



# Cuda Zone News

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<https://www.teamunify.com/team/recsubb/page/home>

## Message from Coach Wendy

What a crazy couple of weeks Cudas!

PLATEAURING: Swimmers, at any level, can hit a plateau. Basically, this means that the results you get from your training slow down or even stop. Plateauing can be extremely frustrating when you don't hit the times for which you've been training. So often it's easy to look too deep into it and forget that the solution may be as simple as a small change. Often, we tend to complicate training, which may lead to a plateau. If you are struggling to improve here are some suggestions:

1. Ask yourself if you are doing an honest workout. Are you listening and following the directions? Are you attending daily? Dry land?
2. Ask for help! We try to see everything going on but we miss things sometimes...ask for help!
3. Trust the program. We didn't build our season to have you competing at your best in June. We built our season to have you in prime shape for Champs (July 22-24).
4. Be persistent! If we give up because of a setback, we will not be able to move forward. "The grandest quality of a true achiever is not natural talent or acquired skill, but PERSISTENCE – the will to keep going when the way grows hard. The true achiever never gives up when difficulty comes. He fights off the discouragement of defeat."

Remember: "When you want to get good at something, how you spend your time practicing is far more important than the amount of time you spend."

## Swim-A-Thon Update and Thank You!

A big thank you to all of the families who participated in the Swim-A-Thon last week! The evening was so much fun, and we made great progress towards our goal of \$15,000. Including the on-deck donations from the event, we are at about 60% of our goal from only a third of the swimmers. With one more push from the other two-thirds of our swimmers, we can beat our goal! There is still time to get donations in. The fundraising site will remain open through Champs, so get those donations in. Each swimmer is expected to donate or fundraise \$50 each (or \$100 per family if 2 or more swimmers). These funds help cover the costs of team building exercises, Fun Friday treats, coach appreciation and long-term capital expenditures like a new PA system and swim blocks. If you have not made a contribution yet, please go on the website and do it today:

<https://www.teamunify.com/team/recsubb/page/tu-money>

Special **THANK YOU** to all of our amazing volunteers who made the event run smoothly:

- Ashley Slovak
- Emily Cairns
- Madisyn McHenry
- Megan Strange
- Michelle Harrison
- Shannon McHenry
- Stefanie Ellis

Special **THANK YOU** to all of raffle drawing sponsors:

- Coach Wendy
- Blue Rice Cafe
- Heidi Garner Studio
- Brett Weshner
- Dutch Bros.
- The Donut Shop
- Sky Sushi
- Friends with Benedicts
- Scott Harvey Winery
- Valley Motor Works
- Visconti's Restaurant
- Sunrise Rollerland

The Swim-A-Thon raffle winners are as follows:

- Super Soakers- Austin and Alexis Green
- Bluetooth Speaker- Hadley Cairns
- Galaxy Projector - Sarah Harrison
- Star Wars Lego Set - Ryan Albrecht
- AirPods - Codi Bunch
- Segway Scooter - Sam Whitten
- Nintendo Switch - Rebecca Perez

## **Heading to the EDH Taz This weekend!**

After last weekend's cancellation of the meet we are extra excited to head to Eldorado Hills this weekend. For all of the details please [click here](#) to see the welcome letter from EDH Taz. This letter will give you the location, where to park, where to set up, etc.

If you have not signed up for a volunteer position please sign-up ASAP. If you do not sign-up you may be assigned a position. We cannot have volunteer positions open. It takes **EVERYONE** to help run meets at home AND away. Thank you to all of the families that have signed up- we really appreciate it!! Any questions please contact us at [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com).

## **Rescheduled Team Picture Date**

We will be re-doing our team pictures on July 12th at 9am. Please mark your calendars! More info will be coming out soon!

## **Broadstone PuraVida Bracelets**

If you missed the Pura Vida Bracelets on sale at the Swim-A-Thon we still have some. The PuraVida bracelets are on sale for \$8.00 each and there are two color options available - Broadstone Barracuda colors. These are totally unique, wax-coated, 100% waterproof bracelets- all adjustable from 2-5 inches in diameter. Show your

team spirit in and out of the water! Quantities are limited. Cash or Venmo will be accepted. If you have any questions please contact Megan Franks at [mrmeganfranks@gmail.com](mailto:mrmeganfranks@gmail.com) to purchase.

## Broadstone Summer Pool Party

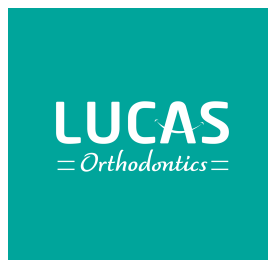
The club is hosting a summer pool party on June 23rd from 6-8pm. They are having a waterslide, jump house, popcorn, snow cones, games in the pool and grass, temporary tattoos for the kids, a photo booth, and a raffle for some great prizes. [Click here](#) for the registration form. You can also sign up at the front desk.

## Important Dates For Declaring your Swimmer

- Park Terrace Penguins- Reg Deadline: Friday, July 1st
- Sierra Sharks - Reg Deadline: Friday, July 8th
- SSL Championship Weekend: Reg Deadline: Friday, July 8th

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## Thank you to our AMAZING 2022 Sponsors!



## 2022 Calendar

### June

Thu 6/23 -Summer Pool Party - Hosted by Broadstone Sports Club - 6-8pm  
Sat 6/25 - BB@ El Dorado Hills TAZ

### July

Sat 7/2 - Holiday Weekend- NO MEET  
Sat 7/9 - Park Terrace Penguins@ BB  
Tue-Thu 7/11-7/15 - Coach Appreciation Week  
Tue 7/12- Team Picture Redo  
Fri 7/15 - Last day of practice for non-champs swimmers  
Sat 7/16 - BB@ Sierra Sharks  
Mon-Thu- 7/18- 7/21 - Pre-Champs Spirit Week  
Thu 7/21 - Cuda Zone Champs Rally & Carb Night at BSC  
Fri-Sun 7/22-7/24 - SSL Championships (Location TBD)  
Tue 7/26 - Awards and Appreciation Night at BSC