

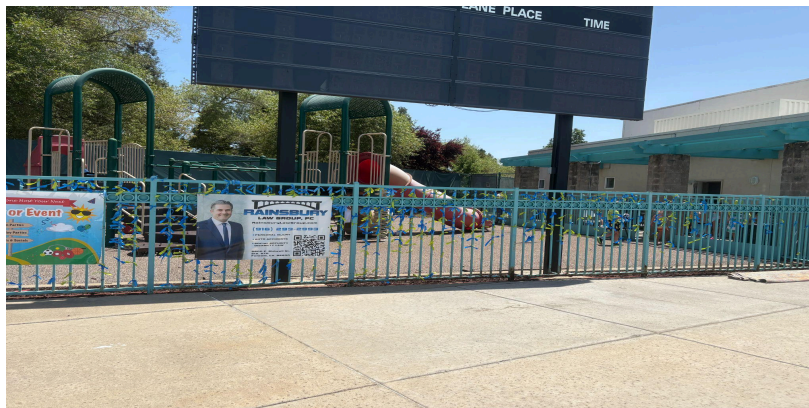


# Cuda Zone News

June 17, 2025

[broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

## Message from Coach Wendy



Have you asked your swimmers why there are so many ribbons on the fence?? Each ribbon represents a best time swam at a meet. We are currently averaging half our swims as best times. We could not be happier for you guys!

But with that being said, it is also very common at this point in our season that swimmers might hit the dreaded PLATEAU.

Swimmers, at any level, can hit a plateau. Basically, this means that the results you get from your training slow down or even stop. Plateauing can be extremely frustrating when you don't hit the times for which you've been training. So often it's easy to look too deeply into it and forget that the solution may be as simple as a small change. Often, we tend to complicate training, which may lead to a plateau. If you are struggling to improve, here are some suggestions:

1. Ask yourself if you are doing an honest workout. Are you listening and following the directions? Are you attending daily? Dry land?
2. Ask for help! We try to see everything going on, but we miss things sometimes...ask for help!

3. Trust the program. We didn't build our season to have you competing at your best in June. We built our season to have you in prime shape for Champs (July 18-20).

4. Be persistent! If we give up because of a setback, we cannot move forward. "The grandest quality of a true achiever is not natural talent or acquired skill, but PERSISTENCE – the will to keep going when the way grows hard. The true achiever never gives up when difficulty comes. He fights off the discouragement of defeat."

Remember: "When you want to get good at something, how you spend your time practicing is far more important than the amount of time you spend."

**Keep your head in line--not only in your swims Cudas--but also on Champs. Let's go get 'em!**

Coach Wendy

## **Upcoming Events**

### **Coaches Appreciation Week**

Next week, from June 23 to 26, we will honor the commitment and effort of our outstanding coaches with a fun-filled week! Stay tuned for more details coming this week.

### **Folsom Aquatic Center**

Save the Date, July 7th the Cuda's will be heading to Folsom Aquatic Center for some fun and team bonding. More information to come.

## **Club News**

We kindly ask that no merchandise be sold on the pool deck unless it has been approved in advance by the CUDA Board. Unauthorized sales can create confusion and interfere with team operations. Thank you for your cooperation and understanding!

### **Reminder!**

While in the fitness center, guests MUST wear closed toed athletic shoes.

### **Family Pool Bingo Night-**

Join us for an exciting evening at our Family Pool Bingo Night on Thursday, June 19th, starting at 5:00 PM! This fun-filled event will feature bounce houses for the kids, delicious snow cones, popcorn, and lively music to keep the energy high. Plus, there will be raffle prizes to win, and our friendly lifeguards will be on duty to ensure everyone has a safe and enjoyable time.

The cost for participation is \$15.00 per family, while couples can join for just \$10.00.

Be sure to visit the table set up in the lobby, where we have some of the fantastic prizes on display. Come take a look and get excited for the evening ahead!

## **Barracuda Swim Practice Updates**

**DRYLAND** Dryland practice takes place for 11 years of age and up every Tuesday and Thursday. It's a 45-minute workout that takes place following your swim practice. Swimmers should bring a change of exercise clothes, tennis shoes (and socks!), a water bottle, and a snack, as they will have a 15-minute break before Dryland starts. Dryland is led by the amazing Coach Stacey!

**EQUIPMENT:** Please bring your equipment every day except Friday. Pro tip: Rewrite your name every Sunday. We really want to train your swimmers, but that becomes difficult when they do not have the correct equipment.

**10&Under:** cap, goggles, fins, cheap flip flops, FILLED WATER BOTTLE

**11&up:** cap, goggles, fins, hand paddles, FILLED WATER BOTTLE

If you have a swimmer that will need to attend a night practice due to a camp, other sport, working parent, etc. please also contact Coach Wendy with those dates. **YOU HAVE TO HAVE APPROVAL TO ATTEND NIGHT PRACTICES IN THE SUMMER** - This is a safety issue! We have to have to know so that we have enough coaches on deck. Coach Wendy's email is [coachwendy928@gmail.com](mailto:coachwendy928@gmail.com).

**Summer Practice Schedule: Starts June 2nd-July 18th**

\*Swimmers swimming champs will practice until 7/18. Swimmers who are not going to champs will end 7/12.

Ages	Time
15-18	7:30-8:45 am
13-14	8:45-9:45 am
11-12	9:45-10:45 am
9-10	10:45-11:45 am
7-8	11:45-12:30 pm
6&Under	12:30-1:00 pm
Junior Barracudas	12:30-1:00 pm

**This Week's Meet Broadstone @ College Greens**

Event Location: College Greens Swim & Racquet Club, 2707 Notre Dame Drive, Sacramento, CA 95826, USA

Start Date Time: **Jun 21, 2025 06:30 AM**

End Date Time: **Jun 21, 2025 02:00 PM**



**WELCOME TO COLLEGE GREENS**  
**HOME OF THE GATORS**

**Parking & Directions:** The College Greens Swim & Racquet Club is located at 2707 Notre Dame Drive, Sacramento, 95826.

From Highway 50, take Howe Avenue/Power Inn exit and head south, go left at Folsom Blvd, go left at Notre Dame Drive. The club is at the intersection of Notre Dame & Lake Forest Drive. Parking in the lot immediately in front of the club is reserved for meet officials and set-up crew. Parking is available in the neighborhood surrounding the club.

PLEASE be mindful of blocking our neighbors' driveways and the early hour as they wake to the sounds of a morning swim meet. If handicap parking is needed by a family from your team, please let us know and we are happy to accommodate more spaces than the one already there.

**Schedule:** We make every attempt to start the meet promptly and keep it running efficiently. Meet time frame:

6:15 a.m. - Front gate opens  
6:25 to 6:45 a.m. - Check-in swimmers & volunteers  
6:45 to 7:05 a.m. - College Greens Gators warm-up period  
6:55 a.m. - Scratch session  
7:15 a.m. - Timers, Ready Bench, Stroke and Turn meetings  
7:05 to 7:25 a.m. - Visiting team warm-up period  
7:25 to 7:35 a.m. - Team Cheers and National Anthem  
7:30 to 7:45 a.m. - Little Gators and Friends freestyle  
7:45 a.m. to 1:15 p.m. - Swim meet (ending time may vary)

Please let us know if you have any swimmers needing special accommodations during their race due to disabilities.

**Pool:** We have a 6-lane pool. The diving board area and the stair entry area are OFF LIMITS. Lanes 1-6 are marked, with lane 1 being closest to the official's tent and lane 6 near the diving board side. In the starting area, please practice quietly for the start. All waiting swimmers should be in/near the chairs behind the timers and course officials until called to the blocks. Please avoid entering this area unless you are a swimmer, coach, timer, or official.

**Meet Program:** As events are seeded, we will post a meet program on deck near the clubhouse. We have a 6 lane pool, and limit IM, Long Free, and relay events to 1 heat. 15-18 IM races have no limit on entries.

**Guest Team Area:** Please feel free to set up anywhere on the grass in our guest team area. The guest team area is located on the north side of the walkway that splits the club's grounds. This is between the pool, kiddie pool, and sand volleyball court. If the area becomes too full, the sports court will be made available if visitors need more space. Just visit the official's tent with any needs. We request that NO TARPS are used to cover the grass and NO STAKED umbrellas or anything similar, that drives into the lawn. *This includes the half dome tents with a tarp floor.* Please do not attach hammocks to or hang items from trees or any fencing on the grounds.

PLEASE NOTE: The kiddie pool, play structure, volleyball court, and sport court are off limits during the meet.

**Restrooms:** There are men's and women's restrooms to one side of the club entrance and port-a-potties in the parking lot.

**Joint Ready Bench:** A joint ready bench will be utilized for swimmers 10 and under. Swimmers 11 and older are welcome to use the area but please make sure they are aware that it will not be staffed. Please have all relay swimmers together before checking in at the ready bench. The area will have a shade structure over it and there will be bench seating available.

**Volunteers:** We ask visiting teams to provide the following volunteers. Shift change is after long free for timers and ready bench. A pre-meet meeting will be called for each group around 7:30 a.m.

- 9 timers per shift. First shift timers will time the events through the completion of the long free. We ask that all second shift timers report to their seats at the shallow end of the pool no later than event #36. First shift timers will then meet their respective replacements at the shallow end. Second shift timers begin their shift at the beginning of backstroke.
- 4 ready bench volunteers per shift.
- 2 stroke & turn judges per shift. The visiting team may organize their own shifts/changes based on their availability. The visiting team will staff 2 corners (3 lanes) of the pool. During freestyle, we will use one judge from each team to cover all 6 lanes.
- Visiting Coach(es), League Reps, and/or Team Presidents are welcomed and encouraged to come to the official's table to connect and meet with the referee and/or other officials.

**Snack Bar:** A snack bar serving meals, snacks, treats, and drinks (including breakfast items) will be available throughout the meet and is located in the clubhouse. A sample of our snack bar menu includes breakfast burritos, donuts, coffee, tri-tip sandwiches, hamburgers, hot dogs, and more. You may also bring food and beverages of your own. No alcohol is permitted during meets.

**Kona Ice:** In addition to our snack bar selections, Kona Ice will be available in front of the clubhouse starting around 10 am.

**Play Structure, Kiddie Pool, Sport Court, and Volleyball Court:** Please have your children refrain from playing in the volleyball court, kiddie pool, and on the play structure. Other than the swimming pool, the club is considered to be closed during a meet.

**Little Gators:** Non-swimming gators and our little guests have an opportunity to get involved in our home meets. Before the meet begins, we allow non-swimmers to get in the pool and swim freestyle with assistance. After long free, during timer change, our little gators and guests give backstroke a try with assistance. You are more than welcome to join us, and to encourage the kids.

**Pets:** There are no pets allowed on the College Greens Swim & Racquet Club grounds.

**League Rules on swim suits, taping/bracing and other accommodations:**

Please see meet referee before the meet starts between 7:30 - 7:50 if any of the following apply:

1. You are 12 or under and plan on wearing any suit that resembles a tech suit. You must present to the referee with your suit in hand, NOT on your body.
2. You are using any accommodating clothing besides a standard suit, brief or jammer such as rash guards.
3. You have any taping, bracing or other medical accommodation.
4. Any other special needs that we may support you with.

Best of luck to all swimmers and we hope you enjoy your visit to College Greens!

## **New Meet Check-In Process: Relays**

Starting this week at the Park Terrace Meet you will follow a new process when you are checking your swimmers into the meet in the AM. In addition to checking in your swimmer and yourself for volunteering

you will also need to check the relay sheets (Medley/Free). If your swimmer is on the relay sheet for that day you will be required to put your initials next to your swimmers name showing that you know that your swimmer is scheduled to be in a relay. If you do not initial next to your swimmers name acknowledging that you know that your swimmer is scheduled then we will send a volunteer to find you, call you, text you and if all else fails call you over the loudspeaker. Please make our amazing volunteer check-in crew job easy and check the relay sheets. We hope that this process will make it easier for parents and make sure that no relay team is ever DQ'd for not having all its swimmers.

## Helpful Phone Apps

There are a couple more phone apps that are helpful during the season. The following two phone apps will give you all the information that you will need during meets.

- **Meet Mobile** provides real time meet results and heat & lane assignments. You can select favorite swimmers for quick access and view other teams as well. Basic app is free, but requires subscription for all results and heat/lane features.
- **On Deck** is a free app that connects to your Team Unify profile and is mobile friendly. It allows for meet results (not real time like Meet Mobile), and historical best times to keep track of your swimmer's personal bests.

## Team Picture Day-Save the Date!

Team pictures will take place at the Broadstone pool Tuesday, June 24th at 3:30 pm.

[Spectrum Picture Preorder](#) - Preorder online ahead of time. Make sure to write your invoice number (INV) on your paper order form and bring the day of pictures.

## Age Group Kickoff Party Updates

A special thank you to the Garner Family for hosting the 15-18s for tacos and swimming. Thank you also to Megham Hardisty and Kristin Taylor for hosting the 9-10 age group. Additionally, we appreciate Stephanie Sharma and Ashley Hart for volunteering to provide popsicles for our 6 & unders as well as the 7-8s (check your email for more information).

## CUDA Hats and Bandanas

[heidigarnerstudio.com](http://heidigarnerstudio.com)

The Broadstone Barracudas Swim team is excited to partner with Heidi Garner once again with custom Barracuda items. Heidi is a local artist, businesswoman, swim mom, and Barracuda Board member. Heidi gives a portion of each sale back to the Broadstone Barracudas.

Cool off with her new limited edition ice bandana. Preorder through her website and she can ship your order you can do a porch pick up.





## 2025 Meet Schedule

May

May 17- Broadstone @ Granite Bay Gators

May 24-26- Memorial Day Weekend - NO MEET

May 31 - EDH @ Broadstone

June

June 7 - Broadstone @ Park Terrace

June 14 - Sierra Sharks @ Broadstone

June 21- Broadstone @ College Greens

June 28- Broadstone @ Loomis Basin

July

July 5 - 4th of July Holiday Weekend - NO MEET

July 12 - Folsom Sea Otters @ Broadstone

July 18-20 - SSL Championships

\* Meet schedules are always subject to change due to unforeseen circumstances and league needs.

## Thank you to our AMAZING 2025 Sponsors!



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## Stay Informed

**PLEASE read what we email and post online so you have all the information you need about our team and the season.**

- Cuda Zone weekly newsletter
- Team website: [Broadstonebarracudas.org](http://Broadstonebarracudas.org)
- Emails
- Facebook: like us!
- Instagram: follow us at broadstone.barracudas