



Cuda Zone News

May 20, 2025

broadstone.barracudas@gmail.com

Message from Coach Wendy

Congratulations to all the Cudas who attended our first meet of the 2025 season! As we watched our Cudas compete, the Coaches were excited with the progress made from Time Trials. Since we do not have a meet for two weeks, we have some time to work harder to get better and help those newer swimmers who are struggling. Remind your swimmers to be patient--swimming is not a sport that you can just jump into--it takes time to learn the strokes and turns--but you will! Please make sure you bring your equipment every day (10&U fins and flip flops and 11+ fins & paddles).

"Regardless of your age, the experience of being on a great team is priceless. It is something that will influence who you are for the remainder of your life. Few experiences can be as helpful in the growth of young athletes, as being part of a selfless group working toward a common goal."

To my dear Cudas...this is my 12th year as your coach. When I joined the Barracudas, I joined a team that placed 4th at Champs. Over the years, we have worked hard on developing a dedicated and committed team of individual swimmers who were able to break a 20 year winning streak of two teams in our league. (As a SSL swimmer, I never saw anyone except these two teams win!) We were able to accomplish this because families were committed to the team--to attending practices, meets and Champs. We can only get better if we are all working towards this same goal. As a coaching staff, we are dedicated to helping each individual swimmer do their best for the team but we cannot help those who do not sacrifice a little for their team. We know that it will require sacrifices from every one but we hope that you will be able to work with us to continue to be the strong team that we are capable of being.

"When you are not practicing, remember somewhere someone is practicing, and when you meet him, he will win." (Peter Bergman)

Let's Go Cudas!

Barracuda Swim Practice Updates

There will be **NO practice on Monday, May 26th** due to the Memorial Day holiday. This is a reminder that we will start our morning practices (summer schedule) this coming **Monday June 2nd**. If your child attends a school that is still in session and you will not be able to attend morning practices please contact Coach Wendy to get approval to attend the night practice.

If you have a swimmer that will need to attend a night practice due to a camp, other sport, working parent, etc. please also contact Coach Wendy with those dates. **YOU HAVE TO HAVE APPROVAL TO ATTEND NIGHT PRACTICES IN THE SUMMER** - This is a safety issue! We have to have to know so that we have enough coaches on deck. Coach Wendy's email is coachwendy928@gmail.com.

Summer Practice Schedule: Starts June 2nd-July 18th

*Swimmers swimming champs will practice until 7/18. Swimmers who are not going to champs will end 7/12.

Ages	Time
15-18	7:30-8:45 am
13-14	8:45-9:45 am
11-12	9:45-10:45 am
9-10	10:45-11:45 am
7-8	11:45-12:30 pm
6&Under	12:30-1:00 pm
Junior Barracudas	12:30-1:00 pm

NO Meet This Weekend Due to Memorial Day

This is a reminder that we will NOT have a meet this weekend due to Memorial Day weekend. We will see you all again on Saturday, June May 31st

Second Dual Meet May 31st vs. El Dorado Hills TAZ

Our second dual meet of the season will take place on May 31st here at HOME vs. El dorado Taz . This is always a fun team to swim against. If you have not declared your swimmer for this meet please go in and do so NOW. The deadline to declare for this meet is **Friday, May 23rd**. After this time we can no longer add your swimmer. Below is the schedule:

Broadstone Barracudas home meets will start at 8:00 AM. Please use our schedule below to help assist swimmers/parents in planning timeframes to get checked in and warmed up.

- 6:30 – 6:50 am Swimmer and parents volunteer check in
- 7:00 – 7:25am Barracuda warm-up period
- 7:25 – 7:50 am Visiting team warm-up period
- 6:50 – 7:30am Scratch session (held inside club by the café)
- 8:00 – 2:00pm Swim meet (ending time may vary)

Volunteering Updates

Please ensure that you arrive at the designated check-in area for your volunteer shift between 6:30 and 6:50 AM. The table for job check-in is conveniently located adjacent to the swimmer check-in table. If you are looking for a shift, feel free to leave your name and cell phone number at the check-in table. The team will reach out to you if they require extra assistance during the meet. Thank you for your commitment and support!

Team Picture Day-Save the Date!

Team pictures will take place at the Broadstone pool Tuesday June 24th at 3:30 pm. More information to follow.

Age Group Kickoff Party Updates

13-14- June 2nd from 2:00-5:00pm @ Galovan Family Home (Check your email for evite and more details)

Helpful Phone Apps

There are a couple phone apps that are helpful during the season. The following two phone apps will give you all the information that you will need during meets.

- **Meet Mobile** provides real time meet results and heat & lane assignments. You can select favorite swimmers for quick access and view other teams as well. Basic app is free, but requires subscription for all results and heat/lane features.
- **On Deck** is a free app that connects to your Team Unify profile and is mobile friendly. It allows for meet results (not real time like Meet Mobile), and historical best times to keep track of your swimmer's personal bests.

2025 Meet Schedule

2025 Meet Schedule

May

May 17- Broadstone @ Granite Bay Gators

May 24-26- Memorial Day Weekend - NO MEET

May 31 - EDH @ Broadstone

June

June 7 - Broadstone @ Park Terrace

June 14 - Sierra Sharks @ Broadstone

June 21- Broadstone @ College Greens

June 28- Broadstone @ Loomis Basin

July

July 5 - 4th of July Holiday Weekend - NO MEET

July 12 - Folsom Sea Otters @ Broadstone

July 18-20 - SSL Championships

* Meet schedules are always subject to change due to unforeseen circumstances and league needs.

Thank you to our AMAZING 2025 Sponsors!



LUCAS
= Orthodontics =

Rainbow Kids
—URGENT CARE—




tri counties bank **RAINSBURY**
Service With Solutions® **LAW GROUP, PC**

Stay Informed

PLEASE read what we email and post online so you have all the information you need about our team and the season.

- Cuda Zone weekly newsletter
- Team website: Broadstonebarracudas.org
- Emails
- Facebook: like us!
- Instagram: follow us at broadstone.barracudas