



Cuda Cool News

Issue 5 May 21, 2014

Coaches' Corner

By Brian Heise

Swimmers and parents,

Time trials last Saturday was awesome! There were more than 300 improved times and even a new record! We also had 25 swims that qualified for MOC (Meet of Champions). Outstanding!

With time trials completed, the coaches are feeling great about our season. In the practices before our first dual meet against the Loomis Basin Dolphins, we will be focusing on more intense workouts to challenge swimmers and new technique. Now that you can swim slower with good technique, it's time to do it fast. Be prepared to test your newfound technique in harder swimming sets and see if you can hold on to it without letting it break down.

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

Tips from the Coaches: 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. Be the best person/swimmer you can be – for yourself and your teammates.

May 31 @ Loomis

**** REGISTRATION DEADLINE: FRIDAY, MAY 23 ****

Volunteers: Important Job Sign Up Info

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.

Changes to how we release jobs for the season

- ▼ **The first two meets, May 31 and June 6 (Friday evening) will be released on Thursday, May 22 at 1 p.m.**

Other meets will be released on future dates in groups as follows:

- ▼ Second release is for June 14, 21 and 28 meets
- ▼ Third release is for July 12 and 19 meets
- ▼ Champs will be released on its own, as we have done in previous years.

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, jobs fill up quickly.

Reminder: No job, no swim!

Due to the size of our team, and subsequent wait list for people wanting to swim on our team, 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. Please refer to the team handbook (online) regarding parent volunteer requirements.

If you have a family emergency and need special assistance, please email me directly at barracuda.swim@gmail.com. We always work to accommodate families that need assistance. Thank you again for all your help and let's make this a great season for the kids!

–Brett Weshner

Wanted: New Team Cheer

Parents and swimmers:

Our team cheer competition has been extended to Tuesday, May 27. We need a cheer to replace "Boom Cuda Boom." It must be original, have Barracudas or Cudas in the name, and relate to swimming. Let's get our cheer on! The winner gets a \$25 VISA gift card. Send entries to cudaspirit@yahoo.com

Spirit Wear Orders

There are only a few more opportunities to purchase spirit wear (due to the meet schedule).

Thursday, May 29: Distribution of orders placed at time trials. New orders will be accepted during evening practices.

June 6 (Friday home meet): Last chance to order spirit wear.

June 18 (Swim-a-Thon): Distribution of spirit wear.

For order forms and photos of spirit wear, click on the Forms tab on our website.

[Record Breaker]

Brittney Sanders • Women 15-18 100 Yard Breaststroke
New: 1:15.14 | Old: 1:15.44 – K. Tehaney – 7/24/2009

2014 Calendar

MAY

31 > BB @ Loomis Basin Dolphins

JUNE

1 > 13&up team building, Aquatic Center

2 > Summer swim practice begins

6 > Folsom Sea Otters @ BB

14 > BB @ Granite Bay Gators

18 > Swim-a-Thon

21 > BB @ El Dorado Hills Taz

23 > Picture Day

28 > Park Terrace Penguins @ BB

Friday night meet!!

Details on our website under Events tab.

JULY

5 > Holiday bye – no meet

7-11 > Coach Appreciation Week

8 > SunSplash!

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

Champs Theme

~Carnival / Rio~

We are excited to announce that our theme for Champs has been chosen. The Barracudas are going to the Carnival! You may choose to purchase the brightly colored tie-dye spirit shirt and you will fit right in at Champs. Start looking for tent decorations now and take that shirt covered in parrots out of the garage sale pile in preparation for our Champs parade of spirit. More details to come during the season. ~The Spirit Crew

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. 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!

Family Folders and Ribbons

Start checking your family file folders (located near the outside locker room entrance) for ribbons, flyers 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.

Dry Land Tues/Thur

11-12 >> 5:45-6:10 p.m. 13 & up >> 6:30-6:55 p.m.

**** NO PRACTICE ON MEMORIAL DAY ****

Have a great weekend!

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

Coaches:

Brian Heise
Amy Suggs
Wendy Webster
Ross Greer
Chris Kwon
Ryan Haynes
Liz England

Ryann Langtry
Jr. Barracudas

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

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