



Cuda Zone News

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<https://www.teamunify.com/team/recsubb/page/home>

Message from Coach Wendy

WEEK 1 is in the books! Thank you to everyone for helping your swimmers arrive and be ready on time. It truly helps everything run smoothly when kids come with their caps on and googles ready!

A thought for this week: *"Be willing to be a beginner every single morning."* (Meister Eckhart)

With the beginning of a new season there are so many emotions. Some of our newer swimmers may feel overwhelmed, some of our swimmers who have been training in other sports may feel frustrated from not being 'swim' fit, and of course there is excitement and joy. For me, I feel all of these! One thing I can tell you (to hopefully help you) is that every single coach on our team wants you to improve. We want your stroke to improve. We want your strength to improve. We want you to feel strong and confident. But we all have different ways of getting you there. So if you are willing to "be a beginner" and be a "good student of the sport" you will find great success this season. When you are willing to listen and learn from others, you will be a stronger, better swimmer--which is what we are all here to accomplish.

Message from Ryan Tice, BB Board President

Welcome to the 2022 season. We are so glad to finally get back to a full season after a couple years with considerable modifications. The Advisory Board and I are very excited to welcome our returning families and all our new families. Our coaches are excited to continue our tradition of sportsmanship, teamwork and swimming fast. We have some fun events this year. New events include Unity Week and our inaugural Cornhole tournament. We'll also have our returning events including pancake breakfast, swim a thon, and Sunsplash. Remember to read and refer to the weekly newsletter and website for important updates and announcements, meet info, and social event details. Please be patient as we all get back in the swing of a full season. The Board and I are here to answer any questions you may have.

Go Cudas!

1st Annual Barracudas Cornhole Tournament and Fundraiser Dinner: May 14th, 5pm!

Calling all Cornhole Players!! Come out and join us as we host our first cornhole tournament and fundraiser dinner. This event will raise vitally needed funds for our team and be a fun night for all. You can sign up as a team (\$100 team of 2) or even as an individual (\$50) and we will pair you up with someone. If you aren't a cornhole player but want to join the fun buy a spectator ticket (\$35)! All tickets (team, individual, spectator)

include dinner, music and one drink ticket. **This is a great way to meet your required \$50 per swimmer fundraising goal...hint, hint!** For more information and to sign-up scan the QR Code below with your phone. Anyone on the Barracudas swim team or members of the club can sign-up and bring their own team so spread the word! This event will be held on the back lawn at Broadstone.



Club Rules on Spa, Locker Rooms and Family Pool

Now that swim team is up and running, please remember that we must follow all of the club rules. There is **NO** lifeguard on duty currently. Therefore, a parent **MUST** be present to supervise their child in the back family pool and in the jacuzzi. That means that parents need to be sitting right next to the jacuzzi and pool. Swimmers are also not allowed in the adult locker room without a parent or guardian. If they do not have a parent or guardian to take them into the locker room they must use the junior locker room which is located in the kids club. These rules are simply to keep your child safe at all times. Please help up by always following those rules.

Chairpersons Needed for Swim Meet Positions

There are currently THREE open chairperson positions that are needed for our Home meets- Head Timer, Hospitality Chair and Clerk of the Course (We will train if you have never done this position before). If you like to get all of your volunteering for the season done at the HOME meets these jobs are for you. If you like knowing exactly what your job is going to be every time then these jobs are for you. All three positions will have to chair these jobs at the time trials and the two HOME meets. Since the jobs require you to work so much at the HOME meets you will be excused from your volunteer requirements at AWAY meets except for Champs - everyone works champs even board members. If you are interested and would like to be considered please fill out the form. [Click here.](#)

Barracudas Team Refund Policy

We just wanted to remind everyone that we will no longer be issuing refunds for the summer swim team. As stated in our refund policy when you signed up we do not issue refunds past April 15th. We have this policy in place because once practice has started we have likely turned away another swimmer looking for a team or a swimmer on a waitlist for your child's age group. We give a two week leeway to children 6 and under due to their age.

Policy as published on our team website:

No refunds will be issued after April 15, 2022. To receive a refund, you must use the [Contact Team](#) page (no exceptions). If you do not, the email request for a refund likely will not go to the correct person and will not be accepted.

6 and under swimmer refund policy: BSC understands that sometimes it is hard to gauge if your child is ready for the swim team or not. All 6 and under swimmers must come with some basic swim safety skills but we encourage you to try us out. However, it is at the sole discretion of the swim coach if they believe that your child is ready or not. If the coach believes that your swimmer is not ready after the first two weeks of practice a full refund will be given at that time.

Kick-Off Team Social and Meet Walkthrough: Thursday, May 12

Join us for our annual team kick-off social and meet walkthrough! Come learn the team cheers, eat cake, meet new friends and rekindle your old friendships! This is a fun night that is capped off with a swim meet walkthrough for those learning how a meet works. The event will be held on Thursday, May 12th at 6pm located on the Broadstone pool deck and back lawn.

Time Trials: Saturday, May 14

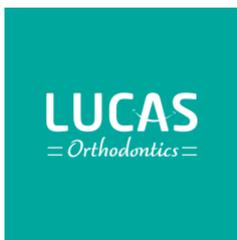
Time Trials (Barracudas only) is a mock swim meet used to establish baseline times for all swimmers, so it is important for swimmers to attend. If your swimmer is not able to attend, he/she will get a baseline time at his/her first swim meet. Having a baseline time helps the coaches place your child in the right race and compete against other kids at their level. Time trials are also a chance for our parent volunteers to familiarize themselves with the meet procedures. Step-by-step instructions for signing up (declaring) swimmers and signing up for volunteer jobs are on our team website.

- Online registration deadline for swimmers: Wednesday, May 11, 2022 at 11:59pm.
- Online volunteer sign-up: opens on Wednesday, May 4, 2022 at 10:00am and closes on Monday, May 9, 2022 at 11:59pm..
- If your child is swimming, you are **REQUIRED** to volunteer for one shift.

Junior Barracudas Is Back!!

After a 2-year Covid pause we are bringing our popular Junior Barracudas swim program back! This swim program focuses on freestyle, backstroke and diving skills designed to prepare children for the Broadstone Swim Team. Instruction is done in the water with the children. Swimmers must be ages 4-7 and be able to swim independently without fear of the water. It is imperative for the safety of our swimmers that participants are water safe and ready to learn. The club offers other programs to prepare children for confidence in the water. Children may also participate in home Barracuda swim meets when the coach determines readiness. Parents will be asked to provide goggles and fins for their child. Details will be given at the first class meeting. This program costs \$145 and runs Mon, Wed, Thursdays from 5-5:30pm May 9th-June 2nd (Memorial day holiday make-up Tuesday of that week). Numbers will be limited with the possibility of a second class as needed. To sign-up and get more flier information please go to the front-desk!

Thank you to our AMAZING 2022 Sponsors!



2022 Calendar

May

Thu 5/12 - New family swim meet walkthrough - 5-6pm

Thu 5/12 - Kick-off Summer swim team social- 6pm

Sat 5/14 - Time Trials@ BB

Sat 5/14 - First Annual Cornhole Tournament @BSC - 5pm (More details coming soon)

Sat 5/21 - BB@ College Greens Gators

Sat 5/28 - Holiday Weekend - NO MEET

Tue 5/31 - Summer swim schedule begins

June

Sat 6/4 - BB@ Loomis Bay Dolphins

Mon-Friday 6/6-6/10 - Unity Week (social events by age group)

Wed 6/8- Picture Day@ Broadstone -5pm

Sat 6/11 - Folsom Sea Otters@ BB

Thu 6/16 - Swim-A-Thon Fundraiser @BSC -5:30pm-9pm

Sat 6/18 - BB@ Granite Bay Gators

Sat 6/25 - BB@ El Dorado Hills TAZ

July

Sat 7/2 - Holiday Weekend- NO MEET

Sat 7/9 - Park Terrace Penguins@ BB

Tue-Thu 7/11-7/15 - Coach Appreciation Week

Fri 7/15 - Last day of practice for non-champs swimmers

Sat 7/16 - BB@ Sierra Sharks

Mon-Thu- 7/18- 7/21 - Pre Champs Spirit Week

Thu 7/21 - Cuda Zone Champs Rally & Carb Night at BSC

Fri-Sun 7/22-7/24 - SSL Championships (Location TBD)

Tue 7/26 - Awards and Appreciation Night at BSC