



Cuda Zone News

ISSUE 3 / May 10, 2022

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

Message from Coach Wendy

If you haven't noticed, your swimmers are working hard! As a coaching staff, we are trying to give a very basic knowledge of each part of competitive swimming: strokes, dives, turns and even vocabulary! It can be very overwhelming for newer swimmers (especially our new older swimmers), but I promise that when you consistently participate in practice, the understanding and technique will come. Lois Lowry said, "Fear dims when you learn things." Take the opportunity to learn by attending practices.

After time trials, we will revisit each part of what we have already covered more in depth. But nothing will help your child be successful more than consistent participation in practice. Teach your kids to ask questions during practice if they don't understand something. Our coaching staff is here to help! Time trials! Please come if you can. It helps us to organize all of our meets for the rest of our season. This is the one meet when kids get to practice every event that they are eligible for. Please do not worry if your child doesn't look "breaststroke ready." We are working hard and this is a little quiz to see how we are doing!

Lastly, please drink water! It's very important to stay hydrated, whether it's a cool day or a hot day. Starting this week, all 11 & up swimmers must bring a water bottle to practice. For the younger ages, water bottles are optional but highly recommended. Remember that hydration starts in the morning after you wake up. Drink a big glass of water to wake up faster and get your body going. Take a water bottle to school and drink it throughout the day.

Kick-Off Team Social and Swim Meet Walkthrough: Thursday, May 12th

Join us for our annual team kick-off social and meet walkthrough! Come learn the team cheers, eat cake, meet new friends and rekindle your old friendships! This is a fun night that is capped off with a swim meet walkthrough for those learning how a meet works and those that have never been through a traditional season. The event will be held on Thursday, May 12th at 6pm located on the Broadstone pool deck and back lawn.

Blue Rice Cafe (located inside of Broadstone) will be doing a Taco Bar dinner for \$10 that night. No need to pre-order, just show up. The Taco Bar will include:

- Chicken, Shrimp or Steak Tacos and the fixins
- Chips and Salsa
- Lemonade or Iced Tea
- Cookie for Dessert

CUDA Swim Cap Distribution

The CUDA caps are in! Thank you to Adrienne Ferron for keeping us all on schedule and making sure they were ordered on time!! If you ordered a CUDA swim cap we will be distributing them at the Team Social on Thursday, May 12th and at the Time Trials meet. If you are unable to collect your cap on those days we will find a way to get them to you.

Congrats to Cuda High School Swimmers!

Our high school aged Cudas had a strong showing last weekend at the CIF Sac-Joaquin Section swim meet! We are so proud of all of our Cuda' swimmers and their accomplishments!

Vista Del Lago: Camryn Tice, Sydney Salas, Sarah Galovan, Morgan Humphrey, Sarah Harrison and Avery Schoonmaker.

Folsom High: Avery Dean, Myella Garcia, Mackenzie Fallon, Brooklyn Graham, Clover Satran, Xander Webster, Devan Marcey and Takuro Suzuki.

Oak Ridge: Lulu Mancinelli and Olivia Mancinelli

We also want to root on three of our swimmers who qualified for the **State Meet** this week - Camryn Tice, Sydney Salas and Olivia Mancinelli. All three qualified with their respective Medley Relay teams. They will be swimming in the State Prelims on Friday, May 13th! Good luck to all three! Go Cudas!

1st Annual Barracudas Cornhole Tournament and Fundraiser Dinner: POSTPONED!

Hey Cornhole players! We are so sorry but we are going to postpone our Cornhole tournament to later in the season. The timing was just not right. We knew May was a busy month but we have realized with all of the other end of school year events, graduations, wrap-up of other sports, etc. that this was just not a good time. So stay tuned for a new date! Thank you to all of those that signed up and we hope that you will join us later in the season!

Chairpersons Needed for Swim Meet Positions

There are currently THREE open chairperson positions that are needed for our Home meets- Head Timer, Hospitality Chair and Clerk of the Course (We will train if you have never done this position before). If you like to get all of your volunteering for the season done at the HOME meets these jobs are for you. If you like knowing exactly what your job is going to be every time then these jobs are for you. All three positions will have to chair these jobs at the time trials and the two HOME meets. Since the jobs require you to work so much at the HOME meets you will be excused from your volunteer requirements at AWAY meets except for Champs - everyone works champs even board members. If you are interested and would like to be considered please fill out the form. [Click here](#).

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](#).

2022 Social and Fundraising Chairs

We want to welcome our new 2022 Social and Fundraising Chairpersons! Thank you to the following individuals for stepping up to volunteer to help make our team successful!

- Fun Friday Pancake Chair- Michelle Wise
- Dine-In Movie Chair - Cathy Nieto

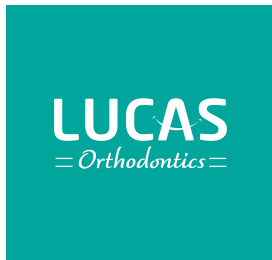
- Unity Week Chair - Angie Bickel
- Spirit Week Chair- Heidi Garner and Cathy Nieto
- Raffle/In-Kind Chair - Shannon McHenry
- Scavenger Hunt Chair- Heidi Garner
- Sno-Cones Fundraising Chair - Stefanie Ellis
- Coach Appreciation Week/Sunsplash Coordinator - Ashley Slovak

Time Trials: Saturday, May 14

Time Trials (Barracudas only) is a mock swim meet used to establish baseline times for all swimmers, so it is important for swimmers to attend. If your swimmer is not able to attend, he/she will get a baseline time at his/her first swim meet. Having a baseline time helps the coaches place your child in the right race and compete against other kids at their level. Time trials are also a chance for our parent volunteers to familiarize themselves with the meet procedures. Step-by-step instructions for signing up (declaring) swimmers and signing up for volunteer jobs are on our team website.

- Online registration deadline for swimmers: Wednesday, May 11, 2022 at 11:59pm.
- Once your child is declared please go into the volunteer site and pick a shift.
- If your child is swimming, you are **REQUIRED** to volunteer for one shift.

Thank you to our AMAZING 2022 Sponsors!



2022 Calendar

May

Thu 5/12 - New family swim meet walkthrough - 5-6pm
 Thu 5/12 - Kick-off Summer swim team social- 6pm
 Sat 5/14 - Time Trials@ BB
 Sat 5/14 - First Annual Cornhole Tournament @BSC - 5pm (More details coming soon)
 Sat 5/21 - BB@ College Greens Gators
 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
 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