Cuda Zone News

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

Message from Coach Wendy

What a fun meet! We had some amazing swims this weekend and we were so happy to see you work so hard in the pool. Highlights definitely included a broken record! But some of the races that made a bigger impression on me were some of the nontime related achievements:

- Several kids who are brand new to the swim team completed their races without being DQ'd for the first time.
- Swimmers remembered to stretch and finish
- Our swimmers remembered to shake hands with their competitor.

While times are important, details like these matter. You are tougher than you think, faster than you know and better than you will ever realize! You are extremely capable. Believing in yourself is 90% of your race. For the most part, your body knows what it needs to do to compete – you just have to allow it to do it! Learning to believe in yourself and to let go in a race is not easy.

A few tips:

- Stop being afraid of what could go wrong and start being excited about what could go right! "To uncover your true potential, you must first find your own limits and then have the courage to blow past them." (Picabo Street)
- Be determined. Even if you don't make your goal, don't give up on your goal. Reset it and do it again. "A goal should scare you a little and excite you a lot." (Joe Vitale)
- Focus on what's ahead of you, not behind you. Focus on our upcoming three meets. That's what matters. What are you going to do against Park Terrace or at the Sierra Sharks pool? What about at Champs? Success is different for everyone. Keep a proper perspective and do your personal best.

Please remember that we are here to help! Now is the time to make changes if needed – not the week before Champs. If you are struggling to drop time or figure out that turn – please ask because we want to help you! We try our best to notice everything in practice and meets but things get missed. Just because we do not have a meet this weekend does not mean that you don't need to practice. We have lots of stuff to work on with each of our age groups, so come as many days as possible. Let's finish this season strong, Cudas! And make sure you come Friday for some fun watermelon games!

We're going for our Third Undefeated Season and WE NEED YOU! We are really hoping to stay strong and undefeated this year. Our next meet on July 9th is at HOME against another very hard team (think LBD tough!). We need strong attendance at our home meet AND at CHAMPS, so please sign up! For Park Terrace

on 7/9, we have 182 committed and 52 undeclared. Sign up deadline is THIS FRIDAY, July 1st, so declare today. Both teams are currently undefeated so the atmosphere will be exciting!

2022 Suburban Swim League Championship Meet

The SSL Championships is the culmination of our season. Everything we have worked on has been to prepare the swimmers for this meet. Everyone can attend. And the only way we can win Champs is if we go. As of today, we have 61 yes, 36 declined and about 200 undeclared. Champs is an exciting competition, but it's also a weekend full of team spirit, camaraderie and fun! "Players win games but TEAMS win Championships"--we need all of our team to be there! Sign up today. Talk to Coach Wendy about how Champs works--we can help make Champs work for you.

This year our theme is Prison Break so watch for more details in upcoming newsletters for the fun activities in the week leading up to Champs.

NO Makeup of Granite Bay meet

We tried to work with Granite Bay to reschedule the meet that was canceled but there is not enough time left in the season to squeeze in another meet. While it counts as a win for us, it eliminates a meet opportunity to qualify for the Champs meet. There are no time requirements to swim at champs, but you must swim in at least three (3) dual meets throughout the season. If you had GB as one of those meets, please make sure you attend either the home meet on July 9th (which hopefully we'll all be there to continue our quest of another undefeated season) or the final dual meet in Cameron Park or July 16th. If you have very extenuating circumstances and still want to attend champs, please let us know (use the contact us tab on the website). As Wendy mentioned, champs is very fun, but it takes a full team effort to emerge victorious for our third in a row!

Cuda Day at Sunsplash - July 13th

This year we are trying something different! In past years we have paid to do a BBQ and a reserved team area at Sunsplash. However, with prices being so high we decided to remove that and choose the ticket with a smaller price. We have also moved the date to give people more time to figure it all out. If you had already purchased the ticket with the BBQ we will refund the difference.

Date: Wednesday July 13th
Ticket prices: $36.00
Toddler ticket price: $5.99 (32 inches and under)
Where can I buy tickets: Ashley Slovak will be out on the pool deck selling tickets at practice on ***Tuesday (June 28th) and Thursday (June 30th) from 8am-noon.***
How to pay: Cash or Venmo

Social Event: 2nd Annual Scavenger Hunt

Join us for the ***Second Annual Broadstone Barracudas Bingo Scavenger Hunt***. Grab your family bingo card near the family folders. Starting Friday, July1, travel around Folsom, check out some new spots, and show us some of your favorite places while filling up your card. Take a photo to share on social media and use the #barracudabingo so we can check out where you have been. Then on Thursday, July 7th from 5:30- 8 pm come celebrate with us. Grab dinner at Blue Rice Cafe and join us for some music, cotton candy and fun! If you would like to pre-order a meal at Blue Rice Cafe please click here. Please fill out the google form for EACH dinner ordered since you have to pick the sauce flavor and protein.

There will be prizes sponsored by the Barracudas and Heidi Garner Studio - Heidi did our custom hats this year and will have some fun prizes offered in a drawing for those that got BLACKOUT on their cards!! This

event is a great way to explore our town with your family and support some of our sponsors. We had so much fun last year and hope to see more people join us this year!

Swim-A-Thon Pizza Party!

On Friday, July 8th at 1pm we will be having a pizza party for all of the swimmers that raised $50 each or $100 for a family of 2 or more swimmers. It's not too late to donate and join in on the fun. Just click here to make your donation now. Reminder that each swimmer committed to raising at least $50 per swimmer when you signed up.

Rescheduled Team Picture Date - July 12th, 9am

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 mrsmeganfranks@gmail.com to purchase. We'll have the bracelets available with the Sunsplash sales this week and at the next home meet. Remember 50% of each bracelet comes back to the team as a fundraiser.

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

Thank you to our AMAZING 2022 Sponsors!

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2022 Calendar

July
Sat 7/2 - Holiday Weekend- NO MEET
Fri 7/8 - Swim a Thon Pizza Party 1pm (for swimmers who raised $50 or families at $100 raised)
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 (at Del Oro HS, Loomis)
Tue 7/26 - Awards and Appreciation Night at BSC