



# Cuda Cool News

Issue 2 April 29, 2014

## Coaches' Corner

By Brian Heise

The coaches are very excited to see all of the swimmers back in the pool. We're looking forward to a great season!

Last year, we finished 5-2 and third place overall in league – our best finish ever. At the Meet of Champions, we tied for sixth place in the large teams division and earned an honorable mention for the Spirit Award. Let's keep up the hard work, camaraderie and positive energy this season!

At the beginning of the season, I like to remind swimmers about goal setting. I encourage you (parents can help) to set short-term goals for practices, time trials and dual meets. Long-term goals for July meets, Champs and the Meet of Champs are also important. The most important goals are:

- **TIME** > *my IM time is a 1:12.78 and I want to get a 1:11.50. At Champs, I want to be under 1:10.00.*
- **TECHNIQUE** > *stronger pull down in breaststroke.*
- **STRATEGIC** > *zero breaths in 25 free.*

You can also set these goals...

- **MENTAL** > *I want to be calm and focused when the starter says "take your mark."*
- **EMOTIONAL** > *I'll think positively about doing my best.*

Goals involving place or points can be misleading (*I always want to be first place in my heat*). Swim as fast as you can, and more often than not, you'll get the rewards and achieve your goals.

**Don't forget your swim equipment.** See issue 1 for the supply list. If you have questions, please ask any of the coaches.

**Please respect our grey gutter rule.** We ask that parents please stay behind the grey gutter to allow us to do our job effectively. If there is a problem with your swimmer that we can't handle, we will pull you aside. If your swimmer needs to leave early, let a coach know. Leaving it up to us to help/coach your child is part of building the coach/athlete trust relationship.

**Questions or concerns?** Please save them for before or after practice or send us an email (see page 2).

## Message from the Prez

Greetings Cuda Families,

The 2014 swim season has begun!! I extend an enthusiastic welcome to the many NEW Cuda swimmers and families and to all of our amazing returning swimmers and families. In addition, I would like to welcome back our incredible and supportive coaching staff.

The 2014 season will be awesome! We will be hosting three home meets, including a Friday night meet against the Folsom Sea Otters that will be a fun event for everyone. We will be capping off the summer with Champs – the culmination of all of the swimmers' hard work during the season. It is my goal to have our highest level of team participation and swimmer support at this event. Last year, we were thrilled to win the Sportsmanship Award at Champs for the second straight year! This award truly speaks to the spirit and teamwork of the Broadstone Barracudas.

I encourage swimmers and parents to focus on sportsmanship, team spirit and personal bests this season. The individual achievement in these areas supports the development of our team as a whole. Our coaches will continually promote these attributes. And our spirit crew is ready to go! We have a wonderful opportunity to create a truly unique and inspiring environment for these athletes.

A few of requests from me: Read Cuda Cool News. Visit our website frequently. Have your swimmer check their folder on-deck. Sign up for your volunteer job. Do your volunteer job. Sign your swimmer in for meets. Make new friends. If you have ideas, contact a board member. And remember, **HAVE FUN!**

Lastly... it's time to pull out the pop-up, set up the chairs, pack the cooler and apply sunscreen. This season will fly by in a flash and we'll be back to school before you know it. Let's work together to make this a memorable summer and an amazing swim season!

Kind Regards,  
Dana Baker • President

*Please keep in mind that the first two weeks of practice might be a bit crowded because so many swimmers want to get back in the pool. This is totally normal. Please be patient! After these first couple of weeks, things will settle down.*

## Stay Informed!

- ✓ **Cuda Cool News:** A must read. Emailed weekly during the season.
- ✓ **Website:** [www.broadstonebarracudas.org](http://www.broadstonebarracudas.org)
- ✓ **Facebook:** Like us!
- ✓ **Family file folders:** Check and empty weekly.
- ✓ **White board/bulletin board:** Above file folders.



## Practice Times

**SPRING SCHEDULE = APRIL 28 – MAY 30**

<b>6 &amp; Under</b>	4–4:30 p.m.
<b>7-8 Red Group</b>	4:30–5 p.m.
<b>7-10 White Group</b>	5–5:30 p.m. This group is for NEW swimmers and returning 7-year-olds at coach's discretion.
<b>9-10 Blue Group</b>	5:30–6:15 p.m.
<b>11-12</b>	6:15–7 p.m.
<b>13-18</b>	7–8 p.m.



## Volunteer Sign Ups for Time Trials ONLY

Online sign-ups for volunteer jobs at time trials will start at noon on Monday, May 5. If your child is swimming, you're volunteering!

[Step-by-step sign up instructions are on our website.](#)

The remainder of the season will be released after time trials.

## Final Date for Buying Suits

California Swim Shop will be at the pool on **May 13** to sell swimsuits, fins, goggles and other items. The Cudas will have the same swimsuits as last year.

## 2014 Calendar

### MAY

- 13 > CA Swim Shop on deck / 3:30-6:30 p.m.
- 17 > Time trials @ BB
- 18 > College Greens Invitational  
(optional, go to [www.cggators.org](http://www.cggators.org))
- 31 > BB @ Loomis Basin Dolphins

### JUNE

- 2 > Summer swim practice begins
- 6 > Folsom Sea Otters @ BB → **Friday night meet!!**
- 4 > BB @ Granite Bay Gators
- 18 > Swim-a-Thon
- 21 > BB @ El Dorado Hills Taz
- 23 > Picture Day
- 28 > Park Terrace Penguins @ BB

### JULY

- 5 > Holiday bye – no meet
- 12 > BB @ Sierra Sharks
- 18 > Last practice day for non-Champs swimmers
- 19 > College Greens Gators @ BB
- 21–24 > Spirit Week
- 24 > Carb night at BRC
- 25–27 > Championships at Sierra College
- 28 > Awards banquet at BRC

## Our Team Sponsors Rock...

...because their sponsorship helps the team pay for equipment and activities and many other items. For just \$300, your business logo will be placed on the white pop-up tents and on our website - for the entire season! High visibility during and in-between swim meets. If interested, send an email to Michael Spoto at [michael@theoutdoorlink.com](mailto:michael@theoutdoorlink.com).

## 2014 Coaching Team

Head coach: Brian Heise / [brianheise@gmail.com](mailto:brianheise@gmail.com)  
Head assistant coach: Amy Suggs / [a.suggs@comcast.net](mailto:a.suggs@comcast.net)  
Assistant coach: Wendy Webster  
Assistant coach: Ross Greer  
Assistant coach: Liz England  
Assistant coach: Chris Kwon  
Jr. Barracudas coach: Ryann Langtry / [ryannmary@gmail.com](mailto:ryannmary@gmail.com)

## Private Lessons

Coach Brian and coach Amy offer private lessons for swimmers who want to improve their stroke efficiency. All ages. Please contact them via email or talk to them at the pool between practices.

Questions/comments? Send an email to  
[broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

### Coaches:

Brian Heise  
Amy Suggs  
Ross Greer  
Wendy Webster  
Ryann Langtry  
Liz England  
Chris Kwon

**President:** Dana Baker

**Vice President:** Estee Horn

**Communications:** Meredith Ritchie

**Computers:** Dave Jones

**Fundraising:** Krissy Bratton

**League Rep:** Ernie Dillard

**Meet Operations:** Ryan Tice

**Registrar:** Angi Steiner

**Secretary:** Kristi Santina

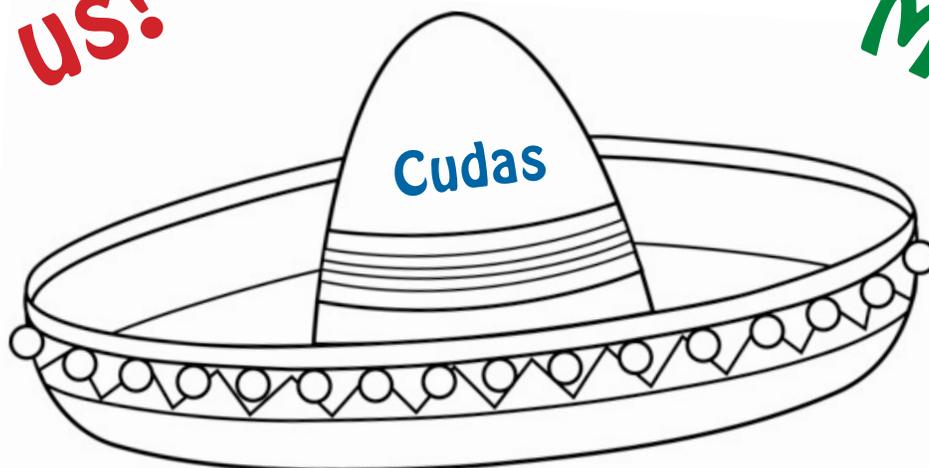
**Social:** Tonya Shaw

**Treasurer:** Ray Hales

**Volunteer Coordinator:** Brett Weshner

Join us!

May 2



# Cinco de Mayo Fiesta

**Friday, May 2 ~ 3-7 pm ~ Pool deck**

It's fiesta time!

The club is having a party, so the Barracudas are joining the celebration. Members may bring guests.

There will be music, zumba, beverages and food (two tacos + two margaritas for \$10).  
Feel free to bring your own food and beverages.

Sign up at the front desk.