



Cuda Zone News

www.broadstonebarracudas.org

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Message from Coach Brian

Swimmers and parents: Our season is underway! It was GREAT to be back at the pool for time trials and to see longtime *and* new Cuda families. It's always enjoyable to watch the 6 & unders who are experiencing their first swim meet. Some of our high school swimmers were away at sections; we congratulate them on their achievements!

At time trials, there were already a lot of improved times and 36 swims that qualified for Meet of Champions. Outstanding start!

With time trials completed, the coaches are feeling very positive about our season. We usually have two weeks to practice before our first dual meet, but not this year. Leading up to our first meet, we will be focusing on more intense workouts to challenge swimmers and also new technique. Now that you can swim *slower* with good technique, it's time to do it *faster* with good technique. Be prepared to test your new technique in harder swimming sets and see if you can hold on to it without letting it break down.

This Saturday is our first away meet against the Granite Bay Gators. Our record vs. GBG: 2012 - won by 53 points; 2013 - won by 177 points; 2014 - lost by 15 points; 2015 - won (despite the meet being canceled halfway through due to weather). The Gators are great competition, so swim fast and strong!! **And remember to always show good sportsmanship.**

See page 3 to read about DQs and how coaches seed the relays.

From the Coaches: Life Skills

In addition to goal setting for races, we want swimmers to focus on the life skills of being coachable and technical excellence. During the season, we'd like swimmers to be more open minded about improving technique, having a more positive attitude and working harder. All swimmers are coachable to a point, and then you hit a core issue or some type of resistance. This is important to realize as a swimmer, especially if you have been swimming for a while. Bad technique, bad attitudes and laziness can limit your potential. Like many sports, swimming is a vehicle for getting to know yourself better. Be the best person/swimmer you can be – for yourself and your teammates.

Volunteers: Important Job Signup Info

Time trials went exceptionally well! Thank you all for volunteering and making the meet run so smoothly.

As we head into our season...if you liked the job you worked at time trials, please feel free to stay with the same job for the season. It tends to help create efficiency for the various jobs, but we also know that this isn't always possible due to varying personal/family schedules.

Schedule for Releasing Volunteer Jobs for Meets

May 21 (away): released on Tuesday, May 16 @ 10 a.m.
June 4 (away): releases on Monday, May 23 @ 10 a.m.
June 11 (home): releases on Wednesday, June 1 @ 10 a.m.
June 18 (away): releases on Wednesday, June 1 @ 10 a.m.
June 24 (home): releases on Wednesday, June 15 @ 10 a.m.
July 9 (away): releases on Wednesday, June 15 @ 10 a.m.
July 15 (home): releases Wednesday, July 6 @ 10 a.m.

Please mark these dates in your calendar. An email will be sent once the jobs are released for volunteer signups.

Volunteer Responsibilities and Conduct

If you MUST have an AM job due to your swimmer's age or other time/schedule commitment, it is your responsibility to sign up for an AM job upon job releases. Once jobs are filled, it is like moving mountains to ask another volunteer to switch their job to accommodate your request. Don't delay as jobs fill up quickly upon release to the team.

If you have an issue with a parent volunteer, please DO NOT reprimand them. That's very uncool. Please feel free to address your concerns with Brett Weshner or Jen Harmon (parent volunteer coordinators) or a board member. We will work to resolve any issues or difficulties you might be experiencing.

Finally, signing up to work at a meet when you have a swimmer in that meet keeps your family from being at risk for losing your "good standing status" with the team. If you know you are unable to work a meet due to extenuating circumstances, please email us at barracuda.swim@gmail.com ASAP. Waiting until 48 hours before a meet forces many people to scramble last minute to fill jobs, which creates unneeded stress for many.

–Brett Weshner & Jen Harmon, Parent Volunteer Coordinators

Go Cudas!

May 21 @ Granite Bay Gators

Check-in deadline: 6:50 a.m.

Scratch session: 7:00 a.m.

Barracudas warm-ups: 7:25-7:45 a.m.

Meet begins: 8:00 a.m.

Location: Granite Bay High School, 1 Grizzly Way, Granite Bay

PLEASE READ the Granite Bay Gators welcome letter posted on our website > Broadstone @ Granite Bay Gators event page. It provides details about parking, schedule, team area, food, etc.

June 4 @ EDH Taz

**** SWIMMER SIGN-IN DEADLINE: FRIDAY, MAY 27 ****

We had a lot of late requests from families who did not sign up in time for the Granite Bay meet. You **MUST** sign up your swimmer(s) by the deadline! All of the meets except Champs are open. Log on to the website and sign up your swimmer(s) now for all of the meets they'll be swimming in so you don't forget later. Thank you!

Show Your Cuda Spirit at Meets!

Swimmers: you need to show your awesome **Cuda spirit** at every meet!

When your race is done, go to the end of the lanes and loudly cheer on your teammates during races and relays.

**CUDA
ZONE**

2016 Calendar

5/21 > BB @ Granite Bay Gators

5/28 > Holiday weekend – no meet

5/31 > Summer swim schedule begins

6/4 > BB @ El Dorado Hills Taz

6/11 > Park Terrace Penguins @ BB

6/14 > Swim-a-Thon

6/18 > BB @ Sierra Sharks

6/20 > Picture Day

6/24 > College Greens Gators @ BB — **Friday night meet!**

7/2 > Holiday weekend - no meet

7/9 > BB @ Loomis Basin Dolphins

7/12-14 > Coach Appreciation Days

7/14 > Last practice day for non-Champs swimmers

7/15 > Folsom Sea Otters @ BB — **Friday night meet!**

7/18-21 > Spirit Week!

7/21 > Cuda Zone Champs Rally & Dinner at BRC

7/22-24 > Championships at Sierra College

7/25 > Awards banquet at BRC

7/30-31 > Meet of Champions (optional)

Swim-a-Thon

Tuesday, June 14 / 4:30 to 7:30 p.m.

This is our team's **ONLY** fundraiser. The money raised pays for all of our social and spirit activities/items and other important expenses throughout the season. Details will be posted online soon. We will have a lot of swimming (of course), plus music, medals, raffle items and prizes!! If you would like to donate a raffle item, please email Ronda Chulick at rchulick@comcast.net.

Dry Land for Swimmers

Dry land workouts will be on Mondays/Wednesdays. Please wear appropriate exercise shoes, **NOT** Vans or Converse. Bring water!

11-12: 5:45-6:10 p.m. / **13 & up:** 6:30-6:55 p.m.

Suits, Caps, Apparel

Some of the orders for suits and caps should be delivered this week. For spirit wear, we are hoping to have all orders the week after Memorial Day. We'll send an email letting you know when items arrive.

File Folders / Ribbons

Family file folders – which contain your ribbons and other items – will be located near the outside locker room entrance. Ribbons will be put in folders during home meets or in the days following an away meet. At home meets, please wait until **AFTER THE MEET** to get your ribbons. If there is a mistake on your ribbon, send an email to Robyn Gover at robynjaneg@gmail.com.

If You Find Items...

Such as goggles, caps, suits, fins or any valuable items – at practice or at swim meets – **PLEASE** take them to the front desk immediately. Families spend a lot of money on swim equipment and don't want to have to replace items. If coaches find equipment after practice at the blocks, they put it in the white fin bucket. Remember to write your name on everything!

Be a Team Sponsor!

Team sponsors help our team pay for equipment and activities and many other items. For just \$300, your business logo will be placed on the white pop-up tents and on our website – for the entire season! High visibility during and in-between swim meets. If interested, email broadstone.barracudas@gmail.com.

Questions/comments: broadstone.barracudas@gmail.com
Volunteering: barracuda.swim@gmail.com

Reasons for DQs

There are many ways you can get DQ'd: violating stroke rules, not getting to the starting blocks on time, two false starts, etc. Below are some examples for DQs related to strokes. Please talk to a coach if you get a DQ slip. Remember, it's a learning experience!

- ✓ Wrong breaststroke kick (alternating, butterfly, scissors).
- ✓ Wrong butterfly kick (alternating, breaststroke, scissors).
- ✓ Breaststroke and fly: not touching the wall with two hands simultaneously at the turn and finish.
- ✓ Double pulls under water.
- ✓ Non-simultaneous strokes.
- ✓ Flipping over onto the tummy before touching wall on backstroke.
- ✓ Failure to touch the wall at the turn.
- ✓ Pushing off the bottom of the pool.
- ✓ IM: Not swimming the four strokes in the correct order or any stroke infraction.
- ✓ Relays: Early take off. Any stroke infraction by any swimmer.

Seeding Relays

Following is information about how the coaches seed the free relays and medley relays for meets. Swimmers must check with coaches before leaving a meet since things can change and swimmers can be put into relays at the last minute.

FREE RELAY

One, two, three, four. Coaches go by the overall time most of the time. Sometimes coaches won't put the fastest swimmer as the anchor (4th leg, the "clean-up" swimmer). Sometimes we want an "official" time (the swimmer goes first off a "real" start vs. a quicker, "rolling" relay start), so we can get a better picture of who to put where. When two, three or four swimmers are competing for that spot on the relay, then "official" times/splits help us coaches understand what to do. Sometimes we want the slowest swimmer as anchor to see how they perform under pressure. Sometimes putting that slower swimmer in the anchor position will change everything and give that swimmer a really fast time... or perhaps their time doesn't change much. This gives us coaches a more psychological understanding of what's going on. Who is a meet swimmer? Who is a practice swimmer? Who is both? We want swimmers to be both.

MEDLEY RELAY

This is not as straightforward as the free relay. Coaches sometimes have to do a lot of averaging of times (sequence A, B, C, etc.), so when we mix the swimmers up into five or so different sequences we try to find the best order for a meet. Typically, we start with fastest fly, fastest breaststroke, fastest back, and then fastest free. This sequence is important (especially at the younger levels) since there are more DQs in fly and breast then in back and free (many swimmers who make it into a free relay can't get into a medley relay as easy due to how they are seeded). Coaches go by the overall time most of the time (which can only fluctuate up and down by a few tenths, i.e., 1:11.5 to a 1:11.9 – not who has the fastest backstroke, breast, etc).

Coaches also go by who false starts more than others, who makes a better anchor, who has better attendance, emotional maturity, attitude, consistency of times, overall improvement of technique/conditioning, missed relays, sportsmanship, etc. There are lots of factors to consider.

We take splits at every meet to track progress, so as long as your swimmer is consistent and tries his/her best, we're sure he/she will have a shot in some relays. Also, the number of lanes at a pool can dictate how many relays teams we can have...and this can play a role in why your swimmer is or is not in a relay.

6-lane pools (PT, CG) = A, B and C relay teams

8-lane pools (BB, GB) = A, B, C and D relay teams

10-lane pools (FSO, SS, EDH, LBD) = A, B, C, D and E relay teams