13-14 girls 200 free relay: Olivia Mancinelli, Sydney Salas, Sarah Galovan, Natalie Mancinelli (1:45.16 / old = 1:46.18)

17-18 women 100 free: Marisa Ritchie (56.90 / old = 57.37)

17-18 men 100 back :Andrew Baker (56.38 / old = 58.22) @ EDH meet

2019 Meet of Champions

August 3-4 / Roseville Aquatic Center, 3501 Woodcreek Oaks Blvd, Roseville, CA 95747

If your swimmer has qualified for MOC and you are planning on attending, **WE NEED TO KNOW WHO WILL BE SWIMMING AT THE MEET!** The registration deadline is July 29th. Please log into our website to the MOC event page and sign up just like a regular meet. More details are on the event page. Parents **MUST** also register directly to the MOC website, sign the waiver, and pay the \$30 flat fee **no later than July 29th.**

The Meet of Champions (MOC) meet is an all-star swim meet for the top rec/summer league swimmers from the Sacramento Valley Area. Qualifying times are listed at www.meetofchampions.com and your kids' times from dual meets will say MOC if they have met the qualifying time. Also, making the top 10 finals at Champs is an automatic qualifier, regardless of times.

Barracudas Advisory Board Openings

The advisory board election will be conducted soon and we are looking for parents to fill some crucial roles within the board. Each board position carries a two-year term from September 1, 2019 through August 31, 2021. We have the following positions open for nominations this year:

Communications: Manages team website and weekly communications and newsletter to the team.

Social/Spirit: Organizes and manages the social events and spirit tent (Sunsplash, Sac State, Spirit tent, etc.)

Special Events: Organizes and manages our special team events (season kick-off party, spirit week, awards, etc.)

Parent Volunteer Coordinator: Organizes and manages the volunteer jobs for swim meets and Champs.

Registrar: Kelly Pitzer (incumbent)

Computer Ops: Dave Jones (incumbent)

Fundraising: Lindsay Fitch (Communications 2018-19)

Benefits to Board commitment and participation include discounted swim team registration fees, no per-meet volunteer shift requirement (including Champs), priority registration for events, early set-up of family tents at Champs, and more!! If you are looking to do more with the team to continue our Cuda culture and tradition, provide valuable insight to making our team even better, and enjoy leading a team of parents we would like to talk with you. If interested, please email the board at broadstone.barracudas@gmail.com or talk with any of the current board members for more details. We can provide you with detailed board job descriptions.

2020 CHAIR POSITIONS: We will also be posting specific chair positions open for next season, please watch for more information in the next newsletter. Chair positions generally involve supervising a volunteer crew (for example, Clerk of the Course supervises the Clerk volunteers ONLY during home meets) so some require a little more time than regular volunteer shifts. Some chair positions are done during the week and therefore there is little to no responsibility on deck during meets. Please inquire by emailing Jenn Harmon at barracuda.swim@gmail.com.

2019 Calendar

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

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

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

Tues 7/23 > Awards & Appreciation Night at BSC

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