Cuda Zone News

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

2024 Swim Championships Update #2

Carb Night & Champs Pep Rally!

Carb Night and Champs Pep Rally will be on **Thursday, July 18th at 6pm** .The coaches/swimmer coaches have a fun skit/musical number planned so you don't want to miss this! This is about pumping the team up for the big meet, hanging out with friends, decorating cars - we have LOTS of car markers this year, picking up your champs shirt and so much more!

If you would like to order a meal for that night from Blue Rice Cafe please **click here.** The meal will be pasta, bread, watermelon, salad, drink and a treat! **Orders will be taken until Tuesday, July 16th**. The order form has all of the payment details. You are also welcome to bring your own food if pasta isn't your thing. Come ready to have fun!

Champs Shirts

Champs shirts!!! All swimmers who are swimming Champs will be getting a special shirt that we ask you to wear to the parade/opening ceremonies on Saturday morning. Make sure you pick up your shirt at the Carb Night/Champs Pep Rally. If you cannot pick up your shirt at Carb night please pick them up at the spirit tent on Saturday morning before the parade.

Volunteering At Champs

Every family **MUST** volunteer at Championships! It is not an option. You must pick at minimum one shift **PER DAY** that your swimmers are in the pool. Example: Swimming Saturday and Sunday- you need 1 shift per day for a total of 2 shifts. If your kid is a top 20 swimmer please pick later shifts since you will already be there. These are league requirements for our club to swim in Champs. **Jobs are now open**. If you do not choose your minimum number of jobs by Tuesday, July 16th by noon then you will be assigned by the volunteer coordinator. Please don't make us hunt you down or assign you. **Note: The 6 season shifts were for the season and do not count towards Champs. Champs is separate.**

Champs Family Tent Setup

All families can set up their tents **STARTING** at 1pm on Friday, July 19th. DO NOT SHOW UP ANY EARLIER THAN THAT TO SET UP. Our team's setup crew will be setting up our team area (ready bench, ready bench misters,spirit tent, team tents, etc.) before that. As always space is limited so please try to tent with other families as much as possible. WARNING: Any tents/umbrellas/shade structures setup before 1pm on Friday will be taken down. **Click here** to see where our team setup area is located.

Champs Program and Psych Sheet

To read the 2024 Championships Program and see the psych sheet please **click here**.

Champs Parking

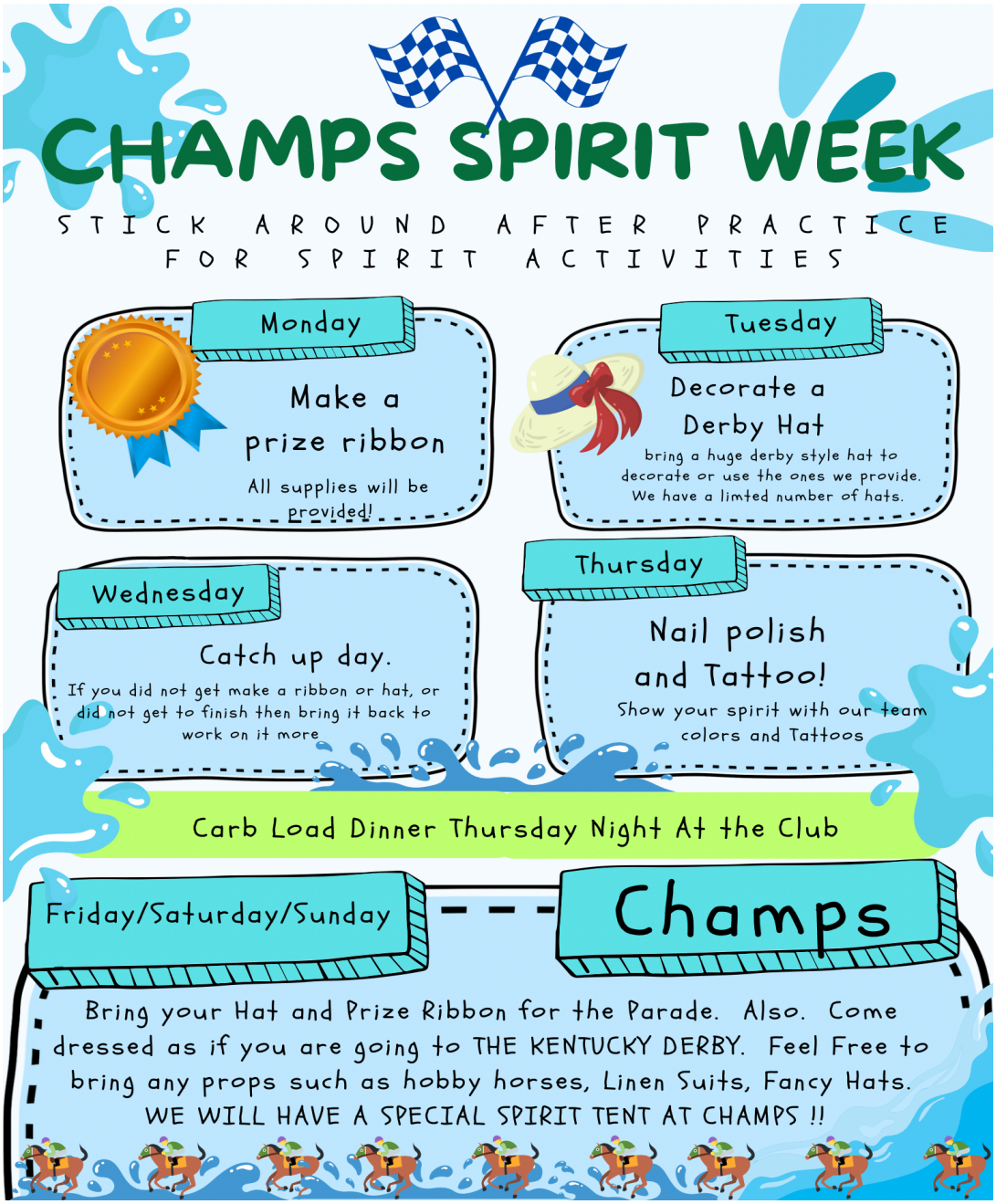
Champs Parking can be a challenge. Each year there seems to be one lot that is not open and this year is no different. Please **click here** to see the map of where you can and cannot park this year. As always we encourage families to carpool with others as much as possible.

Champs FAQ Sheet

Still confused? Click here for Champs FAQ. If you still have questions please contact us at broadstone.barracudas@gmail.com.

Champs Spirit Week

Champs is about competition but it's also about having fun, camaraderie and being a big swim family! In order to build that camaraderie and show our team spirit we do a week long spirit week to get in the "Cuda Zone!" All of the activities are held after your age-groups practice. See below.



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