



# Cuda Zone News

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

## Message from Coach Wendy

Great meet Barracudas! I am very impressed with how well you did collectively as a team as well as individually. I was also happy to see good sportsmanship and kindness shown towards our Gator friends.

As we watched our Cudas compete, the Coaches were excited with the progress made from only a week ago at Time Trials. We are grateful for those who are consistently coming to practice and for communicating with us regarding what help you need! 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!

In a sport, a common belief is that when a team is competing at the facility where they practice they have a home court advantage. When you compete at home you know the pool. You know the blocks. Typically you also have more people who come to cheer you on. All of these things create an environment with less stress and more confidence. As a team, we will have fewer meets at home this year than normal. So we will not have the typical home court advantage throughout the season. But I would like to challenge our team to do what we can to create a 'virtual' home court advantage--even on the road. To do so, we must first become a team. While swimming is largely an individual sport, it takes a team to build a Champion. Winning teams TRUST each other, RESPECT each other, UNDERSTAND each other and ENCOURAGE each other. When we are at meets, we can create a home court advantage by checking in on each other (both our old & new friends), cheering for our teammates and younger swimmers, and SHOWING UP; There is strength in numbers. Traveling to meets can be hard, but when we all go--we are stronger. Most of our toughest competitors this year will be at their pools--please do your best to attend.

### A couple items of business:

1. Dryland training starts 5/31. We have a new instructor who is excited to try new things. Please encourage your swimmers (11&up) to attend. Schedule is posted on the information sheet.
2. HYDRATE! Please hydrate before practice. We still have a lot of swimmers struggling with muscle cramping--the number one way to prevent that is hydration. If your child drinks energy drinks, soda &/or coffee they need MORE water. Please help your athletes stay healthy!

### Here is some important information that you need to know about seeding meets:

1. If your child is assigned to a relay (assignments are made the day before) and they MISS IT, they will not be allowed to swim in a relay at the next meet that they attend.

2. Swimmers must declare YES or NO (please do not be undeclared!!) EIGHT (8) days prior to a specific meet.
3. When you declare YES for a meet, please put all requests for specific events or information regarding early/late arrivals in the comment section. We will do our best to accommodate these requests. Requests received via email will be held to the coaches' discretion.
4. We do not use best times from last year to seed any meets except time trials. Many kids often start a season slower than their fastest times. We do not use last year's times to avoid putting kids that are not performing at last year's level in the wrong heat/relay. If swimmers did not attend time trials or the meet against College Greens and have an NT for their time, they will establish their seed time as they swim at the following meets.
5. If you have not yet noticed, take a moment to check out the fence under the scoreboard! Each week after a meet, coaches will pass out ribbons to swimmers who earned a new PR. For each individual event, they will get a ribbon to tie on the fence. While we talk most about process goals, the outcome goals are the most exciting part of a race and we want swimmers to see how our team is getting better every week!

Thanks again to everyone who attended the meet on Saturday and participated with such enthusiasm. I know we can continue to succeed if we put in our best collective effort in practice every day. GO CUDAS!

## Swim-A-Thon - June 16th! 5-8pm

Our annual FUNdraiser is coming soon. After a forced hiatus, we're excited to make it a FUN evening social for all of our families. **We have a lofty goal of raising \$15,000 this year** to go towards our annual operating costs (website, spirit tent, spirit/social items and activities, banners, Friday treats, coach and swimmer coach shirts, and more) and are also starting on a larger, multi-year campaign to upgrade our PA system with permanently installed exterior speakers with new PA electronics and custom swim blocks. These upgrades are much needed to further improve our home meet experience for our team and our guests. To achieve our goals we need everyone's help. We can hit our goal if every swimmer raises just \$50! Donations of any size are greatly appreciated.

### The Details:

- **Fundraising Webpage:** The fundraising webpage will be active **STARTING May 25<sup>th</sup>**, so parents, grandparents, family, and friends can donate online. We'll also accept checks or cash at the event.
- **Prizes!!:** We have some great prizes this year with many chances to win. Every swimmer who raises \$50 will earn 3 tickets for the prize raffle (families with multiple kids that raise at least \$100 total will earn 3 tickets per family). For every additional \$50 raised over the minimum, the kids/family will earn 5 more entries into the prize drawings. There is no limit to the number of chances you can earn and kids can pick which prizes they put their tickets towards.

#### **Our prizes this year are:**

- Nintendo Switch Game Console
  - Segway Ninebot Electric Scooter
  - Apple AirPods
  - JBL Portable Bluetooth speaker
  - Lego Mandalorian Helmet set
  - BlissLights Galaxy Laser light projector
  - Two pack of Supersoaker Water Guns
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- **Pizza Party for all those who meet the minimum goal:** Everyone who meets the minimum goal (\$50 per swimmer or \$100 per family) also qualifies for a Friday Pizza Party with the coaches on Friday, July 8<sup>th</sup> after practice at 1:00pm.

- **How the event will run:** This year, come early and stay late!! Plan on spending the evening with us and celebrate being back in the pool for a regular season. We'll have Taco Dinner (sold by Blue Rice Cafe), Music, donation raffle, swimmer prize drawings, games and more! The coaches are challenging the kids to go 50 for \$50. Complete 50 laps (less for the 6 and unders) and then we'll have some fun pool games and silly races.
  - **Kids will swim in two sessions:** 10 and under from 5-6:30pm, 11 and up from 6:30-8pm.
- **Taco Dinner Pre-Order:** Blue Rice Cafe will be serving a full Taco Bar!! Plan on joining us for chicken, steak and shrimp tacos with all of the tasty toppings. Meals include tacos, chips and salsa, Kiki's delicious sauces, cookies and lemonade and iced tea. The cost is \$10 per person and pre-orders are REQUIRED!! [Click here](#) to pre-order your meals. Order deadline is Monday, June 13th so sign up today!

## Important Summer Practice Announcements

Starting on **May 31st** we will be transitioning over to our summer practice schedule. Please see the times below. We do offer night practice times but that **MUST BE APPROVED** by Coach Wendy to participate in the PM practice. You cannot just show up to it! We try to be accommodating because we understand that kids attend summer school and summer camp but in order to have the correct number of coaches on deck it must be discussed in advance.

### **AM Practices (Monday-Friday)**

**15-18:** 7:30- 8:45am

**13-14:** 8:45- 9:45am

**11-12:** 9:45-10:45am

**9-10:** 10:45-11:45am

**7-8:** 11:45am-12:30pm

**6&U:** 12:30-1:00pm

### **PM Practices (Monday-Thursday)**

**8 and under:** 5-5:30pm

**9-10:** 5-5:45pm

**11&older:** 5:30-6:30pm

**Dryland:** We will start Dryland training for the **11-18 year old age groups starting May 31st**. This will take place on Tuesdays and Thursdays immediately **AFTER** practice. Swimmers will have a few minutes after practice to get dressed. Please make sure to bring sneakers. The dryland will be taught by certified instructors from Broadstone Sports Club. The purpose of our dryland program is to strengthen and stretch the muscles used in swimming as well as improve the swimmers power, athleticism, and overall speed in the pool!

- **15-18:** 9-9:45am
- **13-14:** 10-10:45am
- **11-12:** 11-11:45am

**Fins/Paddles:** Please start bringing your fins (everyone) and hand paddles (11+ age groups) to practice. We will start using them. If your swimmer is 10 and under then you will have long fins and if your swimmer is 11+ then they will need short fins. Remember these are swim training fins; these are not fins you would use to snorkel in.

## Cuda Caps

Thank you to everyone for picking up their pre-paid Cuda caps. For those of you that forgot to order but still would like a Cuda Cap we have a couple of extra ones left. We have silicone (\$20) and latex (\$10) ones

available. If you would like one please contact Adrienne Ferron at 916-996-6656 so you can set up a time and place to pick it up.

## Fundraiser Trucker Hats

If you ordered one of the *limited edition* trucker hats we have received word from the manufacturer that they had a production delay for the hats. The hats are scheduled to ship on May 27th. We will plan a distribution day as soon as they arrive! Stay tuned for more details.

## Important Dates For Declaring your Swimmer

- Loomis Basin Dolphins- Reg Deadline: **THIS Friday, May 27th.**
- Folsom Sea Otters- Reg Deadline: Friday, June 3rd.
- Granite Bay Gators- Reg Deadline: Friday, June 10th.
- El Dorado Hills Taz- Reg Deadline: Friday, June 17th
- Park Terrace Penguins- Reg Deadline: Friday, July 1st
- Sierra Sharks - Reg Deadline: Friday, July 8th
- SSL Championship Weekend: Reg Deadline: Friday, July 8th

## Broadstone Pool Bathroom Renovations

Broadstone Sports Club will be renovating the bathrooms that are located next to the family pool. Therefore, these bathrooms will be closed May 24, 25 and 26. Please have your children use the Jr. locker room that is located in the Kids Club.

## Team Picture Day - June 8th

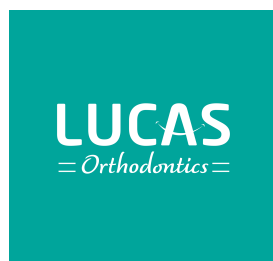
Team Picture day is fast approaching so make sure you mark your calendar! Picture day will be on Wednesday, June 8th on the pool deck. They will take individual, buddy pictures, sibling pictures and of course the team picture! Please wear your team suit or a navy blue suit. Picture taking will start at 5pm SHARP! Once the individual pics are over we will go straight to the team picture. There will be on practices that evening. Only AM practices.

## Senior Swimmer Ceremony

We are always a bit sad to say goodbye to our senior swimmers at the end of the season but before they say goodbye we want to celebrate with them! If you have a swimmer that will be a senior this year please fill out the following senior questionnaire form so that we can be sure to honor your swimmer at one of our home meets! [Click here.](#)

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## Thank you to our AMAZING 2022 Sponsors!



## **2022 Calendar**

### **May**

Sat 5/28 - Holiday Weekend - NO MEET

Tue 5/31 - Summer swim schedule begins

### **June**

Sat 6/4 - BB@ Loomis Bay Dolphins

Mon-Friday 6/6-6/10 - Unity Week (social events by age group)

Wed 6/8- Picture Day@ Broadstone -5pm

Sat 6/11 - Folsom Sea Otters@ BB

Thu 6/16 - Swim-A-Thon Fundraiser @BSC -5:30pm-9pm

Sat 6/18 - BB@ Granite Bay Gators

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

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