



Cuda Zone News

ISSUE 7

May 29, 2019

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Message from Coach Wendy

I hope everyone had a great break over the weekend because the real work is about to begin! Our competitive season is ready to take off and so are we. The coaching staff is very happy with what we are seeing at practice and are looking forward to a great meet with The College Greens Gators this weekend.

How do you get ready? A simple pre-race routine gets you ready for your race and might help calm your pre-race jitters. Before you get called up to the blocks, close your eyes and visualize your race in your head. This works really well! Try to imagine beating your time, feeling great, being confident and enjoying yourself. Don't over analyze it. Seriousness and self-judgment don't help. Think positive thoughts and focus on swimming your best race. Your race will be awesome if you do this! Other things that help: eating healthy and getting sleep the day before! (that will be hard with end of school parties but do your best!); Focusing on your race-keep your head in your lane and you will do better!; getting off media--let your head be clear so it can focus on what you want to do.

Lastly, don't forget that GOOD SPORTSMANSHIP is always key to a good performance. Your teammates and your competitors on the other swim team are there to help you go faster. Compete comes from the Latin "competere" – which means "strive in common, strive after something in company with or together." Stay focused before the race, then after the race shake hands with and say "good job" to your competitors. Let's go Cudas! —Coach Wendy

DRYLAND: next week dryland will switch to our summer schedule. It will be on Tuesdays and Thursdays and will take place 15 minutes after each practice for 11& up

EVENING PRACTICES: you must communicate with Coach Wendy if you would like to attend evening practices. Evening practices are not staffed to have more than a few swimmers. We keep a list of all those who have requested to participate. Please plan accordingly

June 1 Meet @ College Greens

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

College Greens location: College Greens Swim & Racquet Club, 2707 Notre Dame Drive, Sacramento, CA 95826

Gates open: 6:30 a.m.

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

Scratch session begins: 7:15 a.m.

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

Team cheer: 7:45 a.m.

Meet begins: 8:00 a.m.

Team area: Set is anywhere on the grass in the guest team area. Please no large tarps or blankets covering the grass.

Message to Volunteers

As we head into our next meet at College Greens, please remember to listen to the announcer for your name if we call you. For those working **AWAY ready bench**, your job time slots are SPECIFIC times and NOT event driven. Please set a personal alarm so that you can make your shift on time and relieve the previous shift. For **AWAY timers**, both AM and PM shifts are required to attend the timers meeting which usually is at 7:30 a.m. Please be on time for this meeting so we can have enough timers for this meet.

If for any reason you are unable to work your shift for a meet, please email me at barracuda.swim@gmail.com so I can plan accordingly. I try to check this email on meet mornings as we settle our volunteers into their jobs. Keep up your great work and thank you for making our meets great for our kids so far! —Jenn Harmon

June 7 Meet – Loomis Basin @ BB – NIGHT MEET

SWIMMER sign-in/out deadline: Friday, May 31

VOLUNTEER sign up deadline: Monday, June 3

IMPORTANT!

Please declare YES or NO for all upcoming meets. Don't be UNDECLARED. This is very helpful for the coaches when seeding a meet.

EVENT REQUESTS / FREESTYLE: In our league, swimmers can only swim short free or long free in a meet. If you are requesting free when signing up, please only request one of these.

Cuda Spirit at Meets

We need to go **ALL OUT** with the Cuda spirit at our upcoming meets! Wear your team shirts, cheer on your teammates during races, get pumped up and SWIM FAST! Remember to stop by the spirit tent during the meet.

Caps and Apparel

Team Cap Distribution (Orders Via Alpha Aquatics): Parent volunteers will be handing out caps on these dates:

- Wednesday, May 29 (4:30-6:30pm on the pool deck)
- Friday, May 31 (4:30-6:30pm on the pool deck)
- Saturday, June 1 (during check-in at College Greens meet)

Cuda Spirit Store: 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 29**. Delivery is anticipated on deck at practice on June 14 and we'll also have a table at the Folsom Sea Otters meet on June 15.

Chipotle Fundraiser

Thanks to all the families who participated in the fundraiser at Chipotle! We raised \$300 dollars - Go Cudas!

Top 20 Times in League

Our league has created a "Top 20 times in each age group" pdf that you can view on its website (all teams included). The times are ONLY from the May 19 meet, but will be updated after upcoming meets. Go to www.suburbanswimleague.org, place cursor over the Standings/Schedule tab, then click on Standings.

Summer Practice Times

June 3 – JULY 12 or 18*

- 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 4

45 minutes per workout / Tuesdays & Thursdays

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 7/18*

***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 / 6-8 p.m. / all ages. Bring food and your floaties to enjoy a fun evening of music while hanging out in the pool and on deck!

Sac State Aquatic Center teambuilding: Wednesday, June 12 / 11 & ups. Registration forms and waivers will be posted on the website

Learn to Swim

Do you have a younger or less experienced swimmer who could use some lessons? Broadstone Sports Club offers learn to swim lessons in a group setting or one on one. Please follow the attached link if you are interested in learning more. <https://www.sparetimeclubs.com/article?aid=6495>

2019 Calendar

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)