BROADSTONE BARRACUDAS

Cuda Zone News

ISSUE 4 / May 9, 2023

broadstone.barracudas@gmail.com

Message from Shawn Cooper, Barracudas Board President

I remember the first "race" my daughter Alli swam like it was yesterday. She had been roaming the deck for more than a season watching and waiting, relegated to childcare (shout out to childcare for making the swim team possible for our family) instead of being allowed to compete, not so patiently waiting for her time to be a Barracuda. Then after waiting nearly half her life she had her moment during the Junior Barracudas exhibition meet to stand at the edge of the pool and dive! And like so many before her and so many to come she froze. Coaches coaxed, my wife Jenae encouraged her from behind and eventually she made it in the water and finished her race. Every year the Junior Barracuda races take me back to these sweet memories and I love it.

Swim season is filled with experiences, the joy of winning as a team while at the same time missing a spot on the relay team, the satisfaction of shaving a hard earned .1 second to reach a PR, the sweetness of friendship formed between events and after practices through the summer. Each year around this time I have the privilege to recount so many memories made through our families involvement with the Barracudas. I also remember the harder days. Days when we would talk about the disappointment that comes with not meeting goals, days ending in frustration when I've made 4 laps around the club trying to find my kids who were supposed to come out to the car right after practice and we just want to get home to eat dinner (don't judge, I know you've been there).

So far, this season is no different. This is my third year on the board and first as President and I have had the great privilege to step into a swim team created to facilitate these experiences. Many of us on the board are relatively new and "stand on the shoulders of giants" who established what we are today. Our goal is to continue to provide the excellent experience that has been the Broadstone Barracudas for more than 20 years, supporting our incredible coaching staff lead by Coach Wendy, being a resource for parents, and encouraging swimmers to reach their goals in and out of the pool.

Time Trials were a challenging start, with cold weather that most of our swimmers aren't accustomed to and some logistical issues that our volunteers had to overcome. I was pleased to see lots of smiles from swimmers and steadfast support from coaches, parents and friends when the circumstances seemed overwhelming. Thank you to everyone for helping us get off to a successful start, I appreciate each of you. We had more than 150 volunteers on Saturday! This is amazing and necessary. Please continue to be involved, we literally cannot produce a meet without volunteers. Many of you have talked to Michelle, our Volunteer Coordinator, she is working very hard to fill critical positions and make sure that we have all of our bases covered. Thanks for being flexible when you can.

When we started the swim team we were not a swim family. My wife and I are not swimmers, our kids barely made it across the pool, my daughter Myklin was the last swimmer to finish in the last heat and some days would have to take her goggles off to let the tears out between sets. Starting something new where it seemed that everyone else knew everyone else was a real challenge. Fortunately this didn't last long. Long time families reached out (thank you Dean and Ritchie families), through volunteering we met other parents (timing was my favorite job, I had 3 hours to get to know someone) swimmer coaches encouraged our littles between races and during practices and other swimmers welcomed our kids into their friend circles.

I tell this story hopefully to encourage you.

- If you're new to swimming, hang in there and get involved, it gets easier and I know you're going to enjoy it.
- If you're a family that's been around a while, please reach out to a face that's unfamiliar.
- Encourage your swimmers to grow their circles and get to know other swimmers, it really matters and makes our team stronger.

If I haven't met you yet I want to and I look forward to it! I'm so excited to get our season kicked off against a strong Loomis Basin team in a few short weeks - go Cudas!

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 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.

We will continue to revisit each part of what we have already covered more in depth. But nothing will help your child be successful more 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!

DQs: Regarding disqualifications (DQs), our No. 1 question is: What did I do? Swimmers are primarily DQ'd for violating stroke rules. Feel free to encourage your swimmers to speak with a coach if they get a DQ instead of a time. When possible, video your children swimming so that they can see how their stroke looks. Time permitting, we are willing to review video footage with your swimmer to help them understand how to continue improving (send via email please). "Remember, your best teacher is your last mistake." Use your mistakes to learn! Especially our new swimmers – there is A LOT to think about. Do not get discouraged – get determined!

Lastly, a few housekeeping rules:

1. All 13+ swimmers must wear caps during practices and at meets.
2. Please bring a water bottle to practice. We are trying to avoid swimmer's cramping. Remind your swimmers that hydration starts in the morning after they wake up. Drink a big glass of water to wake up faster and get your body going. Take a water bottle to school and drink it throughout the day--it will help you have a better practice
3. Please start bringing assigned gear to practices! We would love to start using fins now(Label them)!

First Dual Meet- Loomis Basin Dolphins @ Del Oro Pool - May 20

The first dual meet this season will be against the Loomis Basin Dolphins on Saturday, May 20th. Below are a few reminders and updates for how to participate in that meet. (*Remember that in order to swim in Championships you must participate in at least 3 dual meets. Time Trials doesn't count towards the required 3 due to it not being a dual meet.)*

Swimmer Declaration: Deadline- Friday, May 12, 2023

Loomis Basin Meet Jobs: Open - Wednesday, May 10, 2023 @8pm - Job signup closes - Wednesday, May 17, 2023.
Information about Loomis Basin (Parking, where to set up, etc.): please click here.

Volunteering Updates and FAQ's

Time Trials was a HUGE success! The number of Swimmers and Family Volunteer/Helpers that signed up for the meet was more than we have seen since 2019! Congratulations families. You are amazing and supportive. You all came out in the rain to help run the meet, we could not have done it without you every single one of you. The smiles, positive attitudes and willingness to help was inspiring. Building a new volunteer system is never easy and we appreciate everyone's flexibility and willingness to fulfill their parent participation requirements of 8 shifts.

Please check your Team Unify account to make sure you were given credit for your shift:

- Sign into TeamUnify
- Events & Competitions
- Results & Reports
- Click Events & Job Reports
- Put in the dates for this season then click "search"
- Your report for the shift points will open.

Please contact our volunteer coordinator (Michelle Craft) if anyone has any questions or concerns Barracuda.swim@gmail.com or 916-752-8686.

Job Sign Ups for the next meet will open Wednesday, May 10th at 8 pm.

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!

The last batch of silicone caps have arrived 3 weeks early and are ready for pickup! The swim caps have been quite the undertaking this year. Our spirit wear chair would respectfully request that you pick them up from her home sooner than later. To avoid confusion, she has silicone in one basket and latex in another. When picking up there will be a pickup sheet for you to initial. The address for pickup is 1948 Tyndrum Lane in Folsom.

Barracudas 2023 Team Hat

Heidi Garner Studios has partnered with the Barracudas again to produce a LIMITED EDITION Team hat! Once these are sold out we will not be ordering more. Thank you again to HGS for also giving back a portion of all sales as a donation to the Barracudas swim team. To order online or see the hat please click here.

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.**

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.

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!

LUCAS Orthodontics

tri counties bank
Service With Solutions®

It Takes THE VILLAGE
All under one roof.
Mental Health
Behavioral Health
Occupational Therapy
Speech Therapy

2023 Calendar

May

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