



Cuda Zone News

ISSUE 11

June 24, 2019

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

Message from the President– Swim-a-Thon Fundraiser Update

We want to give a huge thanks to the families who have participated with our Swim-a-Thon this year. To date we have raised over \$9,500, but we are still short of our goal. About 35% of the swimmers have participated so far, let's try to get that to 50% (or more)! The money benefits the whole team and makes it possible for us to do the fun stuff like Pancake Breakfast/Friday Treats, Spirit Tent and Spirit Week goodies, team social events, and the Champs and Year End Banquets. We also use it to upgrade and/or replace meet equipment. This year we replaced our timing system and printers, added the custom Barracuda tents, and upgraded the Cuda Cool, Jr. Cudas and MOC qualifier caps. We're already working on future plans for the years to come. Most of our expenses are not covered by registration fees that the club collects. If you have not yet donated: please know that even \$20 makes a difference and can help us achieve our \$12,000 goal this year. We are leaving the donation window open through July 17th and you can donate online or via check (if by check, please email Ronda at rondamink@gmail.com). Kids will still earn the donation prizes as well. Thanks for continuing to support your Cuda Swimmers!

Don't forget, the pizza party is this Thursday, June 27th. All families who raised \$100 for a single swimmer (or \$200 for full family) are invited to enjoy a pizza lunch with the coaches. Join us on deck from 1 p.m.-2:30 p.m. Please RSVP to rondamink@gmail.com so we know how much pizza to get.

Message from Coach Wendy

So much improvement this past weekend! It is our pool and you should swim faster in it because you know your own pool! We have one more home meet this weekend against the Taz and we need to swim hard and fast. While we have not had a lot of competition so far this season--now is the time to compete! Saturday, the Sierra Sharks lost to College Greens Gators BY ONE POINT!! That is ONE 3rd place! Our next two meets will be tighter. We need EVERYONE to attend. The difference between a win and a loss will depend on how many show up and HOW you show up. While times are important, details matter. You are tougher than you think, faster than you know and better than you will ever realize! You are extremely capable. Believing in yourself is 90% of your race. For the most part, your body knows what it needs to do to compete – you just have to allow it to do it! Learning to believe in yourself and to let go in a race is not easy.

A few tips:

- Stop being afraid of what could go wrong and start being excited of what could go right! "To uncover your true potential, you must first find your own limits and then have the courage to blow past them." (Picabo Street)
- Be determined. Even if you don't make your goal, don't give up on your goal. Reset it and do it again. "A goal should scare you a little and excite you a lot." (Joe Vitale)
- Focus on what's ahead of you, not behind you. Focus on our upcoming three meets. That's what matters. What are you going to do with the Taz, at PT and at Champs? Success is different for everyone. Keep a proper perspective and do your personal best.

Please remember that we are here to help! Now is the time to make changes if needed – not the week before Champs. If you are struggling to drop time or figure out that turn – please ask because we want to help you! We try our best to notice everything in practice and meets but things get missed. We have lots of stuff to work on with each of our age groups, so come as many days as possible. Let's finish this season strong, Cudas!

Get Prepared & Excited About Our Meet Against the TAZ! 6/29

This is a very important meet for our team. Please come prepared to cheer on your Barracuda teammates. We also anticipate that it will be very crowded so please plan accordingly.

Gates open: 6:30 a.m.

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

Scratch session begins: 7:00 a.m.

Barracudas warm-ups: 7:00 a.m -7:25 a.m.

Meet begins: 8:00 a.m.

Seasons Café will be serving breakfast and lunch items.

Coach Appreciation Days

Our Coach Appreciation Days are coming up, July 8-11! Our awesome Barracuda coaching staff really is top notch! Our coaches care deeply about each swimmer, they are passionate about the sport of swimming, and they want our Cudas to improve while having FUN! Let's take some time to recognize our coaches and thank them for their hard work this season.

This week we will be on the pool deck collecting monetary contributions for coach gifts, and we will have fun posters for each coach that swimmers can sign and decorate! Look for our table by the file folders outside the adult locker rooms. We will be there 6/26, 7/1, and 7/3. New this year, you can also contribute via Venmo @Stephen-Lykke. Thank so much in advance for your help in recognizing our outstanding coaches!

—Carly Lykke / carlylykke@yahoo.com

SunSplash Tickets: Final Week to Purchase

Tickets will be sold on the pool deck this week as follows

June 26th / 10:30 a.m. to 12 p.m.

June 27th / 11 a.m. to 1 p.m.

June 29th / 8:30 a.m. to 10:30 a.m. (at the volunteer tent during the meet)

Download the flyer/payment form from the Sunsplash event page on our website...then turn it in to ticket sales during the times above OR place it in the Slovak family folder with payment (checks payable to Broadstone Barracudas). See flyer at the end of the newsletter.

Team Apparel Pick Ups

The shirts and sweatshirts have arrived. If you didn't pick yours up last weekend please stop by the tent this Saturday June 29th.

Message to Volunteers + Release Dates for Champs

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

Thank you for stepping up and supporting your kiddos on deck! With only two more dual meets to go, we have filled AMOST ALL volunteer jobs and we are ready to cheer on our swimmers to a strong finish! If you were unable to secure a volunteer job for these last two meets, please reach out PROACTIVELY and let me know. Please email me at barracuda.swim@gmail.com. I REALLY appreciate this – it is much easier than trying to track you down and determine your whereabouts. Your help and volunteerism are greatly appreciated so don't forget to SIGN IN so we know you are on deck and ready to pitch in!

Champs volunteering: We are still formatting Champs volunteer jobs. Sign-ups will be online, just like for regular meets. We will have LOTS of jobs to fill for Champs. Read the volunteering section in our **Champs FAQ** document. —Jenn Harmon / barracuda.swim@gmail.com

Seeking Chairs and Committee Members for 2019

In next week's issue we will provide more information about serving on the Barracuda Board as well as chair positions and committees in the 2020 season. These are important positions that require extremely dedicated and reliable parents who will put in the required time. If you have questions in the meantime, Please contact Jenn Harmon. barracuda.swim@gmail.com

Thank you. —Jenn Harmon

July 13th Meet – BB @ PT

SWIMMER sign-in/out deadline: Friday July 5th @ 11:59 p.m.

VOLUNTEER sign up deadline: Monday, July 8th @ 11:59 p.m.

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

Construction: There is construction being done at the school near the PT pool and space is extremely limited (more than ever). They are encouraging carpool and tent buddies. Please take this into consideration when planning for this very important meet!

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

We need strong attendance to defend our title! As of June 24, we have 126 yes and 245 undeclared. Families, PLEASE declare your swimmers as soon as possible. July 5 is the deadline. Our Champs FAQ document will be out soon.

We need swimmer shirt sizes! Every Champs swimmer will receive a theme tank top or t-shirt (TBD). If your swimmer is attending, please log in to the Champs 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.

BSC Beach Party– June 28th! The Club is throwing a Beach Party of all members this Friday 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. There is a table near the front desk with all the details!

Holiday Practice Schedule

JULY 4 & 5th : NO PRACTICES IN MORNING OR EVENING. Have a fun and safe holiday!



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.

2019 Calendar

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)

Thu-Fri 7/4-7/5 > **No Practice**

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)