



# Cuda Cool News

Issue 11 July 2, 2013

## Coaches' Corner

By Brian Heise

Cuda swimmers and families,

The score of last Saturday's meet was EDH 466 to BB 323, but let's look at the positive: that was our **best showing ever against the Taz!!** We applaud all of the Cuda swimmers for an outstanding effort and great teamwork – especially on a very HOT day. Five relay teams and one individual broke records, plus there were 269 improved individual times and 17 improved relay times. Congratulations to all...keep it up!!

Our next meet is against the Park Terrace Penguins. For your information, the Taz beat the Penguins 433-356 this year. That means we will give the Penguins some tough competition! For the Park Terrace meet, please email event requests ASAP and we will do our best to honor your requests. Please note that coaches sometimes switch around which age groups they seed. Just email your requests to me and I will distribute accordingly > Coach Brian: [brianheise11@gmail.com](mailto:brianheise11@gmail.com).

The coaching staff would like to thank all of the swimmers, parents, volunteers and board members for showing us your appreciation last week. Coach Appreciation Week was fun for us. We are grateful to have such a supportive, giving and positive group of individuals backing us as coaches.

Remember to sign up for Champs!

## Swimmer Sign Ups

Please go online as soon as you can and declare YES or NO for our two remaining dual meets and Champs:

Park Terrace > deadline is Friday, July 5 @ midnight

Champs > deadline is Wednesday, July 10

Sierra Sharks > deadline is Friday, July 12 @ midnight

## Message to Volunteers

Cuda parents: Thank you all for stepping up for our largest meet of the year against the Taz. With over 575 swimmers on deck we ran an incredibly smooth meet with no bumps or delays. Cuda kudos to you! I currently am working on Champs so that volunteers can sign up for jobs. Like last year, all sign-ups will be online, just like we do for each meet. Champs requirements are pretty simple: you must work at least one shift for any day your swimmer is swimming regardless of the time your swimmer swims. We will have lots of jobs to fill for this huge, fun meet. Watch for more info next week and sign up early! Enjoy a safe and fun July 4th. –*Brett Weshner*

## SSL Championships

Summer is flying by... can you believe that Champs is just a few weeks away? If you've never been to Champs, ask your teammates or coaches or other families about it. It's an exciting and fun weekend with thousands of swimmers, volunteers and spectators.

All sign-ups for swimmers and volunteers will be online. No (spiral bound) printed programs this year. You'll be able to use the Meet Mobile app and print out race info from the team website. Swimmers must participate in three dual meets to be eligible. Questions? Send an email to [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com).

6&U: Sat only | 7-8: Sat/Sun | 9-10 and up: Fri/Sat/Sun

**Friday / 26:** IM prelims

**Saturday / 27:** Opening ceremony/parade, IM finals, backstroke prelims, short and long free prelims, backstroke finals, short and long free finals, 6&U free relays, medley relays.

**Sunday / 28:** Breaststroke prelims, fly prelims, breaststroke finals, fly finals, free relays, parents/coaches relays, awards ceremony.



## Pictures + BBQ + Fun Relays!

Individual photos start at 4 p.m.,  
followed by our team picture.

**\*\*\* Wear your team suit \*\*\***

**BBQ: Bring your own food and beverages  
or buy food from the cafe.**

**After dinner, fun relays with your coaches!**

### [Record Breakers]

**Men 15-18 100 Breast • Patrick Tehaney**  
*New: 1:06.46 | Old: 1:07.70 (P. Tehaney - 2013)*

**Boys 9-10 100 Medley Relay**  
**Eric Thomure, Ryan Pham, Jordan Maestre, Pierson Diehl**  
*New: 1:06.44 | Old: 1:06.80 (7-25-2008)*

**Boys 11-12 200 Medley Relay**  
**Kyle Lopes, Christian Hahn, Ryan Carpenter, Thatcher Marshall**  
*New: 2:13.76 | Old: 2:14.39 (6-22-2013)*

**Girls 13-14 200 Medley Relay**  
**MacKenzie Diehl, Brittney Sanders, Madison Neil, Barbie Suggs**  
*New: 2:07.31 | Old: 2:07.57 (7-29-2005)*

**Girls 13-14 200 Free Relay**  
**Emili Reimers, Brittney Sanders, Barbie Suggs, MacKenzie Diehl**  
*New: 1:52.84 | Old: 1:52.86 (7-28-2006)*

**Women 15-18 200 Medley Relay**  
**Katherine Kessler, Katy Suggs, Alexandra Greer, Danielle Dun**  
*New: 2:05.30 | Old: 2:05.47 (7-29-2012)*

### NuYo Night for Cudas



NuYo is hosting a Barracudas Night on **Tuesday, July 11**. Drop by that evening and purchase some tasty yogurt or shaved ice for your family. Please extend your appreciation to NuYo for being a team sponsor! NuYo is located in the Broadstone Marketplace next to Blockbuster.

### Lost: Team Cap

If you picked up a green team swim cap that has MARSHALL on it, please return it ASAP to the Marshall's file folder. And if you find other caps, or goggles, suits, fins, team apparel or any valuable items – at practice or at swim meets – PLEASE take them to the front desk immediately. Thank you!

### Lap-A-Thon Donor

We inadvertently left out one of our raffle donors in last week's issue > Kristie Nicosia: Arbonne skin care/bath/body products.

Thanks to **Savannah Montalvo** for singing the national anthem at last Saturday's meet!

## 2013 Calendar

### JULY

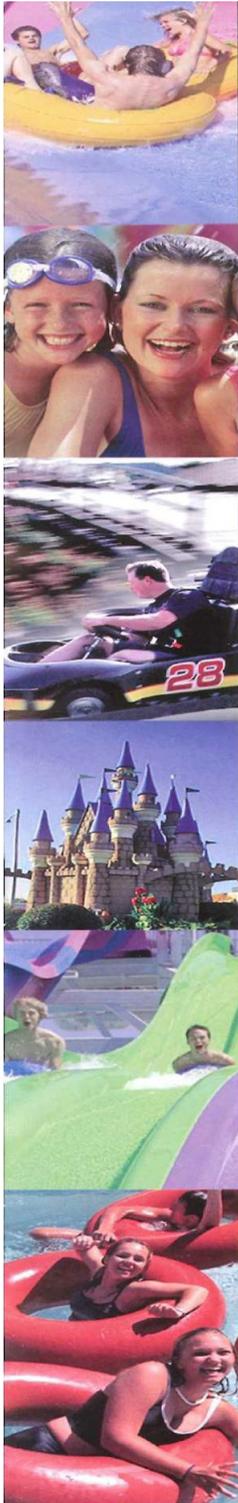
- 6 Holiday week, no meet
- 8 Picture Day + BBQ + relays
- 11 NuYo night for Cudas
- 13 Away meet @ Park Terrace Penguins
- 16 Sunsplash – see flyer on page 3
- 20 Home meet vs. Sierra Sharks
- 22-25 Spirit Week
- 25 Carb Night
- 26-28 Champs @ Sierra College
- 29 End of season banquet



## Happy 4th of July!!

- ★ No practice on July 4 & 5 ★
- ★ No swim meet on July 6 ★

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



# **Broadstone Barracudas SunSplash Event**

## **Tuesday, July 16, 2013**

**SunSplash Admission  
&  
All You Can Eat BBQ  
served from 12:30pm - 1:30pm  
Unlimited Soft Drinks**

**Ticket price : \$26.40**

**Tickets will be sold  
on the pool deck until July 9th.**

**For more information  
please contact Tonya Shaw@  
916.730.9500 or [tonyashaw@comcast.net](mailto:tonyashaw@comcast.net)**