



# Cuda Zone News

ISSUE 3

MAY 2, 2019

[www.broadstonebarracudas.org](http://www.broadstonebarracudas.org) / [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

## Message from Coach Wendy

What a perfect week last week! The sun was out and we got to see so many familiar faces and meet many new ones. The kids look great and hopefully were reminded of or learned some freestyle and backstroke techniques that will help them as we increase yardage and prepare for our first meets. A few requests:

1. Please do not have your swimmer show up at a different time and tell them that they need to swim then because they have other commitments. We do not always have space in practices for extra swimmers. If you cannot attend your age group practice for whatever reason, it needs to be cleared in writing from Wendy.
2. Please remember to have your swimmers bring towels. The gym has been struggling to keep up. If we all used a gym towel that would add 400 a day!
3. Swimmers younger than 14 cannot use the adult locker rooms to shower unless their parent is in the locker room.
4. Please bring water to practice. Those who are practicing later, please make sure you eat a snack. We want to prevent cramps and increase your strength and stamina. A healthy diet is key to successful training! Start hydrating as soon as you wake up!
5. If you have any extra hand paddles that you are not using and would be willing to donate please bring them to Wendy. We would love to use them for our 6 and unders.

And remember, there is a lot to learn when you first start swim team! Don't get discouraged. It will get easier and you will get better. "Persistence can change failure into extraordinary achievement"--Matt Biondi. Stay strong. Stay positive.

## Surf Fest

Our Kick Off the Swim Season Fiesta is tonight! The Café will have a limited number of a la carte items available. If you did not pre-order there is no guarantee that there will be enough for everyone who is interested so please keep that in mind as you plan for this evening. We look forward to seeing everyone tonight!

## Time Trials: May 11

It is important that swimmers attend time trials, since it is used to establish seed times for the swimmers for regular season meets. Time trials is a great way to practice for dual meets and for parents to familiarize themselves with meet procedures. We are the only team participating. Swimmers will compete in all events that they are eligible to swim in for their age group. No relays. **If a swimmer can't attend time trials**, he/she can establish seed times once the dual meets begin.

**VOLUNTEERS: Sign-ups begin on Today, May 2 @ 10 a.m. and close on Monday, May 6 @ 11:59 p.m.**

**SWIMMERS: Sign in/out by Wednesday, May 8 @ 11:59 p.m.**

## Swimmer Sign In/Out & Volunteer Sign Up

Step-by-step instructions for swimmer sign in/out and volunteer sign-ups are posted online – on the swim meet pages (click on Events and Sign In tab) and under the Team Resources tab. We are only offering volunteer sign-ups for time trials at this point.

## Parents: You MUST Volunteer

Parent service/participation at swim meets is essential and mandatory. Each family is required to participate at all swim meets in which their swimmer competes – or perform other equivalent volunteer tasks. If you have a swimmer swimming, you must volunteer for one shift. Failure to fulfill your volunteer commitments will result in the loss of a swimmer's eligibility to participate in competition and/or suspension from the team. Yes, we keep track of volunteers, so don't flake on your job! If you have a last-minute emergency or questions about volunteering, please email volunteer coordinator Jennifer Harmon at [barracuda.swim@gmail.com](mailto:barracuda.swim@gmail.com).

**KEY POSITIONS TO FILL:** We are seeking a Sno-Cone Chair, Spirit Tent Chair and Clerk of the Course Chair:

**Sno-Cone Chair:** Procures and maintains all the needed inventory to make sno-cones. Pre-meet ice purchases is a must to ensure product availability. Leads this team of volunteers and collects all proceeds. Submits all proceeds to the team treasurer in a timely fashion and accounts for all cost of goods sold. Has a seat in the shade for every home meet. ***Works Home meets only.***

**Spirit Tent Chair:** Social chair oversees this crew and provides some basic training to its volunteers. The chairperson is responsible for taking the spirit tent and fun stuff with them to away meets and ensuring the gear makes its way back to home meets, but they do not actually "work" the tent during meets.

**Clerk of the Course:** Prior to each home meet, chair communicates with clerk of the course volunteers and assigns the home meet shift schedule for which volunteer is working at what time and which lanes they are covering during each shift. ***Works Home meets only.***

If you have questions or interest please email Jennifer Harmon at [barracuda.swim@gmail.com](mailto:barracuda.swim@gmail.com). You will find more detailed job descriptions in the volunteer handbook posted on the Team Unify site.

- **Computer Operations:** If you are interested in being on the Computer Ops team contact please contact Dave Jones at [regul8this@gmail.com](mailto:regul8this@gmail.com) as soon as possible with your computer ops experience and contact information.

## Broadstone Facilities

Please remind your children to be respectful of Broadstone facilities, including locker rooms, before and after practices and during swim meets.

## Optional Invitational Meets

We have been invited to participate in three Sunday Invitational Meets this summer. Please note that these meets are completely **optional** and do not count for the SSL three meet requirement to participate at Champs or towards our participation awards. Also, we will not have coaches in attendance so it will be up to you and your swimmer to navigate the process. If your swimmer is interested in participating please follow the links below for information and registration.

June 23rd- ROCKLIN: <https://www.teamunify.com/EventShow.jsp?id=980205&team=recncslrw>

June 23rd- GLEN OAKS: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2451&smid=11266](https://www.clubassistant.com/club/meet_information.cfm?c=2451&smid=11266)

June 30th- JOHNSON RANCH: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2266&smid=11507](https://www.clubassistant.com/club/meet_information.cfm?c=2266&smid=11507)

## 2019 Calendar

### MAY

**Thu 5/2** > New family swim meet walk-through / 5-6 p.m.

**Thu 5/2** > Cuda Surf Fest (pool deck) / 6-8 p.m.

**Sat 5/11** > Time trials @ BB

**Sat 5/18** > SS @ BB

**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)