Cuda Zone News

ISSUE 3 / May 2, 2023

broadstone.barracudas@gmail.com

Message from Coach Wendy

WEEK 1 is in the books! Thank you to everyone for helping your swimmers arrive and be ready on time. It truly helps everything run smoothly when kids come with their caps on and googles ready!

A thought for this week: "Be willing to be a beginner every single morning." (Meister Eckhart)

With the beginning of a new season there are so many emotions. Some of our newer swimmers may feel overwhelmed, some of our swimmers who have been training in other sports may feel frustrated from not being 'swim' fit, and of course there is excitement and joy. For me, I feel all of these! One thing I can tell you (to hopefully help you) is that every single coach on our team wants you to improve. We want your stroke to improve. We want your strength to improve. We want you to feel strong and confident. But we all have different ways of getting you there. So if you are willing to "be a beginner" and be a "good student of the sport" you will find great success this season. When you are willing to listen and learn from others, you will be a stronger, better swimmer--which is what we are all here to accomplish.

One More Announcer Needed For The Crew!

Are you wondering what the perfect volunteer position is for the coming season? Are you comfortable on the microphone or have a playlist waiting to be shared? Consider joining the most fun crew around, with the best seats on the deck, and becoming part of the “Voice of the Cudas.” We are looking for ONE more fun individual to join us for the 2023 season. Please make sure you are available for a shift at all home meets. Contact Nate Whaley at nswhaley@hotmail.com if you are interested.

Help Us With Your Name!

Our wonderful Announcers do their very best to make sure that all swimmers' first and last names are pronounced correctly. Unfortunately, they sometimes miss. Please help us by filling out a simple form so that we announce your swimmers names correctly. **Click here.**

Time Trials- This Weekend!

Time Trials are this weekend and we are so excited! Below is the lineup for the event. Let us know if you have any questions at broadstone.barracudas@gmail.com. Job sign-ups have been posted so please sign-up if you have not done so already. For the new swim families- if this is your first time you’ve been to a meet, it

may be a bit overwhelming! If you have questions during the meet, feel free to ask the board members, other parents, volunteer coordinator (located at the volunteer check in tent) or the swimmer check-in crew.

Meet Lineup for Saturday, May 6, 2023 Time Trials:
Where: Broadstone Sports Club
Who: Broadstone Barracudas Swimmers only. This is not a dual meet.

Timeline:
6:30-7am - Check-in for swimmers and volunteers
7-7:45am - Coaches Scratch Session (where the coach crosses out all swimmers that have not checked in)
7-7:45am - Approximate time for team warm-ups - listen to the PA system for age group announcements
8am- 1:30pm - Swim meet (ending time may vary)

Check-in: The check-in table will be located inside the large gate in the parking lot (between the tennis court and the building). All swimmers AND volunteers must check in by 7am. Simply put a checkmark next to your names. Any swimmer not checked in by this time will be scratched (removed) from time trials.

Volunteers: Please show up for your job. When you check-in please ask the volunteer check-in tent for any important directions for your job. If you are a PM job please listen for calls over the PA system for when/where you should report for your shift.

Family Set-up: Upon check-in at 6:30am you can begin setting up. Pop-up tents are ONLY allowed on the back lawn.

Events: Swimmers will compete in ALL events that they are eligible to swim in for their age group. No relays at time trials.

Introducing The All NEW Broadstone Barracuda Swim Buddies!

This year we are introducing a new buddy program for our swimmers. Buddies are meant to foster good sportsmanship by always being kind, increasing team unity & friendship, and providing support across the entire team. It is for all age groups and is a great way to meet other families. Always try to remember to cheer for your buddy!

Signing up as a swim buddy requires a small commitment from both participants, so please do not sign up if you do not feel you can reach out to your buddy consistently throughout the season. If you will not be at a swim meet we can match your Buddy to someone else who will be there. The Broadstone Barracudas are run by Parent/Family Participation and we want that sense of community & volunteering spirit to continue in our swimmers.

Please **click here** if you are interested in participating. Please fill out the form for EACH individual swimmer if you are signing up younger kids.

If you have any questions please contact Michelle Craft or Susan Leon-Wood:
Susan: sleonwood@gmail.com or Michelle: barracuda.swim@gmail.com

Team Swim Cap UPDATES!

All team caps should have been picked up by now. If you have not picked up your cap please see the information below.

We have one family whose caps we believe were accidentally grabbed by another family. Can you please check your caps and make sure you don't have a cap that says "Pulsipher," on the cap. If you do please contact Adrienne Ferron so we can get those caps to them and get you your correct caps.

Contact Info:
Adrienne Ferron
adiferron@icloudcom
916.996.6656

Please email Adrienne if:

- You still have a swim cap to pick up
- You are interested in a Silicone Cap ($20). There are still a few silicone caps that will be arriving by the end of the month. If you are interested, please email ASAP.
- You are interested in a Latex Cap ($10), they are available now.

Senior Swimmer Questionnaires

We are always 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 senior questionnaire form so that we can be sure to honor your swimmer at our July 15th home meet! Please click here.

Calling All Musicians and Vocalists: We Need YOU!!

We are looking for **one** more instrumentalist or vocalist to kick off one of our home meets. If you are interested please contact Nate Whaley at nswhaley@hotmail.com. In your email please state which event you are available.

Parent Involvement Requirements Reduced Down

Due to the number of families that are currently registered for the team we have reduced the parent involvement requirements down to **8** shifts instead of **10** shifts as was stated in the registration paperwork that you all signed. We hope that this new way of doing things provides the flexibility to earn your shifts the way you would like to earn them whether that be through working meets, a social event, an age-group event, swim-a-thon or other important ways. If you have any questions please contact our volunteer coordinator at barracuda.swim@gmail.com.

Junior Barracudas Is Back!! Start This Week!

Junior Barracudas registration has started back up this season! This year for the **FIRST TIME EVER** you do **NOT** need to be a member of Broadstone in order to do the Junior Barracudas 3-week class in May and June. So, if you have a friend that is interested in doing Juniors with you but they are not members you are welcome to invite them along. This swim program focuses on freestyle, backstroke and diving skills designed to prepare children for the Broadstone Swim Team. Instruction is done in the water with the children. Swimmers must be ages 4-7 and be able to swim independently without fear of the water. It is imperative for the safety of our swimmers that participants are water safe and ready to learn. The club offers other programs to prepare children for confidence in the water. Children may also participate in home Barracuda swim meets when the coach determines readiness. Parents will be asked to provide goggles and fins for their child. Details will be given at the first class meeting. This program costs $140.

Session 1: May 1-25: Mon, Wed, Thursday from 5-5:30pm
Session 2: June 5-29: Mon, Wed, Thursday from 5-5:30pm

To sign-up please go to the Broadstone Barracudas website at www.broadstonebarracudas.org.

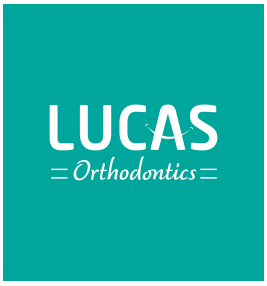
Stay Informed

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

Thank you to our AMAZING 2023 Sponsors!







2023 Calendar

May

5/1-5/2 - Age Group "Break The Ice" Events - see website for details.
5/6- Time Trials @BSC
5/20- BB@LBD
5/27- Holiday Weekend- No Meet
5/29-Summer swim practice schedule begins

June

6/3- BB@Folsom Sea Otters
6/9- BB@Granite Bay (Friday Meet)
6/13-6/14 - Age Group Unity Events (fun events organized by age groups)
6/16-EDH@BB (Friday Meet)
6/19- Picture Day- 4pm SHARP!
6/19- Swim-A-Thon - 5pm - Starts Directly After Picture Day
6/24- BB@Park Terrace

July

7/1- Holiday Weekend- No Meet
7/8- Sierra Sharks@BB
7/10-7/14- Coach Appreciation Week
7/12- Sunsplash Day (Tentative Date)
7/15- College Greens@BB
7/17-20 - Champs Spirit Week
7/20- Cuda Champs Rally and Carb Night @ BSC - 5pm
7/25- Awards & Appreciation Night at BSC - 6pm