



Cuda Zone News

ISSUE 6

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

IMPRESSIVE WIN OVER THE SIERRA SHARKS!!!

Congratulations to the Barracudas for an outstanding meet against Sierra. The score was 599 to 190 in favor of the Cudas. What a great way to kick off the season! Enjoy the long holiday weekend and get excited for our first away meet against the College Greens Gators on June 1. Meet results: PDFs are posted on our website on specific meet pages (an email went out on Sunday for the SS meet).

Chipotle Fundraiser TODAY!!!

Show your team spirit by joining us for a fundraiser to support the Broadstone Barracudas. Go to Chipotle at 2379 Iron Point Rd Ste 120 in Folsom on Tuesday, May 21 between 4 p.m. and 8 p.m. Bring the flyer, show it on your smart phone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to the Broadstone Barracudas. A hard copy of the flyer was placed in your family folder last week and an electronic copy remains available on the website.

Message from Coach Wendy

"Competing at the highest level is not about winning. It's about preparation, courage, understanding and nurturing your people, and heart. Winning is the result." (Joe Torre)

By winning our Championship last year, we have proven that we are ready to compete at a higher level. But competing at a higher level isn't just about the competition. It is about the training and the team. We have to continue to work hard and work right in order to stay on top. We have to work together and we have to help each other in order to stay on top. If we stay consistent, we will be triumphant again--but it takes everyone to share this goal consistently working hard, eating right and attending meets. Please be committed!

The meet Saturday was great. As we watched our Cudas compete, the Coaches were very happy with the progress made from only a week ago at Time Trials. We are grateful for those who are consistently coming to practice and for communicating with us regarding what help you need! Since we do not have a meet for two weeks, we have some time to work harder to get better and help those newer swimmers who are struggling. Remind your swimmers to be patient--swimming is not a sport that you can just jump in to--it takes time to learn the strokes and turns--but you will!

A couple things:

1. Dryland has been going well! Please keep attending!
2. HYDRATE! Please hydrate before practice. We have a lot of swimmers struggling with muscle cramping--the number one way to prevent that is hydration. If your child drinks energy drinks, soda &/or coffee they need MORE water. Please help your athletes stay healthy!
3. We are collecting ribbons to reuse them! If you need to clean out ribbons from your house...please bring them to the pool!

Important Follow Up

As I mentioned in my message on Friday, there a ton emails with questions and requests regarding out last meet. Here is some important information that you need to know:

1. If your child is assigned to a relay (assignments are made the day before) and they MISS IT, they will not be allowed to swim in a relay at the next meet that they attend.

2. Swimmers must declare YES or NO (please do not be undeclared!!) EIGHT (8) days prior to a specific meet. Coaches made a few exceptions this week, but will no longer do so.

3. When you declare YES for a meet, please put all requests for specific events or information regarding early/late arrivals in the comment section. We will do our best to accommodate these requests. Requests received via email will be held to the coaches' discretion.

4. We do not use best times from last year to seed any meets except time trials. Many kids often start a season slower than their fastest times. We do not use last year's times to avoid putting kids that are not performing at last year's level in the wrong heat/relay. If swimmers did not attend time trials or the meet against the Sierra Sharks and have an NT for their time, they will establish their seed time as they swim at the following meets.

June 1 Meet @ College Greens

SWIMMER sign-in/out deadline: Friday, May 24

VOLUNTEER sign up deadline: Wednesday, May 29

If you are attending the meet, you **MUST** commit your swimmers by the deadline (eight days prior to a meet). If you are **NOT** attending the meet, please go online and declare no.

PLEASE READ the College Greens welcome letter on our website (Broadstone @ College Greens page).

College Greens location: 2707 Notre Dame Drive, Sacramento, CA 95826

Check-in: 6:40-7:10 a.m.

Scratch session begins: 7:15- 8:00 a.m.

Barracudas warm-ups: 7:20-7:40 a.m.

Team cheer: 7:40 a.m.

Meet begins: 8:00 a.m.

Team area: Feel free to set up camp anywhere on the grass in the guest team area. The guest team area is located on the north side of the walkway that splits the club grounds. Please no large tarps or blankets on the grass area.

Event Requests

If a swimmer wishes to swim in a particular individual event at a meet, you can make a request in the notes section (during online signup). If you've already committed your swimmer to a meet: sign in to your account, click on the meet, click "edit commitment" and click on the swimmer's name. Write the request in the notes section and save changes. Coaches will do their best to honor requests, **but there are no guarantees**. They have to do what is best for the team and seed meets accordingly.

Message to Volunteers

A huge thank you to all of our volunteer families for doing such a great job at our first meet. As we head into our full season, please remember a few important things that make everyone's job easier:

- Sign up to volunteer for meets you will be attending. Read The Cuda Zone News-Issue for volunteer schedule release times.
- If all volunteer job slots are filled you must still sign up as floater. Being a floater means *you agree to ANY job* that needs resources. If the floater jobs are not available, please email me asking to be a floater.
- If you are pulling your swimmer from a meet that you already signed up to swim and volunteer at, you must remove yourself from the job you signed up for. This allows floaters to sign up for open jobs prior to meet day and makes our participation in meets run smoothly without having to scramble for volunteers on deck.
- Stroke & turn volunteer job is for *trained volunteers only*. Please do not sign up for this job unless you are trained or want to be trained prior to a meet.
- PLEASE email me if you have extenuating circumstances that prohibit you from volunteering. If I do not hear from you I will assume you are not attending the meet and your child may be scratched. I'm sure you hate receiving multiple emails from me, and I hate sending them. So please let me know.

A special THANK YOU to our 2019 chairpersons – you make it happen every meet!

Ron & Lisa Baker, Dana Baker, Brett Weshner, Norah Sheren, Taryn McCusker, Jessica Crawford, Jenica Galovan, Paul Maccoux, Dawn Fallon, Slavka Vecerova, The Williams family, Crystal Stahl, Justin Sanders, Mary Ann Young, and the Swim-a-Thon crew (Ronda & Steve Chulick, Shannon McHenry).

—Jenn Harmon > barracuda.swim@gmail.com

Call For Aspiring Referees And Starters

Do you love seeing your kids swim? Did you swim as a kid? Do you want to see every race from the best location at the pool? Well then we would like you to come get trained to be a Referee or Starter for the Broadstone Barracudas. These two positions are critical to putting on a fair and efficient swim meet and we need your help because we need more people trained for these positions. The best part about these roles is that you don't have to work at away meets if you fill these roles for the home meets. A good description of each position is listed in the [Barracudas parent volunteer handbook \(version 1\)](#). Please consider volunteering to get trained for these critical positions. Simply let the Volunteer Coordinator or the folks at the Volunteer Check-in on Saturday morning. Or you can just come see us on the deck before the meet. Please ask for Paul, Dana, Jon or Jenn.

New Records – *Congratulations!*

Men 15-18 50 Yard Fly / 24.29 / **Andrew Baker** (old record: 25.04)

Men 15-18 50 Yard Free / 22.72 / **Andrew Baker** (old record: 23.05)

Team Apparel– Online Store Is Now OPEN– Order by May 29

Please visit the Cuda Spirit Store at <https://www.companycasuals.com/bb2/start.jsp> to place your order before the Priority cutoff deadline of **Wednesday, May 29th**. Delivery is anticipated on deck at practice on June 14th and we'll also have a table at the Folsom Sea Otters meet on June 15th.

We are trying to have all hat orders ready by the Friday night meet on June 7th and may have some extra on deck for sale. Any sized items must be pre-ordered.

We have great new designs for shirts and hats thanks to Cuda Sponsor, Tami Kacevas of TK Designs, and our Spirit Wear team, Courtney and Heather so check out the store today!

File Folders/Ribbons/DQ Slips

At home meets, please wait until AFTER THE MEET to get your ribbons. We understand that you are anxious to get these, but we kindly request that you wait until the Monday after the meet. All ribbons and DQ slips SHOULD be available at the Monday practice following the meet. Mistake on your ribbon? Email Taryn McCusker barracuda.swim@gmail.com

June 17–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.

Summer Practice Times

June 4 – JULY 13 or 19*

15-18 7:30-8:45 a.m.

13-14 8:45-9:45 a.m.

11-12 9:45-10:45 a.m.

9-10 10:45-11:45 a.m.

7-8 11:45 a.m.-12:30 p.m.

6&U 12:30-1 p.m.

DRY LAND WORKOUTS – Start June 3

45 minutes per workout / Mondays & Wednesdays

15-18 9-9:45 a.m.
13-14 10-10:45 a.m.
11-12 11-11:45 a.m.

EVENING PRACTICE** (No evening practice on Fridays)

6-8 5-5:30 p.m.
9-18 5:30-6:30 p.m.

**Only swimmers who swim at Champs will practice until 7/19*

***The evening practice is held for swimmers who are unable to attend morning practice.*

Upcoming Social Events!

Watch your email for Evites with all the details...and please RSVP.

Dive-in Music Night: Thursday, June 13 / 6-9 p.m. / all ages

Sac State Aquatic Center teambuilding: Wednesday, June 12 / 2-5 p.m. / 11 & ups. Registration forms and waivers will also be placed in family folders.

2019 Calendar

MAY

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)

★ NO PRACTICE ON MONDAY, MAY 27 ★

Have a great holiday weekend!