



Cuda Zone News

June 16, 2026

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MESSAGE FROM COACH WENDY

Hey Cuda Family!

I want to start by telling you how proud I am of our team and the sportsmanship you showed this week. Thank you to every swimmer who shook hands with competitors, thanked the timers, and represented our team with class. Remember, we cannot compete without our competitors, and we certainly couldn't have meets without the incredible parents and volunteers who make everything possible. Thank you for showing respect and gratitude.

As we continue to grow as a team, one thing will always be important to me: **staying humble, kind, and supportive of one another**. Fast swimmers are great. Great teammates are even better.

We have some exciting meets coming up, and we need everyone there—especially our meet on **June 27th**. Our season has just **one month remaining**, and every practice, every workout, and every race matters. Come to practice each day ready to learn, work hard, and improve. Success doesn't come from simply showing up—it comes from learning, applying what you've learned, and trusting the process.

Trust the Process

One of the most challenging parts of swimming is something called a **plateau**. At every level, swimmers sometimes reach a point where their times stop dropping or improvements seem to slow down. It can be frustrating when you're working hard and not seeing immediate results.

When that happens, don't panic. Often the solution isn't a major change—it's a small adjustment and a renewed commitment to the basics. If you're struggling to improve, ask yourself:

1. Am I doing an honest workout?

- Am I listening to instructions?
- Am I completing the sets as directed?
- Am I attending practice consistently?
- Am I participating in dryland?

2. Have I asked for help?

Our coaches work hard to watch everyone, but sometimes we miss things. If something doesn't feel right, ask questions. That's what we're here for.

3. Do I trust the program?

We didn't build this season to have you swimming your fastest in June. We built it so you're ready to perform your best when it matters most: **Championships, July 17-19.**

4. Am I being persistent?

Setbacks happen. Bad races happen. Tough practices happen. What separates great athletes is how they respond.

"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, improvement isn't about perfection. It's about showing up day after day and giving your best effort.

As I often tell our swimmers:

"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 working. Keep learning. Keep believing. The best part of our season is still ahead of us.

— Coach Wendy

P.S. Parents, please take a moment to share these messages with your swimmers!

A few items of business:

1. Come Prepared

Please continue bringing your equipment Monday through Thursday. Arriving prepared helps us maximize practice time.

Required Equipment:

- Filled water bottle
- Swimsuit
- Swim cap
- Goggles
- Fins
- Paddles (11 & Up swimmers)

2. Bathroom Breaks

We are no longer allowing swimmers to leave practice for bathroom breaks. Please make sure your swimmer uses the restroom before arriving at practice.

3. Sunscreen Reminder

Please apply sunscreen **before leaving home** whenever possible. Sunscreen needs time to absorb into the skin. When it's sprayed on right before swimmers jump into the pool, much of it washes off immediately and can affect pool chemistry.

Please apply sunscreen **at least 10 minutes before entering the water**. Thank you for helping us protect both our swimmers and pool.

BROADSTONE CLUB NEWS/REQUESTS

Skip the line and preorder your food from [Blue Rice Cafe](#) for Saturday's Meet.



- Please bring your own towel from home for swim meets.
- Swimmers need to use the jr. locker rooms, not the adult locker room, while at the swim meet.

CUDA PICTURE DAY- Tuesday, JUNE 23RD AT 3:30 PM. Say "Cheese"!

Wear your Cuda suit and best smile. Order forms are located next to ribbon boxes.

Time To Declare Your Swimmers

(LBD @ BB Swimmers must declare by June 19, 2026)

The Friday before (week prior) every meet you will need to go in and declare whether or not your swimmer will participate in the meet. The intention to swim has to be declared so that our computer

operations team can submit our roster to the league and so that our coaches can “seat the meet” (put swimmers in the individual and relay races they feel they are best suited for). Once those rosters are submitted we cannot add you so please be mindful of deadlines.

To make your life easier our amazing computer operations folks have built all of our meets for the season. You can now declare your swimmers for each meet instead of doing it week-by-week. If your swimmer will NOT be swimming please also declare the swimmer as a “No.” If you leave your commitment blank you will start getting reminder emails to register your swimmer. You are still able to go in and change it until the deadline.

How to register your swimmer:

- Go to the Barracudas website at www.broadstonebarracudas.org
- Login to your account
- Click on Events and Competition
- Click on “Edit Commitment” in each meet.

Ribbons

Ribbons will be available Thursday mornings for the prior Saturday’s meet. Please check your file for remaining items from last year. Any swim caps that have not been picked up will be added to the file folders as well.

In an effort to be less wasteful, the team will not be dispensing ribbons for the 15-18 age group. If your swimmer in that age group would like a ribbon, please email cudasops@gmail.com with your request.

Equipment Needed for Practice

Having the right gear is crucial for your swimmer’s progress. Please ensure your child has the following:

- **All Swimmers:** Swim cap, goggles (dark goggles recommended), and a well-fitting swimsuit.
- **10 & Under:** Long blade fins (no scuba fins), inexpensive flip-flops (they’ll get wet!), and a mesh bag to carry everything.
- **11 & Up:** Short blade fins, hand paddles (size of swimmer's hand).

IMPORTANT: Please make sure all items are labeled (multiple times is best!). We’ve had issues in the past with swimmers not bringing their fins, which disrupts practice. Make sure your swimmer has everything they need every day.

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.
- **Time DropLive!** **password: 2026** —Time Drop allows you to see your child’s race times right after they finish, check what place they got in their heat or event, and look up past races from that meet.

Age Group Season Kick-off Pool Parties

6 and Under Unity Party June 18th-Fun in the Sun!

Attention all 6 and Under Cudas! Don't miss this year's unity party. Thank you, Jillian French, Liz Isaacs, and Maureen Toberman for hosting. See link below for more details.

[6 and Under Evite](#)

2026 Swimsuits/Team Apparel

If you have not yet ordered your team suit, now is the time. SwimOutlet!

[Broadstone Barracuda Swim Team Team Store](#)



If you missed the pop up at Time Trials, you can still go online and order apparel. [Merch Link](#)

Apparel questions: broadstonecudasapparel@gmail.com

Team Buy/Sell/Trade Google Sheet:

Kids are expensive and so are the swimsuits. If you have a new or gently used team swimsuit or swimsuit gear to buy/sell/or trade please check out this google sheet. If you want to sell something please just enter the info into the google sheet. If you sell/trade something please come back and cross the item off the list so that others know.

Link to Sheet:

https://docs.google.com/spreadsheets/d/1glnmj5kVo-fBlxOtU0er-Wxha9gRDOykPyNMk_AhpJQ/edit#gid=0

2026 Broadstone Barracudas Meet Schedule

2026 meet schedule	
AS OF 3/4/26	
MAY 9	time trials
MAY 16	bb @ edh
MAY 30	pt @ bb
JUN 6	bb @ ss
JUN 13	bb @ cg
JUN 20	fso @ bb
JUN 27	lbd @ bb
JUL 10	gbg @ bb (night meet)
JUL 17-19	ssl champs @ del oro hs
AUG 1-2	meet of champions

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
 - Emails
 - Facebook: like us!
 - Instagram: follow us at broadstone.barracudas
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