



# Cuda Cool News

Issue 9 June 17, 2014

## Coaches' Corner

By Brian Heise

Cuda swimmers and parents,

That was an exciting, fun and very close meet against the Granite Bay Gators last Saturday! We lost by a slim margin – just 15 points. Congratulations to all of the swimmers who improved their times (134 for girls and 135 for boys), broke records (six individual and one relay), and earned an MOC qualifying time.

We were so impressed with the team spirit at the meet, especially during the free relays. Wow! The number of kids at the end of the pool cheering loudly was AWESOME! It reminded me of our final meet against the Sierra Sharks last year when we beat them for the first time. That's the kind of spirit we want to see at all of the upcoming meets, so keep it up!

The coaches are very excited about the rest of the season and how we're going to do against the other teams and at Champs. In issue #2 of Cuda Cool News, I wrote about goal setting. This is important at the beginning of the season and all the way through to Champs. If you've already improved your times or accomplished some early goals, set new ones and work hard to achieve them. Remember that there are time goals, technique goals, strategic goals, mental goals and emotional goals.

With upcoming meets, we want to remind swimmers that they can request to be in certain events – and the coaches will try to honor those requests. You can make your request online when you declare yes via "Edit Commitment" or send an email to the coaches.

## Tips from the Coaches:

### **Persistence, willpower, diligence, determination, perseverance.**

These words all have similar meanings. Basically, try, and if you don't get the result you want, keep trying. Don't ever give up! Persistence means continuance of an effect after the cause is removed. If there is any life skill that will help you better your time, beat your opponent, beat yourself, and find out who you are, it is the skill to keep on trying no matter what the odds. Tell yourself you can do it!

**Remember good sportsmanship!**

## June 21 @ EDH Taz Fierce and Fast Cudas!

**Location:** 1021 Harvard Way, El Dorado Hills

**Gates unlocked:** 6:00 a.m.

**Check-in:** 6:30–6:50 a.m. If you're late, you will be scratched!

**Cudas warm-up:** 7:30–7:55 a.m.

**Meet starts:** 8:10 a.m.

**Details:** Please read the welcome letter from EDH with meet details, parking info and directions (posted on our website).

## Message to Volunteers

'Cuda families: Thanks to everyone for doing such a great job volunteering this season. Our meets are running well and the kids are having a great time. As we head into our next meet at EDH Taz, please remember to listen to the announcer for your name if we call you.

For those working **AWAY ready rench**, your time slots are specific times, not event driven. Please set a personal alarm so that you can make your shift on time and relieve the previous shift. For **AWAY timers**, both AM and PM shifts are required to attend the timers meeting which usually is at 7:30 a.m.

Please keep up your great work and let me know if you have any questions. [barracuda.swim@gmail.com](mailto:barracuda.swim@gmail.com)

–Brett Weshner, volunteer coordinator and all around nice guy

## SSL Championships

Champs is a very fun weekend and a great competition. We hope that swimmer registration is high this year! Below is some basic info about 2014 Champs. More details about the event and registration info will be available soon.

- July 25-27 at Sierra College in Rocklin.
- Swimmer and volunteer sign-ups will be online.
- Swimmers must participate in three dual meets to be eligible.
- Our team theme this year is ...

**Cuda Carnival / Rio**

# Record Breakers

**Cole Huntley** • Boys 11-12 100 Free

New: 59.23 | Old: 1:00.69 – *C. Huntley, 5/31/14*

**Emili Reimers** • Girls 13-14 50 Free

New: 26.56 | Old: 26.58 – *E. Kroencke, 6/6/14*

**Emma Kroencke** • Girls 13-14 100 Free

New: 58.29 | Old: 58.71 – *E. Reimers, 6/6/14*

**Emma Kroencke** • Girls 13-14 50 Fly

New: 28.33 | Old: 28.82 – *M. Diehl, 7/28/13*

**Emily Peters** • Women 15-18 100 IM

New: 1:07.15 | Old: 1:07.16 – *E. Peters, 5/31/14 (15-16)*

**Max Dillard** • Men 15-18 100 Breast

New: 1:08.43 | Old: 1:08.62 – *M. Dillard, 6/6/14 (15-16)*

**Girls 13-14 200 Free Relay**

*M. Diehl, E. Kroencke, P. Gordon, E. Reimers*

New: 1:46.52 | Old: 1:47.99



## WEAR YOUR TEAM SUIT

Individual photos start at 4 p.m., followed by our team photo. The spirit crew would like to attempt an underwater team photo after the traditional photo...so we hope you can stay for that.

After the photos: relays with the coaches and dinner (you can bring your own food or buy from the cafe).

## ~ Spirit Stuff ~

### COACH APPRECIATION WEEK SHOW YOUR SUPPORT!

Coach Appreciation Week is just around the corner and the spirit crew is planning a fun-filled week that will show our coaches how much we appreciate their time and efforts. While we absolutely appreciate the time our coaches give to the swimmers, it's the investment in each swimmer and dedication to help the swimmers achieve their best each week that we are really thankful for.

In an effort to make Coach Appreciation Week a bit "streamlined," we are collecting donations from families who would like to participate. Please know that participation is **OPTIONAL** and you may choose to show your appreciation in other ways. You can contribute to the donation jar at the spirit tent or find any of the committee members during a practice and give your donation to them. The more families that participate, the more amazing we will be able to make this week. There is no required donation amount – whether it's \$5 or \$25, any amount will help with making it a special week.

We will share our general plan for that week in the next newsletter, but not every detail since we want our coaches to be surprised. There will be opportunities for your swimmer to make cards and other special mementos to show their appreciation.

Contact us at [cudaspirit@yahoo.com](mailto:cudaspirit@yahoo.com) if you have questions or ideas for making this the best Coach Appreciation Week our coaches have ever seen. Thank you in advance for your support and SPIRIT!

~*The Spirit Crew: Ruth Farfan, Faun O'Neel, Abbie Gage, Heather Jones, Tonya Shaw & Jessica Crawford*

## Scoreboard Sponsorship

**THIS YEAR ONLY: \$750**

**( discounted rate, from now until end of April 2015 )**

This is a tremendous advertising opportunity! Your company logo will appear on the scoreboard all year. High visibility!

Starting the end of April 2015, the yearly rate will go up to \$1,000. A three-year deal would be \$2,500. Interested? Email [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com) by Friday, June 27.

## NO PRACTICE ON SWIM-A-THON DAY

## 2014 Calendar

### JUNE

- 18 > Swim-a-Thon
- 21 > BB @ EDH Taz
- 23 > Picture Day
- 28 > PT Penguins @ BB

### 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 > CG Gators @ BB
- 21-24 > Spirit Week
- 24 > Carb night at BRC
- 25-27 > Championships
- 28 > Awards banquet at BRC

**General questions:** [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

**Volunteer questions:** [barracuda.swim@gmail.com](mailto:barracuda.swim@gmail.com)

# Swim-A-Thon is Tomorrow!!

Help us reach our goal of \$12,000! Money raised goes to paying off our new scoreboard, social and spirit activities/items, and other expenses.

Swimming

Medals

Prizes

Great raffle items

Music



## Incentives

- ✓ Raise \$50 per family: Each swimmer gets a Barracudas backpack.
- ✓ Raise \$100 per family: Each swimmer gets a Barracudas backpack, PLUS pizza party with the coaches.
- ✓ Raise \$200 per family: Each swimmer gets a Barracudas backpack, PLUS pizza party with the coaches, PLUS entered into drawing for a Kindle Fire (HD, wi-fi, 16GB).



## Pledges

Visit the Broadstone Barracudas website and click on the lane line at the top of the home page. It is easy to get set up for collecting online donations. You may still turn in money on the night of the Swim-a-Thon, but we strongly suggest the online resource. Make checks payable to Broadstone Barracudas.

### All pledge money must be turned in the night of the Swim-a-Thon.

We are only doing a flat pledge from donors (not a "per lap" format).

## Rules and Information

- ✓ All age groups may start anytime between 4:30 and 7:30 p.m. \*\*\*NO PRACTICE THAT DAY\*\*\*
- ✓ Lanes 1-3 will be dedicated to swimmers 5/6 and 7/8.
- ✓ No more than 12 swimmers per lane, coaches will help swimmers find a lane.
- ✓ Laps must be continuous.
- ✓ Swimmers are allowed to exit the pool only for bathroom breaks.
- ✓ Swimmers should have a water bottle at the end of their lane.
- ✓ If a swimmer leaves the pool to rest, eat, etc. that is the end of their Swim-a-Thon. You may not restart after you exit the pool.
- ✓ Parents are responsible for counting their child's laps. Cards and pens will be provided. Prizes are awarded for laps swam, so parents please count carefully and respect the guidelines.
- ✓ All swimmers should check out at the "finish line" to report their laps and receive a medal after exiting the pool.