



Cuda Zone News

ISSUE 9

June 11, 2019

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Message from Coach Wendy

Can you believe it? We are halfway to our Championship meet! A little bit of information about Championships: 1. EVERYONE can go to prelims at Champs! The top 20 (in 12&U) and top 10 (in 13+) will swim again in a final heat.

2. We will be most competitive if everyone attends every day. I highly encourage you (beg you, plead with you) to attend every day unless circumstances do not allow--talk to a coach! **Talent wins races, but teamwork & intelligence win Championships**

3. Championships is the culmination of our season. Everything we are working on is to prepare for this meet. Don't miss out on this action packed, fun filled weekend

A few other tidbits:

1. Please make sure your swimmers are hydrated! Water bottles are highly encouraged & recommended.
2. Thank you for remembering to fill out the comments section with all meet information. Meet writing and scratch are going much better.
3. Please make sure your child brought home their equipment (not someone else's)

Lastly, as we continue into our season, it will get tougher. The teams we will be competing against in the next month are the better teams in the league. We need to get up and get cheering. Our teammates need to know that we are there to support them. Be at the end of the pool, be at the sides of the pool, BE at the meet. Make posters and make some noise! We are the Barracudas and we are proud! Being proud of who we have become is not bad sportsmanship and cheering should not take away from our sportsmanship. Keep shaking hands and showing respect to those whom we compete against. Especially in our upcoming meet against our neighbors and friends the Folsom Sea Otters! Let's go Cudas!

LOCKER ROOM BEHAVIOR: Please talk to your kids about behaving and being respectful in all locker rooms. The club has received complaints from non-swim team members about kids misbehaving/playing around in the women's locker room. The club has been lenient thus far with allowing kids in the adult locker rooms. To avoid any issues, they should be using the Kids Club locker rooms. Thank you.

—Coach Wendy

June 13th Pictures & Dive-In Music Night

Individual photos start at **5:00 P.M. SHARP!** Team photo after all individual photos. WEAR YOUR TEAM SUIT! If you don't have one, please wear a dark blue or black suit. Order forms will be available near the file folders. Extras will be available on the pool deck. **Regular morning practice. No evening practice.**

Following the team picture, families are invited to a SUPER FUN evening on the pool deck and in the pool for our dive-in music night! Our DJ is **Tim DeGaugh**, who has been a fun and popular DJ at many Sandra J. Gallardo Elementary School functions. Bring a picnic dinner, as well as noodles or small inflatables to play in the pool. Treats will also be available. Hope you can join us!

June 15th– BB @ Folsom Sea Otters

PLEASE READ the Sea Otters welcome letter (click on the meet event page on our website) for more information about parking and the meet.

Swimmer check-in and family set up: 6:30 a.m.-6:50 am

Coach scratch session: 7:00 am

Barracudas warm-ups: 7:20 a.m.-7:45 am

Meet starts: 8:00 am

Location: Folsom Aquatic Center, 1200 Riley, Folsom, CA 95630

June 22nd Meet – Granite Bay @ BB

SWIMMER sign-in/out deadline: Friday, June 14th @11:59 p.m.

VOLUNTEER sign up deadline: Monday, June 17th @ 11:59 p.m.

Swimmer/volunteer check-in: 6:30 a.m.-6:50 p.m. **Don't be late!**

Scratch session begins: 7:00 a.m.

Cudas warm-ups: 11 & ups: 7:00 a.m.-7:10 a.m. **10 & unders:** 7:10 a.m.-7:20 a.m.

Meet starts: 8:00 a.m.

Don't forget the Papa Murphy's Pizza fundraiser on **Saturday, June 22nd**. Cruise over to the Folsom location (703 E Bidwell), grab a pie or two for dinner, and mention the Barracudas and we'll get **30% of the total sales!**

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. Our goal is to raise \$12,000! With over 400 swimmers we expect that this is a very realistic goal. Please see the flyer at the end of the Newsletter for all of the details. It is also posted on the events page.

Papa Murphy's Fundraiser – 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 pm. 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!

Message to Volunteers

Sign-ups are looking GREAT for the next 2 meets! Thank you for getting on early and signing up - filling these jobs is essential to having a successful meet! We are still looking for the following volunteer jobs:

Clerk of the Course: This is a great job, no prior swim experience required! You supervise the volunteers behind the blocks AND YOU ONLY WORK HOME MEETS!

Meet Ref: This job requires some experience and is perfect for someone moving from stroke & turn or another chair position.

Meet Starter: This job requires some swim experience and whistling blowing prowess...AND YOU ONLY WORK HOME MEETS!

Please remember the following tips to make our meets continue to run smoothly:

- When checking in your swimmer, please remember to CHECK IN YOURSELF. We need to know you are on deck and ready for your volunteer job.
- When signing up for a volunteer job, please remember to ADD YOUR CELL PHONE in the "Optional Contact Info" window.
- Please listen or create an alarm on your cell phone for SHIFT CHANGE. This happens at Event 42, approximately 10:30 a.m.

NOTE: If you have been a "Floater" more than TWICE this season, please make every effort to sign up EARLY. We keep a detailed list of volunteer hours and it is required that you work a meet that you attend. If you are found to be a habitual "Floater" then we will assign you a job and if you cannot fulfill the assignment your family will lose "good standing" status.

Upcoming Volunteer Sign-up Schedule:

June 29th EDH @ Broadstone; sign ups open Wednesday June 19th, close Monday June 24th midnight
July 13th Broadstone @ Park Terrace; sign ups open Wednesday June 19th, close Monday July 8th midnight

Jenn Harmon / barracuda.swim@gmail.com

New Records – *Congratulations!*

Men 17-18 50 Free / 22.69 / **Andrew Baker** (old record: 22.72)
Men 17-18 100 Back / 58.22 / **Andrew Baker** (old record: 1:00.57)

Apparel Update

Great news! The hats are ready and will be distributed this week on deck and at the Sea Otter meet THIS SATURDAY at the Cuda check-in table following the check in process. We have some extra hats for purchase at the meet also. \$20 for hats, \$15 for visors, cash only please.

The shirts and sweatshirts will be here by the next home meet on June 22nd. We will have a very limited selection of printed shirts for sale at the next home meet also. First come, first served, cash only.

SSL Championships

July 19th-21st / Del Oro Aquatic Center / Loomis

Champs will be held at the Loomis Basin Dolphins' pool this year, NOT Sierra College. We will provide more details in the coming weeks.

Champs is a very fun weekend and a great competition between all of the teams in our league! We won Champs for the first time last year...and we would love to earn that title again! So we need big participation numbers. Right now, only 82 swimmers have signed up. **ALL swimmers are encouraged to attend.** Swimmers do not need a qualifying time, but they must participate in three dual meets to be eligible.

Every Champs swimmer will receive a theme tank top or t-shirt (TBD). Our theme this year is Barracuda Dreamin'. If your swimmer is swimming at Champs, please log in to that event page and write your swimmer's shirt/tank top size in the notes section. Be very specific: YOUTH small/medium/large/XL or ADULT small/medium/large/XL.

Upcoming Social Events!

Dive In Music Night: / Thursday June 13th / all ages

SunSplash: Tuesday July 9th. Tickets will be available at the future meets on June 15 and June 22.

2019 Calendar

JUNE

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

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)

2019 Swim-a-Thon!



Please help us reach our **\$12,000** goal
Whether your child is swimming or not...we need
support from **ALL FAMILIES** in any way you can help.

Monday, June 17

10&under: 4-5:30pm / 11-18: 6-8pm

ABOUT THIS FUNDRAISER

The Swim-a-Thon is our team's MAIN fundraiser – and your participation is critical. Our swim team budget is made up exclusively from money raised by our swim families.

Money raised goes toward important team expenses throughout the season: computer system, software, printers, paper, timing equipment, speaker system, tents and chairs, spirit tent, spirit/social items and activities, banners, Friday treats/pancakes, shirts and other items/benefits for coaches and swimmer coaches, Cuda Cool caps, and much more! Your registration fees do NOT cover all of these.

DONATE ONLINE OR IN PERSON

Online: Visit the Barracudas website and click on the lane line at the top of the home page. It is easy to get set up for collecting online donations. We strongly suggest this method.

In Person: Pledge money should be turned in the night of Swim-a-Thon. We are doing a flat pledge only, not a "per lap" format. Cash or checks (payable to Broadstone Barracudas).

Thank you for your generosity and everything you do for our children!

RAFFLE ITEMS + RULES/INFORMATION

See page 2.

EVERY PARTICIPANT RECEIVES:

- Card for a Chick-fil-A item (ice cream cone, drink or fries).
- Broadstone Barracudas medal with number of laps swam.

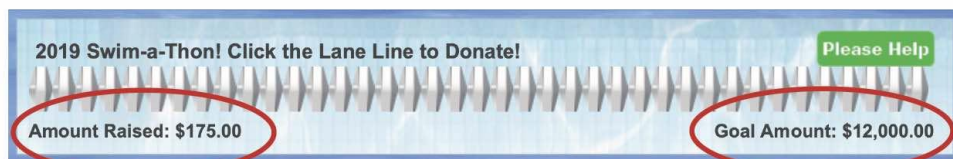
GRAND PRIZE FOR MOST \$\$ RAISED

Nintendo Switch

PRIZES FOR HIGHER FUNDRAISING LEVELS

- **Raise \$25 per swimmer:** swimmer earns a Barracudas bracelet.
- **Raise \$50 per swimmer:** swimmer earns a Barracudas bracelet and Barracudas water bottle.
- **Raise \$75 per swimmer:** swimmer earns a Barracudas bracelet, Barracudas water bottle and Barracudas buff (multifunctional headband).
- **Raise \$100 per swimmer:** swimmer earns a Barracudas bracelet, Barracudas water bottle, Barracudas buff (multifunctional headband) AND a pizza party with the coaches!
- **Raise \$200 per family:** each swimmer in the family earns a Barracudas bracelet, Barracudas water bottle, Barracudas buff (multifunctional headband), pizza party with the coaches AND is entered into a drawing for a cool prize!

As of June 11:
\$175 raised by
only two swimmers.
We have 400
swimmers on our team.
Please donate!!



Swim-a-Thon Raffle Items!

**** Please consider donating a raffle item ****
Email Ronda at rondamink@gmail.com

**Raffle tickets will be sold at the Swim-a-Thon
\$20 for a 6-foot strand or \$1 each.
CASH IS PREFERRED, but we'll take a check too.**

SWIM

- Coach Wendy: Two 30-minute private swim lessons
- Coach Amy: Two 30-minute private swim lessons
- Coach Ryann: Two 30-minute private swim lessons
- Coach Shane: One 30-minute private swim lesson
- Ritchie family: FINIS swimmer's snorkel
- Alpha Aquatics: Nike drawstring bags

PLAY

- Golfand Sunsplash: Four miniature golf passes and four laser tag passes
- Sea Quest: Four 1-day passes, 10 tokens and water bottle
- I-Fly: Earn your wings skydiving pass (one person/two flights)
- K1 Speed: Four rides with four licenses
- Painted Studio: Two adult paint classes
- Sunrise Rollerland: Five five-packs of admission passes
- River Cats: Four game tickets
- Monster Golf: Gift basket (two passes and toys)
- Sky High: Four 1-hour jump passes

FOOD & WINE

- Brett Weshner/Farmers Insurance: Five bottles of wine
- Boeger Winery: Two reserve tastings, two glasses, one bottle
- BSC Season's Cafe: Two \$10 gift cards
- Thai Paradise: \$25 gift card
- Sky Sushi gift card
- Visconti's Ristorante: Four \$25 gift cards
- Friends with Benedicts: Gift card
- Back Bistro: Gift card
- Chicago Fire: Gift card
- Lazy Dog: Gift card
- Trader Joe's: Reusable bag full of TJ's goodies
- Nothing Bundt Cakes: Bundt cake

HEALTH & BEAUTY

- Folsom Float Spa: Two 1-hour floats
- Belle Nail Spa: Manicure or pedicure
- Color Street Nails: Nail gift set

CAR

- Quick Quack Car Wash: \$25 gift card and goodie bag
- Valley Motor Works: Two oil changes

Rules and Information

- 10&unders swim 4-5:30 p.m. and 11-18s swim 6-8 p.m. No practice that day.
- No more than 12 swimmers per lane. Coaches will help swimmers find a lane.
- Laps must be continuous.
- Parents are responsible for counting their child's laps. Cards and pens will be provided. Prizes are awarded for laps swam, so parents please count carefully and respect the guidelines.
- Swimmers need a water bottle at the end of their lane.
- Swimmers may exit the pool ONLY for bathroom breaks.
- If a swimmer leaves the pool to rest, eat, etc. that is the end of their Swim-a-Thon. You may not restart after exiting pool.
- All swimmers should check out at the "finish line" to report their laps and receive a medal after exiting the pool.

Season's Cafe

The cafe will be selling special items, in addition to its regular café menu.

Kona Ice Will be There!

