



Cuda Zone News

ISSUE 4 May 7, 2019

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Message from Coach Wendy

If you haven't noticed, your swimmers are working hard! As a coaching staff, we are trying to give a very basic knowledge of each part of competitive swimming: strokes, dives, turns and even vocabulary! It can be very overwhelming for newer swimmers (especially our new older swimmers), but I promise that when you consistently participate in practice, the understanding and technique will come. After time trials, we will revisit each part of what we have already covered more in depth. But nothing will help your child be successful more than consistent participation in practice. Teach your kids to ask questions during practice if they don't understand something. Our coaching staff is here to help!

Time trials! Please come if you can. It helps us to organize all of our meets for the rest of our season. This is the one meet when kids get to practice every event that they are eligible for. Please do not worry if your child doesn't look "breaststroke ready." We are working hard and this is a little quiz to see how we are doing!

Remember: Swimmers are involved in one of the few youth sports programs offering professional coaching. Coaches are responsible for the technical part of the job, so please do not give your children unnecessary instruction/feedback before and after races. As a parent, please provide love, encouragement and support – whatever the outcome of a race. Focus on their efforts. Say positive things to build their confidence. Do not criticize them or put pressure on them.

Time Trials on Saturday!

Declare yes or no for your swimmer by Wednesday, May 8

6:30–7:00 a.m.	Check in for swimmer(s) and volunteers
7:00–7:45 a.m.	Coaches' scratch session
7:00–7:45 a.m.	Approx. times for team warm-ups
8:00 a.m.–1:30 p.m.	Swim meet (ending time may vary)

► **Swimmer Check in:** The check-in table will be located just inside the large gate in the parking lot (between tennis court and building). All swimmers and volunteers must check in by 7:00 a.m. Any swimmer not checked in by this time will be scratched (removed) from time trials.

► **Volunteer Check in:** **NEW THIS YEAR**, please check in at the volunteer tent, located on the pool deck by the Men's Locker Room entrance. Please show up and sign in. 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.

► **Events:** Swimmers will compete in all events that they're eligible to swim in for their age group. No relays at time trials.

► **Meet program:** After the coaches' scratch session on Saturday morning, a final program will be posted on the pool deck and near the back grass area gate.

► **Meet procedure:** Refer to the team handbook (Team Information tab on website) for swim meet details > order of events, ready bench, morning-of-meet cancellations, etc.

► **Team and pool deck rules:** Refer to the team handbook online.

- ▶ **Team suits and caps:** If your swimmer has not yet received his/her team suit or cap, don't worry. He/she can wear any suit or cap for time trials.
- ▶ **New swim families:** If this is the first time you've been to a meet, it might be a bit overwhelming! If you have questions during the meet, feel free to stop by the volunteer tent, ask the coaches, board members or other parents.
- ▶ **Missing time trials?** If you can't attend, swimmers will establish seed times once the dual meets begin.
- ▶ **Seasons Café** will be selling breakfast and lunch. A donut truck is also scheduled to be in the main parking lot in the morning.

Volunteering

Hello volunteers! We want to extend a huge THANK YOU to all of our families who have signed up for Time Trials – it takes a village to fill all of these positions and you all really stepped up! Remember to sign in on Saturday – it is crucial that we know you are "on deck." The volunteer sign in sheets will be at the volunteer check in tent. As a reminder, the "AM" shift typically runs from 7:30-10:30 am/Event 1-53, "PM" shift runs 10:30-1:30 pm/Event 54-83.

▶ We are still looking for a parent to volunteer for the clerk of the course position. If you are interested, please reach out to Jennifer Harmon @ barracuda.swim@gmail.com

▶ **May 18 Sierra Sharks @ Broadstone: Volunteer sign-ups open Wednesday, May 8th at 10:00 am, close Monday, May 13th.**

Benevity Instructions for Intel Employees

Cuda parents: please log your volunteer hours for the Barracudas using Benevity. When logging hours, select **Suburban Swim League** (5500 Parkfield Ct., Sacramento). You may have to search for it. Even though you are selecting Suburban Swim League, our team will receive the money. If all Cuda/Intel parents log their hours for the season – no matter the number of hours – that will bring in A LOT of money to our swim team. Instructions are posted on the website (Team Information tab) or via https://www.teamunify.com/recsubb/_doc_/20190501_Intel_Vol.pdf.

Swimmer Sign In/Out

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 Information tab.

▶ **May 18 meet vs. Sierra Sharks: sign in/out your swimmer by Friday, May 10 at 11:59 p.m.**

Online Auction to Skip a Shift at a Home Meet!

Wouldn't it be nice to have a swim meet "off" where you didn't have to volunteer? This year we have opened an online auction that will remain open through Friday, to bid for spots to skip a shift at one of our home dual meets. We have allotted five (5) spaces for each of the four home meets. Each family can only win one waiver per season. Please visit <https://www.32auctions.com/cudas2019> to sign up and place your bids. Winners will be notified when the auction closes and winning bids are due by May 15. Good luck!

Team Caps and Apparel

If you ordered team caps from Alpha Aquatics, they are scheduled to be delivered to us next week. We will let you know when you can pick up the caps before our May 18 meet. We will also distribute them at the May 18 meet. Your swimmer does not have to wear a team cap at time trials.

We hope to have the spirit wear online website up and running soon! Thanks for your patience.

Cuda Night at Chipotle – May 21

Take a break from cooking and pick up dinner at Chipotle on May 21 between 5-9 pm. Please use the flyer at the end of this newsletter when placing your order and Chipotle will give us 33% of the proceeds!

Be an Awesome Team Sponsor!

Team sponsors help our team pay for equipment and activities and many other items. For just \$300, your business name and logo will be placed on the white pop-up tents (over the blocks) for the entire season! High visibility during and in between swim meets. In addition, your logo will appear on our website homepage and you will get recognition in our newsletter and on Facebook. If interested, please email broadstone.barracudas@gmail.com.

Meet Mobile App

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. Search for your child's name, click on the star and the name will be saved as a favorite and easily accessible when you log in to the application.

OnDeck Parent App

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. (If prompted, team alias is recsubb). Download on App Store or Google Play. http://www.teamunify.com/_corp_/ondeck/

2019 Calendar

MAY

Sat 5/11 > Time trials @ BB

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)

Swim Meet Check List

Some families are pros at packing for meets, but here's a checklist in case you need one.

- Team suit
- Swim cap + backup cap
- Goggles + backup goggles
- Sunscreen
- Towels
- Cooling towels (check Costco and Bed, Bath & Beyond)
- Clothing (be prepared for hot or cold weather)
- Hats
- LOTS of water
- Healthy snacks (salty and sugary foods will dehydrate swimmers)
- Pump bottle mister
- Pop-up tent, tarp, umbrella
- Sleeping bag or blankets
- Lawn chairs
- Baby powder (sprinkle into the cap to prevent sticking) "Cards, games, toys, books/magazines, electronics, etc."
- Pens and/or Sharpies
- Printout of preliminary meet program
- A wagon/cart/dolly to carry all of your stuff!

ONE FOR THE TEAM



Show your team spirit by joining us for a fundraiser to support Broadstone Barracudas Swim Team. Come in to the Chipotle at **1001 E. Bidwell #106** in Folsom on **Tuesday, May 21st** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Broadstone Barracudas Swim Team.



MEXICAN GRILL

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.