



# Cuda Zone News

May 6, 2025

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

## Time Trials: Saturday, May 10th

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](mailto:broadstone.barracudas@gmail.com). 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 (wearing green shirts), other parents or the swimmer check-in crew.

### Meet Lineup for Saturday, May 11, 2024 Time Trials:

**Where:** Broadstone Sports Club

**Who:** Broadstone Barracudas Swimmers only. This is not a dual meet.

#### Timeline:

6:30-6:50 am - Check-in for swimmers and volunteers

6:50-7:45am - 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

7:45-7:50am- National Anthem and team cheer

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.

**Ready Bench:** All swimmers under the age of 10 years old will report to the ready bench. The announcer will call your age group to the ready bench - usually 3 events before they will swim. At the ready bench they will be organized by age/lane and then will be taken to the block by a member of the ready bench team. The ready bench is located adjacent to the racing pool next to the scoreboard and is shaded by pop-ups and misters when the temperature requires it.

**Volunteers:** Please show up for your job and do not leave early - we do take roll. When you check-in please ask the volunteer check-in for any important directions for your job. If you have a PM job please listen for calls over the PA system for when/where you should report for your shift (usually it's at event 41). All stroke and turn judges, timers (both AM and PM timers attend this meeting) and meet refs have an AM meeting at 7:30 am next to the announcer table.

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

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

**Family Pool/Spa:** During swim meets we do not allow swimmers in the back pool or spa. This is for everyone's safety because there is NO lifeguard on duty. Please help us enforce this rule.

## **Important Overall Meet Information from Computer Operations**

### **1. Declaring for a meet**

- Declaring for a meet is signing-up for attendance and participation to a meet, and must be completed by the Friday of the week prior to the meet.
- Moving forward **NO** additions will be allowed after sign-ups close for a meet. If you miss a deadline for declaring for a meet, your swimmer will not be eligible for the meet.
- Swimmers can scratch before the meet starts. If you know you need to scratch the day before or even sooner, please notify computer ops at [cudasops@gmail.com](mailto:cudasops@gmail.com)
- Meet Entries will be posted on TeamUnify by the evening before the meet and are based on coach assignments. Our coaches put a lot of time and effort into placing kids where they think they will do their best. Relay assignment is based on times.
- Heat and lane assignments will be made the day of the meet.
- Psych sheets will be available the evening prior to the meet.

### **2. Pre Meet Check Ins and Programs:**

- Check-in sheets will be prepared for check in starting at 6:30 AM and ending at 6:50 AM the morning of the meet.
- Any swimmers who miss check-in will be scratched from the entire meet and will not be eligible for participating in the meet. If you know you are running late please call a friend and have them check you in, do not email us. Once your swimmer is scratched there is NOTHING we can do to add them back.
- Computer Ops and Coaches will complete scratches from 6:50 AM to 7:30 AM.
- Seeding the meet will be done on deck for heat and lane assignments.
- Lane Timers Sheets will be printed and distributed to timers as soon as possible for an 8:00 AM start.

## **Helpful Phone Apps**

There are a couple 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 Pictures

Save the Date: Team pictures will be June 24th at 3:30 at the Broadstone Pool. More information to follow in upcoming newsletters.

## Age Group Parties

Thank You to Our Volunteers!

We appreciate everyone who has stepped forward to assist with the age group parties. We still require additional helpers for the 6 and under, as well as the 7/8 age groups. These two groups can be combined, allowing two parents to collaborate and "Host" the event. It will take place at the club after practice one day, featuring snacks and a meet-and-greet. The parent hosts will have the flexibility to finalize the date and arrangements!

If you're interested, please contact Heidi Garner at [heidileagarner@hotmail.com](mailto:heidileagarner@hotmail.com). Thank you!

## 2025 Swimsuits/Team Apparel

### Team Apparel Website:

[Broadstone Barracuda Swim Team Team Store](#)

### Heidi Garner Studio:

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

We have a few limited edition custom boco brand Barracudas hats left. Once these are gone, they are gone. You can order one online and if you choose "porch pickup" we will have them for you at the spirit tent at time trials. Please order before Friday the 9<sup>th</sup> if you want to have it at time trials.

<https://heidigarnerstudio.com/collections/truckers/products/broadstone-barracudas-team-hat-2023-season-boco-running-trucker-hat>



### Broadstone Barracuda's Limited Edition Team Hat- Boco Running Trucker

The Broadstone Barracudas Swim team is excited to partner with Heidi Garner once again on a limited edition, custom Barracuda hat fundraiser. Heidi is a local artist, businesswoman, swim mom, and Barracuda Board member. Her artwork can be seen on hats and apparel at local REI locations and other stores.

Throw in a few stickers to your order:

<https://heidigarnerstudio.com/collections/stickers/products/broadstone-sticker>



## Broadstone "Go Cudas" sticker

4 inch x 3.3 inch sticker for Folsom's Broadstone Barracuda Rec Swim team. A % of sales of this sticker goes directly to the team.

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

You can also order a custom printed hat. Because Heidi had a family emergency, and then will be out of town again there is a good chance she will not have them ready at time trials, but can have them for shipping or porch pick up after time trials. You can order them here:

<https://heidigarnerstudio.com/collections/kids-hats/products/custom-broadstone-barracuda-junior-and-youth-size-hats>



## Custom Broadstone Barracuda Youth and Young Adult size trucker hats.

All hats are individually printed with custom Name and the Broadstone Barracuda stylized logo. To guarantee a hat please Pre order by Friday May 31, 2024. After that point, if I have additional stock I will continue to sell until I am out of those hats...then the item will be marked "sold out" After ordering please email Heidi with your customizations.

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

She is limited on colors, and will need additional info so she will be reaching out to you for more info after you place your order.

### Team Buy/Sell/Trade Google Sheet:

Kids are expensive and so is sports gear and 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](https://docs.google.com/spreadsheets/d/1gInmj5kVo-fBIxOtU0er-Wxha9gRDOykPyNMk_AhpJQ/edit#gid=0)

## 2025 Meet Schedule

### May

**May 10- Time Trials @ Broadstone**

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.

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**Thank you to our AMAZING 2024 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](http://Broadstonebarracudas.org)
- Emails
- Facebook: like us!
- Instagram: follow us at broadstone.barracudas