Cuda Zone News

May 12, 2026 broadstone.barracudas@gmail.com

Message from Coach Wendy:

If you haven't noticed, your swimmers are working hard! As a coaching staff, we are trying to give a very basic knowledge of each part of competitive swimming: strokes, dives, turns, and even vocabulary! It can be very overwhelming for newer swimmers (especially our new older-aged swimmers), but I promise that when you consistently participate in practice, the understanding and technique will come. Lois Lowry said, "Fear dims when you learn things." Take the opportunity to learn by attending practices.

Now that we have had our time trials, we will revisit each part of what we have already covered more in depth. But nothing will help your child be more successful than consistent participation in practice. Teach your kids to ask questions during practice if they don't understand something. Our coaching staff is here to help! Do not forget your equipment!!!

Also, we are ready for FINS! Please have swimmers bring fins (and paddles for 11&U) on every day except *Friday*. Friday is a non-equipment day.

Dq slips are coming! But also, our amazing computer ops team put the DQ reason in the report they sent Sunday so you can check there!

Please make the 5/30 and 6/27 meets a priority! We want to make sure and defend out home pool!

Cinco De Swim-O Fundraiser: Donate Here

A huge thank you to everyone who donated, volunteered, and supported our Cinco de Swim-o fundraiser! Because of your generosity, we raised over $8,000 to support our swim program. Your support helps provide training materials and exciting events for our swimmers, and we are incredibly grateful for this amazing community. Thank you for making this event such a success!

Time To Declare Your Swimmers

PT@BB MAY 30th. (Swimmers must declare by Friday May 22nd)

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.

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

While our team enjoys swimming, we also prioritize having a great time! At the start of each season, we organize age group swim parties/potlucks. This gives kids the opportunity to meet new friends or reconnect with those they bonded with during the previous season.

We're seeking one family from each age group to host the event at their home. The good news is, this year hosting will fulfill one of your volunteer shifts. The following hosts are needed:

- 6 and Under
- 9/10
- 11/12
- 13/14

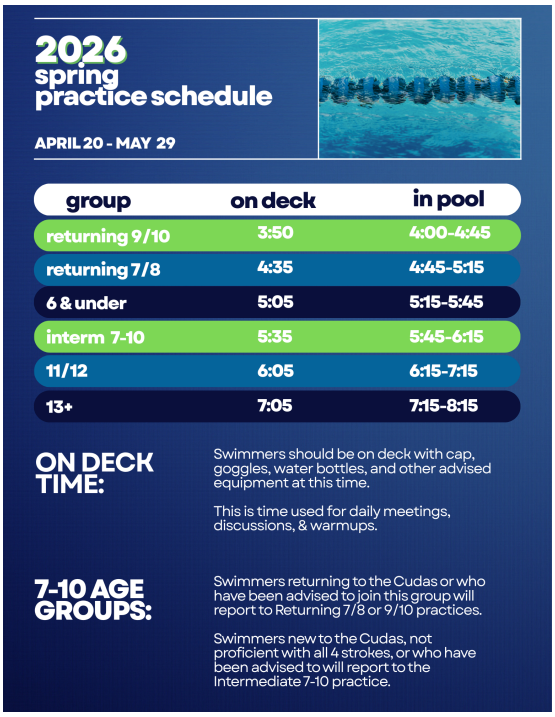
If you're interested in hosting, please reach out to Heidi Garner heidileagarner@hotmail.com or text 928-243-8537 for more details.

7/8 Unity Party May 26th from 5:15-6:30 pm

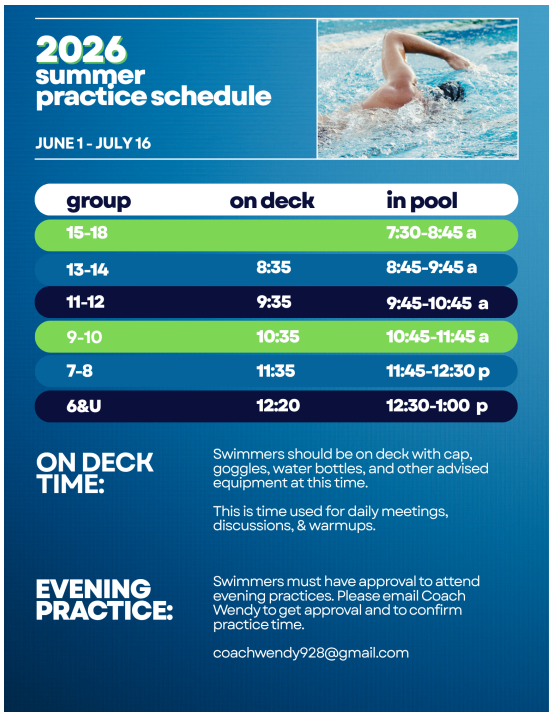
Come join the fun on the back lawn after practice. There will be pizza, ice cream, and games. Please RSVP through the link below. Thank you Megan Hardisty for organizing all the fun. **Note: All 7/8 Swimmers will attend the 4:45-5:15 practice on May 26th.** Families are welcome to join in the fun, food will be for 7/8 swimmers only. Parents are welcome to bring snacks for themselves and other children or can visit Kiki's Cafe for food.

[Party Link]

2026 Spring Swim Practice Schedule



2026 Summer Swim Practice Schedule



***Swimmers swimming champs will practice until 7/16.**
***Swimmers who are not going to champs will end 7/9.**

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/1gInmj5kVo-fBIxOtU0er-Wxha9gRDOykPyNMk_AhpJQ/edit#gid=0

2026 Broadstone Barracudas Meet Schedule



Broadstone Barracudas 2025 Parent Involvement Program Requirements

Swimming is a family sport & the success of the Barracuda Swim Team is dependent upon each family's participation. It takes thousands of volunteer hours to run the team and we cannot possibly do it all without the help of EVERY family. While we understand that all families are incredibly busy, your commitment is critical to making the swim season a success.

- Each family will fulfill a minimum of 6 volunteer shifts when registering for the team. These shifts can be fulfilled at swim meets, Swim-A-Thon, pancake days, etc.
- Each family new to the team must attend at least one information session or new family orientation.
- Volunteers must check in at the volunteer table before the meet starts. You must initial you are present at the meet.
- You may choose up to 2 shifts per meet to work. (Home and Away Meets)
- If you cannot work your shift you will be allowed to pay someone to work your shift for you. The worker must be 16 years old or older and in certain jobs 18 years or older (please see job description for age requirements)
- AM and PM shifts at meets many times do not go by times but rather by event number.
- If you would like to work as a meet ref, stroke and turn judge, starter, or computer operations you must have training. Please contact the volunteer coordinator for more information.

Champs Weekend:

If you have one or more swimmers in champs, you must complete at least 2 volunteer shifts at champs, *except:* If your swimmers are only swimming one day at champs, you only need to do one shift. Hours worked at champs do not count toward the 6-shift family commitment.

Penalty:

- At the end of the season all families that have not fulfilled all 6 shifts will receive a $450 fine and the loss of priority registration. Your account will be frozen and you will be unable to register for another Barracuda program until you have brought your account back to good standing.
- Families will be charged $200 for not completing Champs hours.

Process

- On April 27th at 8pm ALL jobs for the regular season will be released for signups (Does not include Champs). You will have until May 1st at 8am to sign-up for your 6 required shifts.
- At the end of the season all families that have not fulfilled all 6 shifts will receive a $450 fine and the loss of priority registration. Your account will be frozen and you will be unable to register for another Barracuda program until you have brought your account back to good standing.
- To check how many hours you have left to work, go to the Service Hours page in the "My Invoice/Payment" section (you will need to sign in to the site if you have not already done so to view this page).
- Any exceptions to the volunteer requirements must get approval from the volunteer coordinator Jennifer Richardson.

If fulfilling your commitments will be a problem please contact the volunteer coordinator at the BEGINNING of the season so that we can work together to help you find a way to be a contributing member of the team. Our swim program (besides the actual coaching) is run 100% by family & friends help, so each family's participation is vital.

QUESTIONS: Contact Jennifer Richardson, parent volunteer coordinator, at barracuda.swim@gmail.com.

For a list of the jobs available and what they are please click here.

JOB TRADES BOARD: click here.

Lightning-Rain Swim Practice Policy

Swim practice will continue as usual -rain or shine- unless there is lightning. Once we have a strike of lightning the pool is cleared for 45 minutes. Practice will resume if at all possible 45 minutes from the last strike.

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 2026 Sponsors!

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