Cuda Zone News

ISSUE 7 / June 7, 2022

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

Message From Coach Wendy

To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.

Cudas--we saw so many of you blow past your self determined limitations at the meet at LBD! What a win! With only half of our team coming to the competition--we did it! With so many gone, many of you were asked to step into relays and other positions to score points and YOU DID IT! A 20 point spread is only a few 3rd places, a couple 2nd places or a winning relay. Each person that attended Saturday contributed to our amazing win by swimming their heart out no matter where they were. Thank you! This is how our individual efforts create a team-by attending our meets as consistently as possible and doing our best no matter what!

And then came Monday with the news of our pool. We are super hopeful that all parts arrive and everything is back together again so we can have a real practice on Thursday. However, please make every effort to find time to work out on your own! Do some cardio (ie bike, run, dance). Watch some Olympic videos and learn. Also, please come tomorrow! Something I have always told my kids is: You get what you get and you MAKE THE BEST OF IT. Here is what we are doing to make the best of it. We will pump up the music and get to work and do the best we can. Come & be a part of it!

Also, make sure you attend your age group activity this week! The volunteers have worked hard so that we can create bonds within our team. Take some time to attend.

Lastly, some advice: swimmer growth is impossible without opportunity. They can practice all they want but without in-meet opportunities, competitive growth will flat line along with confidence and passion. Be reliable with good attendance at practices and meets. Strive to do your best with hard work and effort. Show consistency in effort from day-to-day. Show dedication and determination. Have a positive attitude.

Let's go Cudas!

Team Picture Day - Tomorrow June 8th

Team Picture day is fast approaching so make sure you mark your calendar! Picture day will be on TOMORROW 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. Because of the pool pump issue, the coaches will have a fun team practice after in the family pool. Plan to stay!

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 25th**, 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

- **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 8th 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!

Swim-A-Thon donation email instructions

The TeamUnify fundraising platform has some tools to request donations from friends, family and co-workers. Here are the steps to create your swimmer profile and send donation letters via email.

If you own a business, know a friend with a business, or have a side hustle and are able to donate prizes for our raffle drawing on the day of the swim a thon, let us know. We appreciate the donations and will be announcing the businesses during the event and via email to get the word out to support our local businesses. If you are able to help out with items please email Shannon McHenry, shanr81@yahoo.com. Thanks for your support!

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! We will start recognizing the first group of our seniors this weekend at the home meet against the Sea Otters.

Cuda Day at Sunsplash - June 28th - Order tickets now

We're returning to Sunsplash for a fun day sliding in the sun. The order form is attached here. Please put completed order forms in the Slovak family folder. Deadline for ordering tickets is Sunday, June 19th so don't miss out. For more info or any questions, please email Ashley Slovak at ahslovak.com.

Cuda Caps and Fundraising Hats

If you still need to pick up your personalized swim caps or want to purchase any of our remaining Cuda caps (silicone are $20 and latex are $10) please contact Adrienne Ferron at 916-996-6656 to arrange a pickup.

The fundraising hats are also in. Most have been picked up but if you haven't, please contact Heidi Garner at heidileagarner@hotmail.com to arrange pickup.

Important Reminders

As you can imagine, managing a team of 100+ volunteers at meets is a big job. Please make sure you are signing up for jobs when your kids are at meets, that you check in for your volunteer job at the morning check in, attend the job meetings before the meet (i.e. timers, stroke and turn, etc.) and most importantly, show up for your job for your selected shift. First shift needs to be in place by 7:55am at the meets. Second shift is announced, but it's easier to remember that the second shift starts with the backstroke events (event 42). Start heading to your position when you hear the announcers calling event 41 to relieve the first shift volunteers.

Remember to check your family folders regularly. We will put important notices, ribbons, etc. in those folders. Be sure to empty those weekly.

Broadstone Summer Pool Party

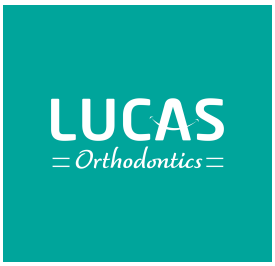
The club is hosting a summer pool party on June 23rd from 6-8pm. They are having a waterslide, jump house, popcorn, snow cones, games in the pool and grass, temporary tattoos for the kids, a photo booth, and a raffle for some great prizes. Click here for the registration form. You can also sign up at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

Important Dates For Declaring your Swimmer

- 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

Thank you to our AMAZING 2022 Sponsors!







2022 Calendar

June
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