



Cuda Cool News

Issue 9 June 18, 2013

Coaches' Corner

By Brian Heise

Cuda swimmers and families,

Cheers to our Cuda swimmers for winning three in a row! This is the third straight year we have beaten the Sea Otters. In 2011, we beat them by 35 points; in 2012, by 34 points; and this year, by a whopping 227 points. It's exciting to see all of the improved times after our meets. Against FSO, there were 285 improved individual times – 151 for the girls and 134 for the boys. Keep it up Cudas! Let's go for win #4 this Saturday against the Gators!

At upcoming meets and Champs, we want all swimmers who wear caps to wear the Cudas team cap in order to represent the team better, have a uniform look and show team spirit. Wear team suits, too, if possible.

At Champs this year, if a swimmer signs up for a day at the meet, they will be put in all the events for that day. As coaches, this is ideal and it is what we want to see. If there is any event your swimmer should really focus on, it is the 100 IM (for age groups 9-10 and up). Let your swimmers know there is no such thing as a bad or worst stroke. Coaches will also decide whether your swimmer(s) do long or short free at Champs.

Tip of the Week

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!

If you really want to be unstoppable, remember what Master Oogway said to Po in Kung Fu Panda: "Yesterday is history, tomorrow is a mystery, but today (now) is a gift, that's why it's called present." If you are persistent, and live your race/practice in the "now," nothing will stand in your way...nothing.

June 22 vs. Granite Bay

- ▼ **Check-in:** 6:30–7 a.m. > If you're late, you may be scratched!
- ▼ **Meet begins:** 8:00 a.m.
- ▼ **Pop-up tents:** Remember, BB sets up tents on the right side of the grass area closest to the gate by the baby pool and all the way back to the tennis courts past the monkey bars.

Message to Volunteers

Thank you parents for a great meet Saturday! Our participation went off mostly without a hitch. Some small items to remember: If you're pulling your swimmer from a meet, you must also unsubscribe from your job. We had to source around seven floaters at the FSO meet. Filling these holes prior to a meet is much easier than scrambling to do so on deck. We ran into a lack of audio at FSO, which resulted in some parents failing to show up for their jobs when we switched from AM to PM jobs. As a general rule of thumb, the switch takes place as early as 10:30 a.m., so please pay attention to the announcer for shift changes and if we page your name. We are hosting two home meets in a row, so **we really need to be on top of our game (all hands on deck) for the next two weeks.** Please make sure you're signed up to work if you have a swimmer swimming. Email me if you have any special circumstances. Great win for our team! Keep up the great work Cudas!!! –Brett Weshner

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 2013 Champs. More details about the event and registration info will be available very soon.

- July 26-28 at Sierra College in Rocklin.
- Sign-ups will be due by Monday, July 1.
- Swimmers must participate in three dual meets to be eligible.
- Our team theme this year is Finding Nemo.
- Questions? Please contact Julie Tibbitts at 715-4254 or broadstone.barracudas@gmail.com.

Lap-A-Thon TONIGHT!

**Ready to swim a lot of laps?
Ready to win some cool items?**

See you at the pool! Have fun!

*** More than \$8,300 raised so far ***

An email with more event details and FAQs was sent out on Monday. Any last-minute questions, contact Krissy Bratton at cab0305@hotmail.com.

[Record Breakers]

Men 15-18 100 Breast • Patrick Tehaney
New: 1:08.19 | Old: 1:09.40 (G. Olveda - 2000)

Boys 11-12 200 Free Relay
Thatcher Marshall, Cole Huntley, Kyle Lopes, Ben Dillard
New: 1:57.27 | Old: 1:59.27 (2013)

Men 15-18 200 Free Relay
Patrick Tehaney, Chris Kwon, Ryan Neil, Paul Kozel
New: 1:37.39 | Old: 1:37.73 (2008)

*Patrick Tehaney broke the record at 6-8-13 meet vs. LBD

Personal Best Time?

Remember to bang the gong and then stop by the spirit tent behind the announcer's table to get your rewards!

Sign In Deadline

For June 29 meet > Friday, June 21 @ midnight

2013 Calendar

JUNE

- 22 Home meet vs. Granite Bay Gators
- 24-28 Coach Appreciation Week
- 25 Picture Day (4 pm) + BBQ + relays
- 27 Folsom Sports Complex, 1-3 pm
- 29 Home meet vs. EDH Taz

**Wear your team
suit to picture day!**

JULY

- 6 Holiday week, no meet
- 16 Sunsplash – **NEW EVENT!**
- 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

Coach Appreciation Week June 24-28

We have many fun activities planned for next week! Let's show all of our awesome coaches how much we appreciate them!

MONDAY

>Delicious treats for the coaches from the social committee.

TUESDAY: Picture Day + BBQ + Relays

>Photos start at 4 p.m. **** Wear your team suit ****

>BBQ: Bring your own food and beverages or buy food from the cafe. After dinner, fun relays with your coaches!

WEDNESDAY

>Poster making day for swimmers during practice.

THURSDAY: Folsom Sports Complex, 1-3 p.m.

>Come have fun on dry land with your teammates and coaches! All ages invited. Cost is \$5/person (pay at the door). Pizza and soda provided by the social committee.

FRIDAY

Winners of the lap-a-thon pizza parties will have their parties with coaches; families hand out gifts/gift cards to coaches; swimmers put up posters.

Advisory Board Election

The following individuals have been nominated for board positions that are up for election this year:

Vice President: Estee Horn
Communications: Meredith Ritchie
Fundraising: Krissy Bratton
League Rep Shadow: Trina Huarte

The election will be held in July and the new board members will be announced toward the end of the season. If there are additional nominations, please submit by June 28 to broadstone.barracudas@gmail.com / attn: Kristi Santina.

Friday's treat will be pancakes – yum!



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



Hey, Barracudas!!!
DON'T MISS THE ANNUAL LAP-A-THON!!
Tuesday, June 18, 2012
4:30-7:30pm

Important Rules and Information

All age groups may start any time between 4:30 and 7:30pm. Lanes 1-3 will be dedicated to swimmers 5/6 and 7/8. No more than 12 swimmers per lane, coaches will be helping swimmers find a lane.

Laps must be continuous. Swimmers are allowed to exit the pool only for bathroom breaks. Please have your swimmer bring a water bottle to leave by the end of their lane. If a swimmer leaves the pool to rest, eat, etc. that is the end of their Lap-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 their medal after they exit the pool.

New This Year! Online Pledges and Donations!

Please visit the Broadstone Barracudas Team Unify page to get set up for collecting online donations. It is so easy! You may still turn in money the night of the Lap-a-Thon, but we strongly suggest the online resource! Please make all checks out to Broadstone Barracudas.

All pledge money must be turned in the night of the Lap-a-Thon. This year we are only doing a flat pledge from friends and family members. We will no longer use the "per lap" format. It makes it much easier to turn in your pledges that night. Please visit the Broadstone Barracudas Team Unify web site.

Also New this Year! Family Donation Prizes!

\$50 Raised Per Family – Each swimmer earns a plastic Barracuda Card and Phone Box with a lanyard and carabineer!

\$100 Raised Per Family – Each swimmer earns the box, plus a pizza party during practice!

\$200 Raised Per Family – Each family will get their name entered into a drawing to win a Kindle Fire. Want your name in the drawing more than once? Donate \$225 and get 3 tickets. \$250 gets 6 tickets, \$275 gets 9 tickets, \$300 gets 12 tickets, \$325 gets 15 tickets and so on...

If you are unable to make the Lap-a-Thon, but would like a prize, please complete the Lap-a-Thon donation page on Team Unify by June 18. <http://www.teamunify.com/TUMoney.jsp?team=recsubb>

Thank you for supporting the Broadstone Barracudas. This Lap-A-Thon is our only fundraiser. We need \$50 from each family to cover our costs. We need \$100 from each family to start saving for future needed equipment. We need \$150 from each family to start saving for a new scoreboard.

Thank you for your generosity and everything that you do for our children!

For more information, contact Krissy Bratton: cab0305@hotmail.com