Cuda Zone News

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Note From Coach Wendy

Cudas! Thank you so much for all your sweet notes and treats during coach appreciation week. We truly appreciate the love!

I know we have a holiday coming up, but we cannot rest too much over the next week! Our next and final dual meet of the season will be against Loomis Basin Dolphins--who gave us our first loss in 5 years last season. We need to make sure that everyone is attending and that we are ready to swim fast TWO WEEKENDS IN A ROW! Please do your best to be at both--we gotta defend our home pool and then head to Champs and DEFEND our TITLE. Speaking of Champs--THERE ARE NO EXCEPTIONS--if you do not register on time (*no later than July 7*), you will not be permitted to swim at Champs. We need you--so **please register and swim**! Please email me if you have any questions about what events your child should swim.

Finally--a thought. Excellence has an attendance policy. If you want to be able to have your best swims at Champs, you need to be staying strong, fit, agile and mentally preparing now. This is the last week we invite our 13 and ups to do double practices. Take advantage of them! Remember: "when you are not practicing, somewhere someone is practicing, and when you meet them, they will win." I want you to enjoy your summer--it's okay to go out of town and have family time, but if there is a pool available--swim; if not, there are dryland workouts you can do--just stay moving!

Go Cudas

Team Pictures- Updates and Makeup Day

Our team pictures will be coming in soon. If you ordered them please look for a notification of when you can pick them up during the week of July 8-12.

If you missed picture day we will be offering a make-up picture day on July 9th at Broadstone from 5-5:30pm. This will only be for individual pictures. There will be no team picture taken again.

Practice Updates - July 1-5

Due to the holidays this next week we have made some changes to practice. Please see the schedule below.

July 1-3 - 13-18 8:30-9:45am and NO dryland all week. The rest of the age groups will go at their normal times. The evening practices on those days will also stay the same.
July 4–5 - No practices day or night.

Champs Updates

Thank you to all of those families that have already declared their swimmers “yes” or “no” for Champs. It makes it so much easier for our coaches to start planning and for the rest of our planning committee to have an idea of how many swimmers will be participating. If you have not declared please go in and do so now.

If your swimmer(s) will be participating in Championships there will be more communication coming soon. In the meantime please mark these dates on your calendar:
July 15 - Special Pancake Day
July 15-18 - Champs Spirit week (events will be posted soon)
July 18 - Champs Carb Night Rally (Food, skits, cheers and pickup your special Champs shirt to wear for the parade)
July 20 - Champs parade of teams at the Champs pool in the AM before the meet starts. Our team's theme this year is the Kentucky Derby so start thinking of costume ideas!

Final Meet vs. Loomis Basin Dolphins

Our final meet of the season will be against the Loomis Basin dolphins. **If you have not declared please go in and declare by July 5th.** This will be one of the most competitive meets of the season and should be a lot of fun so don’t miss out! The meet will be large so please try to tent up with other families that day.

- 6:30 – 6:50am Swimmer and parents check in
- 7:00 – 7:25am Barracuda warm-up period
- 7:25 – 7:50am 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)

Volunteer Still Needed

We reduced the number of required shifts down to 6 this season so we have to have 100% participation from ALL families. If your family does not meet its 6 shift minimum that means another family is working extra for you! Please be mindful of that. Our volunteer coordinator and communications lead does NOT want to chase people down. If you do not sign up and fulfill your 6 shift minimum you will receive a $400 fine and lose priority registration. Please send an email to broadstone.barracudas@gmail.com or barracudas.swim@gmail.com if you are short of a shift and rectify your issue now. We want AND need your help.

2024 Meets Remaining

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.)**

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