Cuda Zone News

July 8, 2025

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Coaches Message

As we near the end of our 2025 season, my heart is so full Cuda Family! What an adventure this season has been and I look forward to finishing it strong.

First, on behalf of our coaching staff, I would like to thank you for all the cards & gifts during Coach Appreciation Week. We truly felt loved! I especially loved reading everyone's favorite memories. Being a part of your summer is the best part of mine!

Second, today in practice, we began discussing how we can start preparing now to excel at our final Championship meet. If you are not attending Champs, you have your Champs this weekend against FSO. Either way, you were challenged to write down your final goals AND THEN write down *what you are willing to sacrifice to achieve your goals.* Please help your swimmers do this. I challenged them to start with looking at the following 3 areas in their lives to make improvements:

1. Sleep-/Rest: We need to be getting more sleep over the next couple of weeks and resting when we are able. This is not the time to increase practice for other sports or go for a run because we have the energy. The sun is super good for you, but spending long hours in the sun right now will deplete your energy. Be wise with your sleep & rest!

2. Diet: Changing up your diet before a big meet is crucial. You want to be at peak performance. What you eat today will affect how you swim in two weeks. Save your treats for after Champs. Make sure you are hydrating. Make sure you are eating protein so that your muscles are able to recover.

3. Media: The media we consume takes us to other places, and we want to be present in our races. We want our minds to be clear. We want to be focused. Try to use media a little less every day until after Championships.

"The truth is that nine out of ten times, it's your mind, not your body, that holds you back. By developing the right habits and mindset, you can get rid of the self-doubt and overcome almost any obstacle or challenge. Remember: You always win in the mind first"

Cudas--you are capable, you are strong! Let's work together to meet all of our goals!

Final Meet vs. Folsom Sea Otters @ Broadstone

Schedule:
• 6:30 – 6:50 am Swimmer and parents check in
• 7:00 – 7:25am Barracuda warm-up period
• 7:25 – 7:50 am Visiting team warm-up period
• 6:50 – 7:30am Scratch session (held inside club by the café)
• 8:00 – 2:00pm Swim meet (ending time may vary)

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.

- **Time Drop** This week's meet name on Time Drops will be: 2025 FSO @ BB
  Pin (to see swimmer names): 2025

  We're looking forward to a great meet! Go Cudas.

Kiki's Blue Rice Cafe link

If you haven't ordered any food at Blue Rice Cafe (Cafe inside club) then you are missing out! Kiki Valenty runs the Cafe and she makes amazing food. She will be offering food during swim meets and will take pre-orders beforehand which makes it even easier. It is suggested that you do pre-order so that you get a meal. If you do not pre-order then you will take a chance that they sell out.

Spirit Tent-Home Meets

Visit our spirit tent during home meets! We invite you to join us in celebrating personal bests with a fun spin of the wheel. Additionally, Heidi will be offering a variety of merchandise, including hats, stickers, and bracelets for sale. If you would like to pre order, here is the link to her website Heidi Garner Studios. If you're in the market for a cap, you can also find a stylish Cuda cap available at the spirit tent. Don't miss out on this opportunity to show your support and grab some great gear!

End-Of-Year Awards and Appreciation Night Save-The-Date

Team Awards night will be held on **Tuesday, July 22th @7pm at Broadstone (back lawn).** Please be sure to bring a blanket with lawn chairs so you have somewhere to sit during the event. Cake will be served. If you would like to preorder your dinner from Blue Rice Cafe please order through this **link**

Practice Updates - July 14-17th

Practice next week (July 14-17th) is for those swimmers who are swimming Championships ONLY! If you are not swimming Champs then Friday July 11th will be your last practice for the season. Next week is practice

only for those swimming Championships so that the coaches can give all their attention to those swimming in the meet and to give time for relays to practice together.

Champs Updates

If your swimmer is swimming Championships you will be getting a separate email with all of the Championships information shortly.

Meet of Champions MOC (Not Champs)

If your swimmer has achieved a Meet of Champions (MOC) time this season or places in the Top 10 at Championships next weekend they are eligible to swim at the Meet of Champions swim meet. The event will take place August 2nd-3rd this year at the Roseville Aquatic Center . For more information please click here.

Thank you to our AMAZING 2025 Sponsors!













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