



Cuda Zone News

ISSUE 12

July 8, 2019

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You MUST Swim in Three Dual Meets to Qualify for Champs!!!

An important reminder to ALL swimmers: You MUST participate in 3 Dual Meets in order to swim at Champs! That means if you've only swam in two meets so far this year you MUST swim in the Park Terrace Meet. If you have any extenuating circumstances (such as an injury) please reach out to Sara Dean (sarahvdean@yahoo.com) as soon as possible to discuss your options.

Save the Date & RSVP: Carb Night & Champs Rally on July 18

Carb night is back!! Please go to the website and sign up for carb night just as you would for a meet. **Please RSVP with the number of family members who will be eating at carb night in the notes section.** No prepayment is needed but we need to submit a head count to Season's Café by Tuesday, July 16. If you do not RSVP, there is no guarantee that there will be enough food. Dinner will be \$6/person (pay upon arrival) and will include pasta, salad, roll and cookie. Please see the attached flyer which is also posted on the website.

Message from Coach Wendy

We are an amazing team! We are an amazing community. I am so proud of all of our Barracudas fierce swimming at our last meet. And it was so nice to see people out cheering. We got the Taz for the 3rd year in a row. Congratulations!

We are now focusing on Park Terrace and Championships. We need maximum attendance at both. Our season hinges on these two meets. Both will test us physically and mentally. And we need our team, our community and family there supporting us. We cannot fall short at the end-we must finish strong: **"Starting strong is good, finishing strong is epic" (please take a moment to watch on youtube: "mens 4x100 freestyle relay 2008 hd" and talk with your swimmer about finishing at the end)**

While we don't officially taper until after our meet against Park Terrace, there are several things you can start doing now that will help you achieve your goals at both meets:

1. Sleep 8+ hours at night--get plenty of rest for the best swims of your life
2. Attitude- be positive about what you are doing
3. Confidence--Know you'll be successful with great expectations
4. Have Fun-continue normal activities to reduce "anticipation" stress
5. Health--take care of your body!
6. Diet--eat small balanced meals, HYDRATE and cut out sugar!!
7. Focus--work on the little things for racing success
8. Visualization--see yourself being successful, celebrating!
9. Stroke Feel-concentrate on feeling good & powerful
10. Starts, Turns, Finishes-practice like you are competing every time

Message to Volunteers

As we head into our final dual meet of the season...on behalf of the board, we want to thank everyone for really making this season a huge success. It takes a lot of effort to run the meets and do all the things we do for the team. You consistently have stepped up to make our meets and activities run smoothly and lots of fun for the swimmers. It's great to be part of such a wonderful organization, working with parents who are actively involved with their children.

Park Terrace Volunteers: Please be ready for shift change. READY BENCH will change at ***specific times***, check your email for reminder. ALL TIMERS will shift change at EVENT 41/42.

One last plea... PLEASE add your CELL PHONE number to the contact info when you sign up to volunteer. This will be critical for the Champs volunteer sign-ups. If you have any questions, please email me at barracuda.swim@gmail.com.

Champs Info

> Champs volunteer sign-ups: Mark your calendar! Sign-ups will OPEN THURSDAY July 11 and CLOSE SATURDAY July 13. Please watch for an email with specific instructions on sign up requirements.

Seeking Chairs and Committee Members for 2020

Looking ahead to 2020! If you are interested in volunteering on a committee next season, please let us know. We have lots of roles to fill and we are looking for dedicated, responsible families who love to work behind the scenes. And if you want to be more involved and love to "meet and greet," we are looking for a parent volunteer assistant. If you have questions in the meantime, please contact Jenn Harmon at barracuda.swim@gmail.com.

July 13 Meet – BB @ Park Terrace

Swimmer check-in and family set up: 6:45 a.m.

Coach scratch session: 7:15 a.m.

Barracudas warm-ups: 7:30-8:00 a.m.

Meet starts: 8:15 a.m.

Location: Park Terrace Swimming and Tennis Club: 5500 Parkfield Court, Sacramento, CA 95822
(916) 448.2896

Team Area: The visiting team area is on the grass behind the back tennis courts and Bocce Ball court.

>>Please review the welcome letter on our website for more details about this meet. Please note there is very limited space for tents and also limited parking. Consider sharing a tent and/or carpooling if possible.

Coach Appreciation Days: July 8-11

We want to make next week extra special for our AMAZING and DEDICATED coaches. Show your Cuda Cool coaches how much you appreciate them and all that they do!

Sunsplash: Cuda coaches will be enjoying the day (July 9) with the team! ***Don't forget there is no morning or afternoon practice on Sunsplash day.***

Thank you posters: Posters signed by the swimmers will be displayed near the pool.

Contributions: A BIG thank you to all of the families that stopped by the table last week to contribute money. We are excited to give some fun gifts to our coaches!

Cards / gifts: Personal cards/notes from the swimmers are encouraged – the coaches love getting them!! We will have a box on a table near the blocks (lane 1) where swimmers can place their cards, etc. The items will be delivered to the coaches.

Thank you for making our dedicated coaches feel the love!

Picture Make-Up Date: Monday, July 8

Make-up day is on Monday, July 8 at 5 p.m. SHARP. Please show up at that time!

Team Photos and Family Folders

If you have not yet picked up your photo, please check by the family folders or ask a coach about them. Also, please clear out your family folders. Many folders still have ribbons and flyers in them.

2019 Calendar

JULY

Mon 7/8 > Picture make-up day

Tue-Thu 7/9-11 > Coach appreciation days

Tue 7/9 > Sunsplash (NO AM OR PM PRACTICE)

Thu 7/11 > 15-18 Cattleman's Dinner @ 5:00 p.m.

Fri 7/12 > Last practice day for non-Champs swimmers

Sat 7/13 > BB @ PTP

Mon-Thu 7/15-18 > Pre-Champs Spirit Week

Thu 7/18 > Cuda Zone Champs Rally & Carb Night at BSC

Fri-Sun 7/19-21 > Championships at Del Oro Aquatic Center in Loomis

Tues 7/23 > Awards & Appreciation Night at BSC (new night this year)

Sat-Sun 8/3-4 > Meet of Champions (optional)

Please see below for information about Spirit Week and Carb Night!!!



Cuda Spirit Week

This is a fun week to show your Cuda spirit, so dive in and get involved in fun activities each day!

Monday-Surf's Up Cuda Pancake Day! Don't forget to grab your pancakes after your practice. They will be served to hungry Cudas as they exit the pool from practice by the adult spa area.

Tuesday-Make cowabunga crafts! There will be jellyfish for you to craft as well as a surf's up sign for your tent at Champs! Make a sign for our Champs parade-green cardstock will be available for your creative spirit. Don't forget to bring it with you for the parade on Saturday morning. See the craft area in the shaded area next to the lap pool. Crafts will be out throughout each practice.

Wednesday-Cowabunga crafts continue in case you missed out or didn't finish on Tuesday.

Thursday-Join volunteers and swimmer coaches to paint your nails in Cuda green and blue under the shaded area by the lap pool. During and after all practices on Thursday.

*Carb night is on Thursday! *see separate flyer for details. All left over crafts will be available at Carb night, as will any remaining nail polish, in case you need more time or missed it on Tuesday or Wednesday.

Friday-We'll see you at Champs with your crafts and decked out Cuda spirit!

(Spirit Week is the week of July 15th!)



Cuda Carb Night!

Join teammates, parents, and coaches on the pool deck, to load up on carbs for our upcoming Champs weekend!

Season's Café will be offering-

3 types of pasta sauce-Marinara, Butter and Pesto, will be available. This pasta dinner will also include salad, a dinner roll and a cookie! All for \$6.00

*You must go into the calendar event page on our website and submit your RSVP, so we know how many Cudas to expect for food ordering purposes!

There will be music, snow cones and all remaining cowabunga craft supplies, nail polish will also be on deck!

Coaches will have a team rally at 7 p.m. and families are invited to decorate their car with window markers by the gate after the rally!