



Cuda Zone News

ISSUE 5

May 14, 2019

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

Message from Coach Wendy

What a great beginning to what is going to be an amazing season! We are so happy with our Cudas for working hard at time trials. Lots of happy faces with new times! Remember, we want our Cudas to be accountable in keeping track of their times. They can get a worksheet to keep track from Coach Wendy or our bulletin board by the group X room. As we head into the competition phase of our season, you will notice that our focus changes a bit. While we will continue to work on technique, we will also be increasing the amount of yardage we are swimming in order to build stronger muscles and more endurance. We use many different teaching methods to achieve our goals – sometimes we work as a whole pool and sometimes we break into smaller groups. Our goal as a coaching staff is technique first, speed second. That means sometimes some lanes are doing lots of laps and others are working on technique. Please understand that we are trying to help your kids, whichever way we are teaching.

ABOUT DQs Regarding disqualifications (DQs), our No. 1 question is: What did I do? Swimmers are primarily DQ'd for violating stroke rules. We will try our best to speak to swimmers the Monday/Tuesday after a meet about why they got DQ'd and will send the DQ slip home with them (if they are at Monday practice). Feel free to encourage your swimmers to speak with a coach if they get a DQ slip. When possible, video your children swimming so that they can see how their stroke looks. Time permitting, we will review video footage with your swimmer to help them understand how to continue improving (send via email please). "Remember, your best teacher is your last mistake." Use your mistakes to learn! Especially our new swimmers – there is A LOT to think about. Do not get discouraged – get determined! At upcoming dual meets, swimmers will swim three individual events and possibly relays. Below is information about how the coaches seed relays for meets.

RELAYS Important: Please check with coaches before you leave a meet, since things can change and swimmers can be put into relays at a moment's notice. The FREE RELAY is easy to seed: coaches go by the fastest individual times, with the order of who swims which "leg" determined by the coach. The MEDLEY RELAY is typically (but not always) the fastest fly, fastest breast, fastest back and fastest free. Given the complexity in finding the fastest mix of swimmers, we use computer algorithms to assist the coaches in making this decision. The sequence is important (especially at the younger levels) since there are more DQs in fly and breast. The ready bench will assist the younger swimmers to make sure they know which stroke they are swimming, and then they will put the 10 & unders on different sides of the pool (legs 1 & 3 on the block side and legs 2 & 4 on the deck side). Please do not reorganize relays without a coach! We spend quite a bit of time validating our decisions to optimize the relay teams. The number of lanes in a pool will determine how many relay teams we have at a meet.

Lastly, HYDRATE! Please remind your kids to hydrate. We have a lot of our older swimmers cramping during practice. Kids need to hydrate as much as possible before practice to avoid muscle cramping. And as always, 11 & up swimmers should ALWAYS have a water bottle on deck. WATER ONLY – no Gatorade, power drinks, juice, etc. We're looking forward to a great week and meet against the Sharks!

Volunteers: Important Job Sign Up Info

Volunteers: Thank you all for volunteering and making Time Trials run so smoothly! The volunteer/information tent was a huge success, this will be available at all meets to assist our swimmers and families. Something to consider as we head into our season...if you liked the job you worked at time trials, feel free to stay with that job for the remaining meets. It helps ensure efficiency for the various jobs. However, we also know that this isn't always possible due to varying personal/family schedules.

VOLUNTEER FAMILY OF THE WEEK:

Paul Maccoux has been a member of the Broadstone Barracudas for 18 years, with three kids (Hannah, Jonah and Emma) participating on the team. As our Head Starter, he is in charge of making sure your kids get a fair start and he works behind the scenes with our computer ops team to make our meets run smoothly. He also serves in this role at champs. At time trials, he worked the entire meet switching off between starter AND meet ref! Thank you, Paul, for dedicating your Saturdays to the Barracudas. We appreciate you!

STILL IN NEED OF VOLUNTEERS FOR KEY POSITIONS:

Clerk of the Course: We are still looking for a chairperson to lead this very important team. This role is only needed at HOME MEETS, therefore you will receive a PASS for AWAY meets. If interested, please reach out via email to barracuda.swim@gmail.com.

Stroke & Turn: This is a position that requires TRAINING and APPROVAL from our chairperson, Dawn Fallon. If you are interested in this job please reach out via email to barracuda.swim@gmail.com

Mark Your Calendars! Schedule for Releasing Volunteer Jobs for Upcoming Meets

- **May 18** Sierra @ BSC: Closed on May 13.
- **June 1 BB** @ College Greens: Sign ups open Wednesday, May 22 closes Monday May 27 midnight
- **June 7** Lomis @ BSC (Friday Night Meet): Sign ups open Wednesday, May 22 closes Monday June 3 midnight
- **June 15 BB** @ Folsom: Sign ups open Wednesday, June 5 closes Monday, June 10 midnight
- **June 22 GB** @ BSC: Sign ups open Wednesday, June 5 closes Monday, June 17 midnight
- **June 29 EDH** @ BSC Sign ups open Wednesday June 19, closes Monday June 24 midnight
- **July 13 BB** @ PT: Sign ups open Wednesday June 19, closes Monday, July 8 midnight

Please mark these dates in your calendar. An email will be sent once the volunteer jobs are released.

Volunteer Responsibilities

If you need an AM job due to your swimmer's age or a time/schedule commitment, it is your responsibility to sign up for an AM job. Once jobs are filled, it is difficult to ask another volunteer to switch their job to accommodate your request. Don't delay as jobs fill up quickly upon release.

Finally, signing up to work at a meet when you have a swimmer in that meet means your family has "good standing status" with the team. If you know you are unable to work a meet due to extenuating circumstances, please email me at barracuda.swim@gmail.com ASAP. Waiting until 48 hours before a meet forces many people to scramble last minute to fill jobs, which creates unneeded stress for many.

—Jennifer Harmon, Parent Volunteer Coordinator, barracuda.swim@gmail.com

Calling All Cuda Performers!

Cuda Families: We are seeking swimmers who would like to sing or perform our national anthem prior to meet starts for our Home meets. In year's past we've had solos, groups, a cappella and instrumental performers. If you're interested in this rare opportunity, please send a demo video of you performing the national anthem to Brett Weshner, Announcer Chair for consideration. The dates we are seeking to fill are:

May 18 @ 6:30 - Sierra Sharks
June 7 @ 2:00 - Loomis Basin
June 22 @ 6:30 - Granite Bay
June 29 @ 6:30 - El Dorado Hills

Please include which meet you'd like to perform at from the list above and send your national anthem demo/performance videos or links to: Weshkrambox@gmail.com. Please write "National Anthem" in the Subject line. Thank you!

— Brett Weshner, Announcers Chairperson

—Continued—

May 18 vs. Sierra Sharks – First Home Meet!

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

Scratch session begins: 7:00 a.m.

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

Meet begins: 8:00 a.m.

► **Check in:** The check-in table for swimmers is located inside the large gate in the parking lot (between tennis court and building). Any swimmer not checked in by 7:00 a.m. will be scratched (removed) from the meet.

► **Volunteers:** Show up for your job!! Please check in at the new Volunteer tent and please listen for calls over the PA system for when/where you should report for your shift.

► **Family set-up:** Saturday ONLY, upon check in at 6:30 a.m. Pop-up tents can ONLY go on the back grass area;; they will not be allowed on the patio or grass around the pools. Only umbrellas/Sportbrellas are allowed around the pool area.

► **Meet program:** A prelim meet program will be emailed by Friday before the meet. A final program will be posted on the pool deck and near the back grass area gate on Saturday morning.

► **New swim families:** If you have any questions during the meet, please ask the coaches, board members or other parents.

► **Seasons Café** will be selling breakfast and lunch.

May 21–Chipotle Fundraiser

Show your team spirit by joining us for a fundraiser to support the Broadstone Barracuda Swim Team. Go to Chipotle at 2379 Iron Point Rd Ste 120 in Folsom on Monday, June 4th between 4:00 p.m. and 8:00 p.m. Tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to the Broadstone Barracuda Swim Team.

June 1 @ College Greens Gators

****SWIMMER SIGN-IN DEADLINE: FRIDAY, MAY 24 @ 11:59 PM****

June 27–Swim–a–Thon Fundraiser

We are excited about the 2019 Barracudas Swim-A-Thon that will take place on Monday, June 17 - during regular practice times. Times: 10 & unders: 4-5:30 pm. 11-18: 6-8 pm. This is a great event for your family to show your Cuda spirit while supporting your swim team. If you would like to donate a raffle item, please email Ronda Chulick at rchulick@comcast.net.

2019 Coaches and Volunteer Swimmer Coaches

COACHING TEAM	VOLUNTEER SWIMMER COACHES	
Wendy Webster (head coach)	Carly Baadte	Matt Poon
Kelley Bunch	Jackson Baker	Heath Salas
Audrey Camarillo	Riley Fallon	Clover Satran
Shane Denison	Matthew Fan	Amanda Siy
Jenna Getz	Kayla Farfan	Camryn Tice
Erin Johnston	Maggie Lam	Jillian Trimarche
Ryann Langtry	Michael Lam	Sydney Weshner
Emma Maccoux	Jordan Maestre	
Marisa Ritchie	Natalie Mancinelli	
Tara Robinson	Nicholas Marshall	
Mary Romero	Tyler Nguyen	
Amy Suggs	Ryan Pham	
	Cayden Pitzer	
	Kat Poon	

New Record – Congratulations!

Men 15-16 100 Yard Breaststroke / 1:03.77 / **Tyler Nguyen** (old record: 1:04.41)

Women 17-18 100 Yard Breaststroke / 1:12.13 / **Marisa Ritchie** (old record: 1:13.13)

Team Caps Update

Team caps are scheduled to arrive this week. We will send an email regarding distribution date(s) on the pool deck.

Embroidery

If you need the Barracudas logo or name embroidered on your suit or any other items, please contact Michele Piazzoni in Folsom > 916-599-0357 / originalthreads@hotmail.com / www.originalthreadsonline.com

File Folders/Ribbons

Family file folders – which contain your ribbons and other items – are located near the outside locker room entrance. Ribbons will be put in folders during home meets or in the days following an away meet. At home meets, please wait until AFTER THE MEET to get your ribbons. Mistake on your ribbon? Taryn McCusker at Barracuda.swim@gmail.com

Reminder: Helpful Apps

- MEET MOBILE: This app allows swimmers and parents to view real-time meet results. Annual fee. Once you have the app, type BBST or BB in the search bar to find our meet.
- ON DECK PARENT: This app has many cool features – swimmer and volunteer sign ups, best times, team news, etc. It is linked to our website's TeamUnify system, so you will use the same email and password that you use to log in to our website.

Junior Barracudas – Summer Session

Summer session registration forms for Junior Barracudas are now available at the club at the aquatics bulletin board and on our website under the clinics tab). Please take the completed form to the front desk. The session is from June 3 to June 27. Practices are Mon/Wed/Thu from 9:30-10 a.m. in the family pool. Sign up your 4- to 7-year-old to learn how to swim freestyle and be ready for next year's Barracudas season!

2019 Calendar

MAY

Sat 5/18 > SS @ BB

Tue 5/21 > Cuda Night at Chipotle 5-9pm

Sat 5/25 > HOLIDAY WEEKEND — **no meet**

JUNE

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

Sat 6/1 > BB @ CGG

Mon 6/3 > Summer swim schedule begins

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

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)