



# Cuda Cool News

Issue 11 July 18, 2012

## Coach's Corner

By Brian Heise

Starting next Monday, the swimmers who are swimming at Champs will enter a "taper" phase of the season. This will basically be a greatly reduced workload (yardage) and overall reduction of high intensity swimming (main sets, test sets, etc.). We will be focused solely on race strategy, starts, turns, dives and relay starts – and having fun, of course!

As parents, it's critical that you make sure your swimmer rests more next week. Try to have your swimmers lay off other sports and/or strenuous activities that will cause prolonged fatigue. The body's glycogen stores need to rise so the swimmer can feel sort of "super-human" for their upcoming meet (this is especially true for swimmers 13 and up). Good nutrition, going to bed early, taking it easy, and having your swimmer focus on their goals for Champs will help immensely.

\*\*If your swimmer is not swimming in Champs, then this week is the last week of practice for them.\*\*

**Meet of Champions:** The coaching staff needs to know who is going to the MOC. Also, if you're close to the time standard or you're in the finals at Champs, let us know if you want to go to the MOC.

**15-18 Banquet:** The 15-18 swimmers need to RSVP for the banquet at Hawks restaurant on Wednesday, July 25 at 6 p.m. (tentative).

### Tip of the Week

#### Finish What You Start

We're almost at the end of the season. It's time to focus more and work on mastering the smaller details of our practices/races in the next week or so.

## Boom Cuda Boom!!

## Final Dual Meet of the Season: Cudas vs. Penguins

Can you believe it? Our last dual meet/home meet of 2012. You've worked hard all season. Give it your all this Saturday and show those Park Terrace Penguins how fast Barracudas can swim!

- ▼ **Check-in:** 6:30-6:50 a.m.
- ▼ **Cudas warm-up:** 6:50-7:10 a.m.
- ▼ **Meet begins:** 8:00 a.m.

## Message to Volunteers

### Have you met your volunteer requirements?

There are still a few job slots that need filling for our last meet this Saturday. If you don't sign up to work this meet, your good standing status could be in jeopardy and affect your ability to swim with the Cudas next season. Don't be that family! Sign up today. Champs jobs have filled quickly with some jobs still open. Please sign up today. If you don't sign up for a job at Champs, one will be assigned to you. Thank you to all families for what has truly been a GREAT season! –Brett Weshner

## Champs Update

162 Barracudas have signed up for Champs this year. Be there for the energetic opening ceremonies on Saturday morning – with team cheers around the pool, it is fun, loud and crazy! Details about picking up Champs programs and parking passes will be in next week's issue.

**Friday:** IM prelims.

**Saturday:** Opening ceremonies/parade, IM finals, backstroke prelims, short and long free prelims, backstroke finals, short and long free finals, 6&U free relays, medley relays.

**Sunday:** Breaststroke prelims, fly prelims, breaststroke finals, fly finals, free relays, parents/coaches relays, awards ceremony.



## [Record Breakers]

Ben Dillard • Boys 9-10 100 IM  
New: 1:15.22 | Old: 1:15.52 (B. Dillard, 2012)

Girls 11-12 200 Medley Relay  
New: 2:13.79 | Old: 2:15.24 (2011)  
Sophie Haselwood, MacKenzie Diehl,  
Emma Kroencke, Parker Gordon



## Fun Times at SunSplash

Despite a cooler than normal July day, everyone had a BLAST at SunSplash yesterday! More than 150 people came out to have fun on the thrilling water slides. *Double Dare??*

## Personal Bests

More dropped times at the EDH meet! Girls: 173 improved times. Boys: 157 improved times. Awesome!

## Still Undefeated!

After six meets: 9-10 boys and 11-12 girls

## Meet of Champions

August 4-5 | 155 N. West Street, Woodland

Congratulations to all of the Cuda swimmers who have already qualified for MOC. Swimmers still have a chance to achieve a qualifying time at our final dual meet or Champs -or- by making the top 10 at Champs. Qualifying times are posted on our website under Forms&Docs tab. Qualifiers have "MOC" printed on the ribbon. <http://meetofchampions.com/>

## Swimming After Summer

▼ **Fall Swim Program:** Any swimmer who wishes to lengthen their summer swim season and become an even better swimmer can sign up for our fall swim team. The season is from early September to mid-December. Heated pool! Swim meets are optional. Reg forms will be available the end of July.

▼ **Year-Round Swimming:** If your swimmer(s) are looking to join a year-round program, consider Spare Time Aquatics Swimming (STAS). We know the Sierra Marlins are right next door in Folsom, but we're trying keep swimmers in our own program. Cudas become part of STAS, which trains at Spare Time clubs in the area. The head coach of the year-round program is Kirk Johansen, who trains his swimmers at Rio Del Oro Racquet Club. Visit [www.sparetimeaquatics.com](http://www.sparetimeaquatics.com).

## Calendar of Events

### JULY

- 21 Meet @ home vs. Park Terrace Penguins
- 23-26 Spirit Days at practice
- 26 Carbo Night at BRC, 5:30-7 p.m.
- 27-29 Champs @ Sierra College
- 30 Awards banquet at BRC, 6:30-8:30 p.m.

### AUGUST

- 4-5 Meet of Champions, Woodland

Friday's treat will be Otter Pops!

## Spirit Days Next Week

Activities will be held during morning practices.

- Monday 7/23:** Pancake breakfast.
- Tuesday 7/24:** Watermelon relays.
- Wednesday 7/25:** Work on parade costumes and posters for Champs.
- Thursday 7/26:** Spirit Day! Tattoos, nail painting, car decorating.

## Come Out for Carbo Night

Thursday, July 26 | 5:30-7 p.m. @ BRC  
Pasta + Pep Talk + Fun Relays

Join us as we carb up and get ready for Champs. Dinner will include pasta, bread and salad. \$5 per person. Coaches will talk to swimmers (pep talk) at 6 p.m. Ending the evening will be FUN relays with coaches, swimmers and parents.

- ▼ **Watch your email for an Evite for this event.**  
You can RSVP with the number of family members attending and if you're participating in the relays.

## Awards Banquet: Celebrate!

Monday, July 30 | 6:30-8:30 p.m. @ BRC

The end of the season is almost here and we want to recognize all of our amazing Barracudas at the awards banquet. Please bring your blankets, chairs and a dessert to share. For dinner, you can purchase food from the cafe or bring your own. We will hand out awards and then finish the celebration with a terrific slide show (starting at 8:30). It's been a GREAT season!

Questions/comments? Send us an email at [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)