



Cuda Zone News

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June 16 Message from Coach Wendy

Henry Ford said, "Coming together is a beginning, staying together is progress and working together is success." While swimming is a highly individualized sport, the Broadstone Barracudas Swim Team is constantly trying to teach our swimmers about how we can work individually to build everyone into stronger, faster swimmers.

We recently introduced the "Wendy Award," which will be handed out after a meet to swimmers who put the team before themselves. As coaches, we felt there were three swimmers who did that at the June 12 meet: Camryn Tice, Tyler Kostiv and Gavin Franks.

Each person on our team plays an important role in the Cudas becoming a great team. We need everyone to attend practices and meets so that we can support one another in our goals, and we hope that we can continue a strong sense of unity and camaraderie so that we can bring swimmers back year after year to our amazing Cuda family.

May 23 Message from Coach Wendy

For many of us, time trials was the first time competing in the pool since August 2019! WOW! Gathering our team together for time trials was a breath of fresh air for me. As I watched the smiles and excitement behind the blocks and at the end of the races, I won't lie, I cried. It is wonderful to see the Cudas back in the water!

While we may slowly be creeping back to our competitions and hope to face competitors in the not too distant future, right now it is time to focus on our individual goals. "Champions do not become champions when they win an event. But in the hours, weeks, months and years they spend preparing for it." I have created goal sheets for each age group with time goals from our area's Meet of Champions – a meet where swimmers must qualify in order to compete. Keep track of your times! Ask the coaches for help and write down the suggestions that coaches make. We are here to help you reach your goals!

Please come to as many practices as possible. There is so much to learn. Summer swim is fast and furious and we want you to learn as much as possible. Don't forget to LABEL and bring your fins and paddles!

Meet vs. LBD Results

Congratulations on our first win of the season!! The combined score was 519-270 (women: 262-127 / men: 253-136).

Check out the various results PDFs posted on our website – [view here](#)

2020 and 2021 Graduating Senior Swimmer Recognition

We are looking forward to celebrating this year's seniors and 2020 seniors (who missed out when the 2020 season was cancelled). It is always a fun time to give them a standing ovation and send them off to their next phase! We will soon send an email to 2020 and 2021 seniors with a questionnaire to complete for the recognition.

We will have two meets when seniors will be honored: **June 26** and **July 10**. When filling out the questionnaire, please specify which meet for your recognition.

15 & Over Dinner – June 23

Coach Wendy is hosting a dinner at her house for our 15 & over swimmers on Wednesday, June 23 / 7-10 p.m. An invite was sent on June 18 ([view here](#)) – **PLEASE RSVP ASAP!** We have always tried to bring age groups together and we hope that this outdoor dinner and games night will help to build our team from the top down.

2021 Meet of Champions / Time Goals

Unfortunately, the in-person Meet of Champions event will not be held in 2021. Logistically, it's not feasible to have the huge number of attendees from multiple leagues across the region together at one meet. But it'll be back for its 20th year in 2022!

The MOC organizers realize that qualifying times are a great goal to set and it's always a major accomplishment for the kids to achieve. They have provided teams with updated qualifying times, and in honor of the Olympics, this year have set **GOLD**, **SILVER** and **BRONZE** level standards for each event.

- **BRONZE** times are essentially the 2021 MOC qualifying times.
- **SILVER** times are equivalent to making finals and a top 10 finish at MOC.
- **GOLD** times are equivalent to a top 4 finish in finals at MOC.

Broadstone will be recognizing our MOC qualifiers this year with a MOC tracker posted on the wall above the family folders. We'll start later this week by filling in qualifiers based on time trials and/or first meet times. Kids will be able to track their progress achieving the time standards and then continue to better their times through the season. At the end of the season, we'll have MOC certificates for all qualifiers and those swimmers' names will be represented on the MOC website as well.

June 12 meet results — Great job, Cudas!

GOLD: 3 swimmers

SILVER: 9 swimmers

BRONZE: 25 swimmers

Parent Shout Out

Thanks to those parents who went above and beyond over the first two meets. Special shout outs to all of our timers; many of you timed the entire meet and made it an officially timed meet. Having three timers allows us to officially recognize our team record breakers this year (to be recognized in future newsletters). Many of you worked extra shifts, took on multiple roles and helped make the opening meets highly successful, despite all the changes and with only having our team in attendance. We cannot do it without you.

The board also wants to thank the Ellis, Wood and Cooper families. The Ellis family has taken over as our snow cone chair and the Wood and Cooper families have joined the board in vital roles as volunteer coordinator and meet operations, respectively.

CHAIR OPENINGS – WE NEED PEOPLE!

We have a few other openings in some important chairperson roles. We are looking for committed, organized parents for the following roles:

Head Timer

- Responsible for supervising timing crew on deck, organizing timer lanes, relieving timers for breaks, keeping spare manual stopwatches. Confirms timer volunteers have checked in and holds timer info meeting at the start of the meet. Greets opposing team head timer to coordinate with opposing team timer volunteers.
- Primarily only works home meets, coordinates with host team head timer at away meets and confirms our timers have checked in.

Hospitality Lead

- Responsible for supervising hospitality crew, purchasing supplies and food, setup and breakdown area and store/dispose of leftover food.
- Only works at home meets.

Team Store Lead

- Works with Cuda Advisory Board and vendor(s) to create spirit wear designs, coordinate order and shipment dates. Supervises spirit wear volunteers with item distribution at home meets. Great position for creative minds or those who prefer to not work on meet days.
- Mostly a non-meet, pre-/early-season position. Light duty at one or two home meets or non-meet days to coordinate parent pick up of orders.

Starter Shadows

- Responsible for starting heats and identifying false starts.
- Position will shadow and train to learn the equipment, pacing of the meet and cadence to start the races.

If you are interested in taking one of the above roles or have additional questions, please email Ryan Tice, advisory board president, at rytice@sbcglobal.net.

Meets – Event Requests

If a swimmer wishes to swim in a particular individual event at a meet, you can make a request in the notes section during online signup. Sign in to your account, click on the meet, click “edit commitment” and click on the swimmer’s name. Type the request in the notes section and save changes. **Coaches will do their best to honor requests, but there are NO GUARANTEES.** They have to do what is best for the team and seed meets accordingly.

****FOR THE JUNE 26 MEET ONLY**** The registration deadline was June 18, so you will not be able to make your request online. Instead, please send an email to coach Wendy at coachwendy928@gmail.com.

Ribbons

Ribbons will be put in family folders the week following the meet (not on Monday mornings). With virtual meets, merging files (times) with the other team is a bit more time-consuming. A sign was placed near the family folder to let the kids know. Thank you for your patience!

Family Scavenger Hunt Bingo Night

Mark your calendar for Thursday, July 8! We are doing a bingo card scavenger hunt around Folsom. Find the spots listed on your card, take a photo and hashtag it on Instagram (optional), mark the box, and when you get bingo head back to the club (~ 6 p.m.) to enjoy dinner on the lawn and swimming for the evening. Please support local businesses and bring take-out to enjoy (we are unsure if the cafe will be open for the evening, but we’re working on it). Prizes will be given for bingo cards until we run out of prizes. Bingo cards will be available for pick up at practice a few days before the hunt. You can start whenever you want.

Stay Informed

- Cuda Zone News (sent out periodically this season). Swimmers should also read this.
- Team website: www.broadstonebarracudas.org
- Emails
- Facebook: like us!
- Instagram: follow us at [broadstone.barracudas](https://www.instagram.com/broadstone.barracudas)

2021 Calendar

JUNE	JULY
Wed 6/23 > 15&over Swimmer Dinner	Sat 7/3 > HOLIDAY – <i>no meet</i>
Sat 6/26 > BB vs. EDH	Thu 7/8 > Scavenger Hunt Bingo Night
	Sat 7/10 > BB vs. PT
	Tue-Thu 7/13-15 > Coach appreciation week
	Sat 7/17 > Bye week – <i>no meet</i>
	Sat 7/24 > Virtual meet with all teams (submit times) @ Broadstone