



Cuda Cool News

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Coaches' Corner

By Brian Heise

Swimmers and parents: time trials last Saturday was awesome! There were a ton of improved times and even a new record! We also had 56 swims that qualified for MOC (Meet of Champions). Outstanding!

With time trials completed, the coaches are feeling great about our season. In the next couple of weeks before our first dual meet against the College Greens Gators, we will be focusing on more intense workouts to challenge swimmers and new technique. You can do it slow, but can you do it fast? You can do it fast, but can you do it fast over and over again?

► Please see page 3 of this issue to read about how coaches seed the free relays and medley relays.

Tip of the Week: Life Skills

In addition to goal setting for races, we want our swimmers to focus on the life skills of being coachable and technical excellence. During the season, we'd like swimmers to be more open minded about improving technique, having a more positive attitude and working harder. All swimmers are coachable to a point, and then you hit a core issue or some type of resistance. This is important to realize as a swimmer, especially if you have been swimming for a while. Bad technique, bad attitudes and laziness can limit your potential. Like many sports, swimming is a vehicle for getting to know yourself better. If you knew your potential to feel good, you would ask no one to be different so that you can feel good.

Be Cuda Cool!

June 1 @ College Greens

**** REGISTRATION DEADLINE: FRIDAY, MAY 24 ****

Registering for Meets

It is **extremely important** that you register your swimmer(s) by the deadline, which is **eight days before a meet**. If you know which meets you will attend or will not attend, sign in to the website and declare yes or no for all of the meets. If you try to register after the deadline, it is highly likely that your swimmer(s) will not be able to swim in that meet.

Volunteering at Meets

Time trials was a huge success – thank you! With 150+ volunteer jobs being filled, everyone stepped up (with only a small handful of families working two shifts), making our meet run smoothly. As we head into our season, I'd like to request that you sign up for the same jobs you worked at time trials. Doing so makes future meets run just as well. **This season's jobs will be open on Wednesday, May 22, by 1 p.m.**

If you must have an AM job due to your swimmer's age, please sign up ASAP upon job release for an AM position. Once jobs get filled up, it is very hard to justify moving another volunteer out of their requested slot if you're late signing up yourself. From past experience, once released, all jobs fill up quickly.

WARNING: Zero tolerance policy for non-volunteering!

The board has adopted a **zero tolerance policy for non-volunteering**. If you have a swimmer(s) swimming in a meet, you must work one shift at that meet. Failure to volunteer by signing up – and failure to respond to emails asking why you have not signed up – jeopardizes your good standing status with the team and may result in your swimmer being scratched from a meet. If you have a family emergency and need special assistance, please email me directly. We do our best to help all families. Thank you again for all your help and let's make sure the kids have a great season! –Brett Weshner

DQ: What Did I Do?

There are many ways you can get DQ'd: violating stroke rules, not getting to the starting blocks on time, two false starts, etc. Below are some reasons for DQs related to strokes. **Please talk to a coach if you get a DQ slip.** Remember, it's a learning experience!

- ✓ Wrong breaststroke kick (alternating, butterfly, scissors).
- ✓ Wrong butterfly kick (alternating, breaststroke, scissors).
- ✓ Breaststroke and fly: not touching the wall with two hands simultaneously at the turn and finish.
- ✓ Double pulls under water.
- ✓ Non-simultaneous strokes.
- ✓ Flipping over onto the tummy before touching wall on backstroke.
- ✓ Failure to touch the wall at the turn.
- ✓ Pushing off the bottom of the pool.
- ✓ IM: Not swimming the four strokes in the correct order or any stroke infraction.
- ✓ Relays: Early take off. Any stroke infraction by any swimmer.

[Record Breaker]

Paul Koziel • Men 15-18 100 Yard Freestyle
New: 52.06 | Old: 52.41 – P. Koziel – 7/29/2012

**** NO PRACTICE ON MEMORIAL DAY ****
Have a great weekend!

2013 Calendar

JUNE

- 1 Away meet @ College Greens Gators
- 3 Summer swim practice starts
- 8 Home meet vs. Loomis Basin Dolphins
- 15 Away meet @ Folsom Sea Otters
- 18 Lap-a-Thon
- 22 Home meet vs. Granite Bay Gators
- 24-28 Coaches Appreciation Week
- 25 Picture Day at Broadstone (4:00pm) + Coaches Appreciation BBQ and relays
- 29 Home meet vs. EDH Taz

JULY

- 6 Holiday week, no meet
- 13 Away meet @ Park Terrace Penguins
- 20 Home meet vs. Sierra Sharks
- 22-25 Spirit Week
- 25 Carb Night
- 26-28 Champs @ Sierra College
- 29 End of season banquet

Fun Fridays
start May 31

New App! Meet Mobile

Our team now has another FREE mobile app that allows swimmers, parents and fans to view real time meet results!

You can check out the results from our time trials to see how it works. Once you download the app, type BBST time trials in the search bar.

If you search for your child(ren), you can click the 'star' and the name(s) will be saved as a favorite and easily accessible each time you log into the app.



Family Folders and Ribbons

Start checking your family file folders (located under the bulletin board at the end of the pool) for ribbons and other items. Ribbons will be put in folders during home meets or in the days following an away meet. If there is a mistake on your ribbon, send an e-mail to broadstone.barracudas@gmail.com.

If You Find Items...

such as goggles, caps, suits, fins or any valuable items – at practice or at swim meets – PLEASE take them to the front desk immediately. Families spend a lot of money on swim equipment and don't want to have to replace lost or stolen items. If coaches find equipment after practice at the blocks, they put it in the white fin bucket. Remember to write your name on your items!

Questions/comments? Send an email to
broadstone.barracudas@gmail.com

Coaches:
Brian Heise
Amy Suggs
Alan Rosenfeld
Jon Stockton
Ross Greer
Liz England
Wendy Webster
Ryann Langtry

President: Dana Baker
Vice President: Sarah Tucker
Communications: Estee Horn
Computers: Dave Jones
League Rep: Ernie Dillard
League Rep Shadow: Larry Haselwood
Meet Operations: Kristin Ceasri
Registrar: Angi Steiner
Secretary: Kristi Santina
Fundraising: Carla Boelman
Social: Tonya Shaw
Treasurer: Ray Hales
Volunteer Coordinator: Brett Weshner
Newsletter: Meredith Ritchie

Seeding Relays

Following is information about how the coaches seed the free relays and medley relays for meets. Swimmers must check with coaches before leaving a meet since things can change and swimmers can be put into relays at the last minute.

FREE RELAY

One, two, three, four. Coaches go by the overall time most of the time. Sometimes coaches won't put the fastest swimmer as the anchor (4th leg, the "clean-up" swimmer). Sometimes we want an "official" time (the swimmer goes first off a "real" start vs. a quicker, "rolling" relay start), so we can get a better picture of who to put where. When two, three or four swimmers are competing for that spot on the relay, then "official" times/splits help us coaches understand what to do. Sometimes we want the slowest swimmer as anchor to see how they perform under pressure. Sometimes putting that slower swimmer in the anchor position will change everything and give that swimmer a really fast time...or perhaps their time doesn't change much. This gives us coaches a more psychological understanding of what's going on. Who is a meet swimmer? Who is a practice swimmer? Who is both? We want swimmers to be both.

MEDLEY RELAY

This is not as straightforward as the free relay. Coaches sometimes have to do a lot of averaging of times (sequence A, B, C, etc.), so when we mix the swimmers up into five or so different sequences we try to find the best order for a meet. Typically, we start with fastest fly, fastest breaststroke, fastest back, and then fastest free. This sequence is important (especially at the younger levels) since there are more DQs in fly and breast than in back and free (many swimmers who make it into a free relay can't get into a medley relay as easy due to how they are seeded). Coaches go by the overall time most of the time (which can only fluctuate up and down by a few tenths, i.e., 1:11.5 to a 1:11.9 – not who has the fastest backstroke, breast, etc).

Coaches also go by who false starts more than others, who makes a better anchor, who has better attendance, emotional maturity, attitude, consistency of times, overall improvement of technique/conditioning, missed relays, sportsmanship, etc. There are lots of factors to consider.

We take splits at every meet to track progress, so as long as your swimmer is consistent and tries his/her best, we're sure he/she will have a shot in some relays. Also, the number of lanes at a pool can dictate how many relays teams we can have...and this can play a role in why your swimmer is or is not in a relay.

6-lane pools (PT, CG, LBD) = A, B and C relays teams

8-lane pools (BB) = A, B, C and D relay teams

10-lane pools (FSO, SS, EDH, GB) = A, B, C, D and E relay teams