



Cuda Cool News

Issue 6 May 28, 2013

Coaches' Corner

By Brian Heise

Cuda Families,

Everything in practice is looking really good! The dives, turns, and technique are improving. Swimmers are getting better at doing all of this while working harder also. They are working hard, having fun and making new friends!

Swimmers: we encourage you to support one another during the hard sets you do in practice. Not only will you "dig" deeper to find that hidden willpower, but you will have made a friend and worked on sportsmanship in the process.

DRY LAND WORKOUTS: Dry land is still postponed, but we might have a parent volunteer who can help. If any parents have cross-fit, bodyweight, core or pilates type of background, email coach Brian ASAP (helpful if you're already employed at BRC).

PRE-RACE ROUTINE: The pre-race routine gets you ready for your race. Before you get called up to the blocks, close your eyes (if your goggles are on, no one will know) and visualize your race in your head. This works really well! Try to imagine bettering your time, feeling great, being confident, and enjoying yourself. Don't be in effort! When you visualize, effort is meaningless. Don't analyze it. Be neutral to what you see, and be amused at what you create! Seriousness and self-judgment don't help either. Your race will be awesome if you do this! An acronym to help you remember is A.N.E.D.A.N (pronounced "annie-dan"): A=Amusement, NE=No Effort, DA=Don't Analyze, and N=Neutrality.

Tip of the Week: Work on Sportsmanship

Remember, your teammates and your competitors on the other swim team are there to help you go faster. Competition defined: The word "compete" comes from the Latin words "com" and "petere" – which mean together and seeking, respectively. The true definition of competition is a seeking together where your opponent is your partner, not the enemy.

June 1 @ College Greens

Check-in: 6:30-7:00 a.m.

Meet begins: 8 a.m.

Location: 2707 Notre Dame Drive, Sacramento

Parking in the lot immediately in front of the club is reserved for meet officials. Parking is available in the neighborhood surrounding the club. Do not block driveways!

Website: www.cggators.org

Have a great meet!

June 8 vs. LBD (home)

**** REGISTRATION DEADLINE: FRIDAY, MAY 31 ****

It is extremely important that you commit your swimmers by the deadline, which is eight days prior to a meet. If you don't sign up by the deadline, it is highly likely your child(ren) will not swim in that meet. If you are not attending the meet, it is helpful if you still go online and declare no.

Message to Volunteers

As we head into our first dual meet, please remember that with AWAY meets, if all volunteer job slots are filled you must still sign up as a floater if your swimmer is attending the meet.

If you are pulling your swimmer from a meet that you've already signed up to swim and volunteer at, please also unsubscribe yourself from the job you signed up for. This allows floaters to sign up for any jobs that need filling prior to meet day and makes our participation in meets run smoothly without having to scramble for volunteers on deck.

And finally, please sign up to volunteer for any meets you have swimmer(s) signed in to swim for the remainder of the season. This will reduce the number of emails you receive.

Let's have a great first meet and bring home a WIN! Swim fast Cuda kids!!! –Brett Weshner

Summer Practice Times

JUNE 3 – JULY 25

13-18	8–9:15am	Dry land workouts are postponed until further notice. See coaches' message.
11-12	9:15–10:15am	
9-10	10:15–11:15am	
7-8	11:15am–12pm	
6 & Under	12–12:30 pm	

Mobile Apps

Remember to download Meet Mobile and OnDeck Parent. Both mobile apps offer some cool features to follow your swimmers. Meet Mobile is great during swim meets since it offers real-time results.

Requirements for Champs

Swimmers must participate in a minimum of three league dual meets to be eligible to swim in the championship meet. Sign-ups for Champs will be held mid-season.

Team Suit Deliveries

CA Swim Shop will be at the pool on **Thursday, May 30 from 4-6:30 p.m.** to deliver suits (and take add'l orders if necessary).



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

Lap-a-Thon on June 18

The Lap-A-Thon – our main fundraiser – is only a few weeks away! Donation info will be available online June 1.

Swimmers: now is the time to start thinking about who you would like to ask to sponsor you. Set your lap goals!

Parents: we could definitely use your help. There will be a raffle during the event and we're already getting some fun prizes. But we could use more! If you or someone you know owns a business and would like to donate additional raffle items, please let me know.

Some of the prizes from BRC include: a 30-minute massage from Thomas, Pilates instruction, personal training from Maureen, a family ticket to Kids Night Out, and a private tennis lesson from Carmel. Local businesses have also been very generous. We have a facial from Maribou, \$25 to Islands, many free meals from Rubios, yogurt for a year from Big Spoon, Stella and Dot Jewelry from Deanna LaGreca, Glam Up Traveling Boutique from Kate Shelton, Bread and Dipping Oils from Cammy Gordon, and cupcakes from Kristin Ceasri. Raffle tickets will be \$1 each or \$20 for a strand of tickets as tall as you.

See you at the Lap-A-Thon on June 18 from 4–7 p.m.

Thanks, Krissy Bratton | cab0305@hotmail.com

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.

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
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