



Cuda Zone News

ISSUE 8 June 4, 2019

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

STARTING THE SEASON 2-0!!!

Congratulations to the Barracudas for an outstanding meet against College Greens. The score was 579 to 208 in favor of the Cudas. Meet results: PDFs are posted on our website on specific meet pages (an email went out on Sunday for the CG meet).

Message from Coach Wendy

I love that we are seeing consistent improvement! That is what we want. This is going to be a short week so please attend every practice possible. Great meet this weekend!

We are what we repeatedly do. Excellence, therefore, is not an act but a habit—Aristotle. The way you practice will determine your outcomes at the swim meets. You need to have a GREAT WORK ETHIC! A great work ethic is: Striving to do your best with hard work and effort. Showing consistency in effort every day. Showing dedication and determination. Having a positive attitude. Being reliable with good attendance at practices and meets. Our practices are not long but we work hard to create a workout that will strengthen your weaknesses and build on your strengths. Listen to your coaches! Our swimmer coaches will be out from now on, so more coaches on deck = more help for you! Please come to practice prepared each day with your water bottle and fins. Don't ask if we will use fins, please just bring them! Sometimes we realize you need them and we need them close. We don't have enough time to search.

Evening practice: If your swimmer needs to attend evening practice, please EMAIL me so that I can make sure I have appropriate staff numbers on deck on the nights we need it. Please email me ASAP with dates you will need to attend evening practices. I keep a list and will pass it on to my evening coaches.

Parents of 11&up swimmers: Please make sure your swimmer is attending dry land on Tuesdays and Thursdays, 15 minutes after their scheduled practices. We are working with the personal trainers to develop this program *that you paid for*. It's all part of a being a well-balanced athlete and will help your swimmer exceed their goals.

Let's go Cudas!

June 7th Meet – Loomis Basin @ BB – FRIDAY NIGHT MEET

Family Set Up: 2:00 p.m. NO EARLIER

Check-in: 2:30 p.m.- 2:50 p.m.

Scratch session begins: 3:00 p.m.-3:30 p.m.

Barracudas warm-ups: 2:50 p.m.-3:15 p.m.

Team cheer: 3:50 p.m.

Meet begins: 4:00 p.m.

Message to Volunteers

We are about to have our third home meet and job signups are solid. Thank you! If you have a swimmer swimming and have not yet signed up to volunteer, please email me ASAP. Please include your cell number when signing up for a volunteer job. As always, email me if you are having any issues signing up for a volunteer job. If for any reason you are unable to work your shift for a meet, please email me so I can plan accordingly. I try to check this email on meet mornings as we settle our volunteers into their jobs. Keep up your great work and GO CUDAS! –Jenn Harmon / barracuda.swim@gmail.com

Reminder for Shift change: If you work an AM shift you work events 1-41 (8:00 a.m.-10:30 a.m.); if you work a PM shift you work events 42-83 (10:30 a.m.-1:30 p.m.). Please set a timer on your phone and listen to the announcer for shift changes so that our transition happens smoothly. **The Friday night Loomis meet shifts will be approx. 4:00 p.m. - 6:30 p.m. and 6:30 p.m. - 9:00 p.m.**

> Schedule for Releasing Volunteer Jobs at Meets

- June 15 BRC @ Folsom Sea Otters: sign ups open at 10:00am on Wednesday, June 5th, and will close Monday, June 10th at midnight.
- June 22 Granite Bay @ BRC: sign ups open at 10:00am on Wednesday, June 5th, and will close Monday, June 17th at midnight.

Pancakes – This Thursday!

There will be pancakes on deck for swimmers immediately after each practice on Thursday, to celebrate a great start to the season!

June 15th Meet – @ Folsom Sea Otters

SWIMMER sign-in/out deadline: Friday, June 7th
VOLUNTEER sign up deadline: Monday, June 10th

IMPORTANT!

Please declare YES or NO for all upcoming meets. Don't be UNDECLARED. This is very helpful for the coaches when seeding a meet.

Cuda Swim-A-Thon: Monday, June 17th

The Swim-A-Thon is the main fundraiser for our team and provides funds necessary to purchase supplies, treats and equipment for the team. Watch your email this week for additional details and the link to start collecting donations!

Papa Murphy's Fundraiser – Saturday, June 22nd

Take a break from cooking dinner after our meet against Granite Bay and pick up a Pizza at Papa Murphy's located at: 703 E Bidwell in Folsom from 1-8 p.m. Papa Murphy's will donate **30% of the total sales** to the Barracudas! No need to bring a flyer just tell them you are with the Barracudas!

Thank You to Our Sponsors!

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West Coast Epoxy
Tami Kacevas Designs

For just \$300, your business name and logo will be placed on the white pop-up tents (over the blocks) for the season! In addition, your logo will appear on our website homepage and you will get recognition in our newsletter and on Facebook. If interested, email broadstone.barracudas@gmail.com.

New Records – *Congratulations!*

Women 17-18 100 Breast / 1:10.83 / **Marisa Ritchie** (old record: 1.12.13)

Summer Practice Times

June 3rd – July 12th or 18th*

15-18 7:30-8:45 a.m.

13-14 8:45-9:45 a.m.

11-12 9:45-10:45 a.m.

9-10 10:45-11:45 a.m.

7-8 11:45 a.m.-12:30 p.m.

6 & U 12:30-1 p.m.

DRY LAND WORKOUTS – Start June 4th

45 minutes per workout / Tuesdays & Thursdays

15-18 9-9:45 a.m.

13-14 10-10:45 a.m.

11-12 11-11:45 a.m.

EVENING PRACTICE** (No evening practice on Fridays)

6-8 5-5:30 p.m.

9-18 5:30-6:30 p.m.

**Only swimmers who swim at Champs will practice until 7/18*

***The evening practice is held for swimmers who are unable to attend morning practice.*

Upcoming Social Events!

Watch your email for Evites with all the details...and please RSVP.

Dive-in Music Night: Thursday, June 13th / 6 p.m. - 8 p.m. / all ages.

Join us right after pictures on the pool deck for a super fun Dive-in Music Night! Bring a picnic dinner as well as noodles or small inflatables to play in the pool. We will have beach balls, a DJ and a sweet treat. Hope you can join us!

Sac State Aquatic Center teambuilding: Sac State Aquatic Center Team Building for 11-18s - June 12th from 3 p.m. - 6 p.m.

All Barracuda swimmers ages 11 and up are invited to join us at the Sac State Aquatic Center for a super fun team building activity on Wednesday, June 12th from 3-6 p.m. (NEW START/END TIME). Please sign up on the event page on our website. The cost is \$35 (we are working on payment options and will let you know ASAP). On the event page, click on the link to download the liability waiver and emergency medical consent form. Every participant **MUST** complete these and turn them in at the event in order to participate. **Do not forget these on the day of the event!** Questions: contact Meredith via broadstone.barracudas@gmail.com. Water Enrichment Training (WET) Team Building website: <http://www.sacstateaquaticcenter.com/team-building/wet-team-build.html> [sacstateaquaticcenter.com].

Cudas Day at Sunsplash: Tuesday, July 9th / 11 a.m. - 6 p.m.

Purchase your tickets beginning at the meet **THIS FRIDAY from 4:30 p.m. - 6:30 p.m.** at the volunteer tent and future meets on June 15th and June 22nd. All swimmers and families are welcome! More details to come on our website under the Events tab.

2019 Calendar

JUNE

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

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

Sat 6/22 > Papa Murphy's Fundraiser 1-8 pm

Sun 6/23 > Optional Meets at Rocklin and Glen Oaks

Tues 6/25 > Event for 10 & unders

Sat 6/29 > EDH @ BB

Sun 6/30 > Optional Meet at Johnson Ranch

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)