



Cuda Zone News

ISSUE 9/ June 5, 2024

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Note From Coach Wendy

Hello Cudas!

A couple items of business:

1. Meet Mobile WILL NOT tell you if you are swimming in a relay. We had many families miss because they were expecting it to be on Meet Mobile. Please make sure you check our printed sheets to see if you are in relays.
2. Dryland starts this week for 11&UP
3. Please bring water & your equipment to the pool every day!

And now...APPLAUSES ALL AROUND! Cudas, the first two meets of the season have flown by and we are so thrilled with the improvements that we saw! You rocked this past meet against GBG and we are super happy with your streamlines, turns, dives and strokes. We had fewer DQs across the board--fantastic job!

A thought: To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.

Most limitations we have are created by ourselves! Be confident as you swim. Remember we are working on the process right now...the time will come when your process will become a habit and then your outcome will be amazing. But keep grinding and working and learning so that you can become the swimmer you are capable of! Each of your individual efforts create a team--each time you come to practice, it helps those around you to work a little harder or smarter. We need each other to learn and to grow. But going to practice isn't quite enough: swimmer growth is impossible without opportunity. They can practice all they want but without in-meet opportunities, competitive growth will flat line along with confidence and passion. Be reliable with good attendance at practices and meets. Strive to do your best with hard work and effort. Show consistency in effort from day-to-day. Show dedication and determination. Have a positive attitude. And in the end our team will have had a great summer together!

Barracuda Sunsplash Day

Every year the Barracudas go to Sunsplash! This is a really fun event for our Barracuda swimmers and their families that many look forward to each year. Please save-the-date for June 25th! Like last year Sunsplash has provided us with a website link to buy tickets. If you buy them through our team code you will get a \$10 discount off their website prices. Please [click here](#) to buy your tickets.

Team Picture Day and Swim-A-Thon- June 13

On Thursday June 13th immediately following team photos, we will be hosting the Swim-A-Thon fundraiser and carnival. The Swim-A-Thon is the ONE AND ONLY fundraiser our team hosts, so it is a very important one. Our swim team budget is made up exclusively from money raised in this fundraiser. Money raised goes toward important expenses throughout the season: computer system, software, printers, timing equipment, speaker system, tents and chairs, spirit tent, spirit/social items and activities, banners, Friday treats, coach and swimmer coach shirts, and more. If your swimmer raises \$25 or your family raises \$100 you will receive admission to the Swim-A-Thon carnival complete with an inflatable slide, inflatable obstacle course, dunk tank, popcorn, cotton candy, snow cones and more! We are so excited to see you there!

For more information please [click here](#).

For Picture Package information please [click here](#).

Third Dual Meet June 8th vs. EDH TAZ @ El Dorado Hills

Our third dual meet of the season will take place on June 8th at EDH Taz. To see the EDH Taz Welcome letter for parking, setup, location, etc. please [click here](#).

Helpful Tips:

- There is limited team setup space so if possible please make arrangements to tent up with another family or two. This will make it so that everyone on our team has a place to sit and be comfortable.
- The parking situation can be hectic so please leave a few min early so that you have time to find space. Parking is available in the main lots in the CSD complex. Please do not park in the gravel lot adjacent to the solar-covered parking.
- Please download the Remind APP and use it at this meet. The PA system has been hard to hear in years past so please pay close attention.

Below is the schedule:

6am – Gates Open

6:15-6:45am - Swimmer Check-in

7am - Lead officials Meeting at Ops Table

7:25am - Barracuda Team Warm-ups

7:50am - Team Cheer

8am - National Anthem

8:05am - Start of meet

Communications Alert: Remind APP!

Communications Alert! We encourage all families to sign up for the Remind App Team info alerts. This is only used at meets so you will not be sent messages all the time. And you can text stop at the end of each meet and sign up again if you aren't attending a meet. If you have a swimmer 10 or under you can also get alerts for your swimmer to come to the ready bench. Someone is working the Remind APP throughout the whole meet so if Coach needs to find a swimmer we can use it to quickly message that swimmer. Relay changes mid meet are also sent after Breaststroke every meet. This is a great tool to keep you informed throughout the meet and help the coaches get your swimmer to the blocks if changes arise.

To join please text 81010 with one of the following codes:

Team info: @cudacool

6U ready bench: @cuda6u

7-8 ready bench: @cuda78

9-10 ready bench: @cuda910

11-12 info: @cuda1112

13-14 info: @cuda1314

15+ info: @cuda15up

Cuda Caps and Apparel Update

If you have any questions regarding Cuda swimsuits, caps or apparel please contact Blair Sturm at broadstonecudasapparel@gmail.com. She will have all of your answers.

Personalized caps:

Pre-ordered Cuda caps will be available for pick up throughout Saturday's meet at the Sturm Family tent.

Plain Cuda Logo caps:

Plain Caps will be for sale from 7:30-8:30am on Saturday at the check-in table.

Swimsuits/Apparel:

Second order swimsuit and spirit wear should ship later this week and arrive next week. An email will be sent when they arrive.

2024 Meet Schedule

June 8 - Broadstone @ El Dorado Hills TAZ

June 15- Park Terrace @ Broadstone

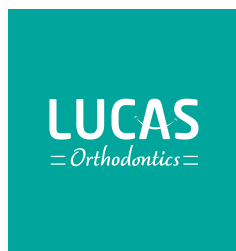
June 22 - Broadstone @ Sierra Sharks

June 28 (FRIDAY) - College Greens @ Broadstone

July 13- Loomis Basin Dolphins @ Broadstone

July 19-21 - SSL Championships Weekend (All swimmers are encouraged to sign up to swim and attend Championships! It is an experience like you have never had before and don't want to miss. **(NOTE: By League Rule you must have competed in at least 3 dual meets throughout the season in order to participate.)**)

Thank you to our AMAZING 2024 Sponsors!



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