



Cuda Zone News

ISSUE 10

June 19, 2019

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Swim-a-Thon Fundraiser: Still Aiming for that \$12,000 Goal!

Just keep swimming...and raising money! Cudas swam THOUSANDS of laps during our swim-a-thon! A huge thank you to all of the swimmers, lap counters, contributors, raffle prize donors and our volunteer crew.

Just 110 swimmers (out of 400) have raised about \$8,000 so far -- that's less than 30% of the team raising funds that benefit the *entire* team. The top fundraiser - Erin Gardner - raised \$700. That's amazing! We are so thankful.

EVERY DOLLAR COUNTS and we hope that ALL families will support our awesome team – whether or not your swimmer participated in the swim-a-thon. You can still donate online or via check (if by check, please email Ronda at rondamink@gmail.com). Thank you!

Message from Coach Wendy

“Champions do not become champions on the court (or in the race). They are merely recognized on the court. They become champions in their daily routine. Players do not really decide their future. They decide their habits, then their habits decide their future.” Every day makes a difference. Come and talk to your coaches. Let us help you make good habits. Ask for help! We have one month until Championships. Goals need to be set, turns and dives perfected. Now is the time to get help so that you can practice new techniques hundreds of times before the Championship meet.

At this point in our season it can be easy to lose focus. This week: work on focus. Make sure you swim on purpose every day. What does it mean to swim on purpose? It means that as you swim you think about how and why. Doing this during practice will teach your body how to swim properly for the upcoming meets. Remember “perfect practice makes permanent.” Focus on each stroke, each turn and each dive.

Lastly, the coaches want to thank all of our swimmer coaches for stepping up and being leaders this season. You are having a very positive impact on the younger swimmers! The swimmer coaches are volunteers – please be kind and grateful for the hours they put in to support our coaches and help teach your swimmers.

Get Fired Up for Our June 22nd Meet Against the GB Gators!

Gates open: 6:30 a.m.

Check-in: 6:30-7:00 a.m.

Scratch session begins: 7:00 a.m.

Barracudas warm-ups: 11 & ups 7:00-7:15 a.m. 10 & unders 7:15-7:25 a.m.

Meet begins: 8:00 a.m.

Seasons Café will be serving breakfast and lunch items.

Papa Murphy's Fundraiser June 22nd– Get a Pizza After the Meet!

After the meet swing by the Papa Murphy's located at: 703 E Bidwell in Folsom from 1-8 pm and pick up a pie or two. Papa Murphy's will donate **30% of the total sales** to the Barracudas! No need to bring a flyer (which is posted on the website under events) just tell them you are with the Barracudas!

Team Apparel Pick Ups

The shirts and sweatshirts should be here at the meet this Saturday June 22nd. If you ordered online, please visit the tent during the meet. We will have a very limited selection of extra shirts and hats for purchase. First come, first served, cash only please.

Message to Volunteers + Release Dates for Final Meets

Thank you to all our volunteers - you are the reason our meets run so smoothly and we could not do it without YOU! A special SHOUT OUT: Thank you to *Rosie Brito* for your help with Dive In Music Night!

Reminders: If you scratch your child from a meet, you need to let the coaches AND me know. If I don't hear from you I can only assume you are on deck ready to do your job...and when you don't show up I am left scrambling to figure out where you are. I check emails frequently, so a short simple message that you will not be there is greatly appreciated.

Only three more meets to go! Your help and volunteerism are greatly appreciated. Please mark these dates in your calendar..

Our last two meets were released at the same time: Wednesday, June 19th @ 9 a.m.

June 29 EDH @ BB: Closes Monday, June 24th @ 11:59 p.m.

July 13 BB @ Park Terrace: Closes Monday, July 8th @ 11:59 p.m.

Champs volunteering: We are currently formatting Champs volunteer jobs. Sign-ups will be online, just like for regular meets. We will have LOTS of jobs to fill for Champs. More details to come.

Thank you. —Jenn Harmon / barracuda.swim@gmail.com

July 29th Meet – EDH @ BB

SWIMMER sign-in/out deadline: Friday June 21st @ 11:59 p.m.

VOLUNTEER sign up deadline: Monday, June 24th @11:59 p.m.

IMPORTANT! Please declare YES or NO. Don't be UNDECLARED. Double check that you are signed up.

Join Us for These FUN Social Events!!

>> 10 & Unders Event

Tuesday, June 25 @ BSC Time and Activities TBD

>> Cudas Day at Sunsplash

Tuesday, July 9/ 11 a.m. - 6 p.m.

Purchase your tickets at the meet on Saturday, June 22 from 8-10 a.m. at the spirit tent and the following upcoming practices: June 26- 10:30-12:00 and June 27- 11:00-1:00. All swimmers and families are welcome! More details on our website under the Events tab.

Rewards Party for Swim-a-Thon Qualifying Participants

Thursday, June 27th / 1-2:30 p.m.

Swimmers who raised at least \$100 per swimmer or \$200 per family are invited to join the coaches for a rewards party on the pool deck. Great job fundraising!

Picture Make-Up Date: Monday July 8th

Make-up day is on Monday, July 8 at 5 p.m. SHARP. Please show up at that time. Individual photos only.

SSL Championships– Declare Yes or No by July 5th!

We have only 93 swimmers signed up so far and 288 listed as undeclared. We NEED MORE swimmers participating to defend our title! Champs is a SUPER FUN weekend and a great competition. We encourage all swimmers to attend. They do not need a qualifying time, but they must participate in three dual meets to be eligible.

We need swimmer shirt sizes! Every Champs swimmer will receive a theme tank top or t-shirt (TBD). 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. Champs T-shirts will be handed out at the Champs Rally/Carb Night July 18th.

Missing Laptop Computer– Please Help!

At the night meet against Loomis one of our families had a large Dell laptop taken from their tent. They waited a while assuming it would turn up but it is still missing. The laptop had irreplaceable family photos so they would really like to get it back. Please let us know if you may have picked this up by accident-- No questions asked in exchange for a safe return. We thank you in advance for any information that may lead to the recovery of the laptop.

BSC Beach Party– June 28th!

The Club is throwing a Beach Party of all members on June 28th from 6:00 p.m.- 8:00 p.m. There will be a dunk tank, water slides, bounce house, games music, and much more! The event will be catered by Seasons Café and food is available at a discounted price if it is ordered by June 24th. There is a table near the front desk with all the details!

2019 Calendar

Sat 6/22 > GBG @ BB

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

Sun 6/23 > Optional Meet at Glen Oaks

Tues 6/25 > Event for 10 & unders @ BSC

Thurs 6/27 > Swim-a-Thon reward party (for those who raise \$100/swimmer or \$200/family) 1:00 p.m.- 2:30 p.m.

Sat 6/29 > EDH @ BB

Sun 6/30 > Optional Meet at Johnson Ranch

JULY

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

Sat 7/6 > HOLIDAY — **no meet**

Mon 7/8 > Picture make-up day

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)