Cuda Zone News

July 14, 2025 broadstone.barracudas@gmail.com

2025 Swim Championships Update

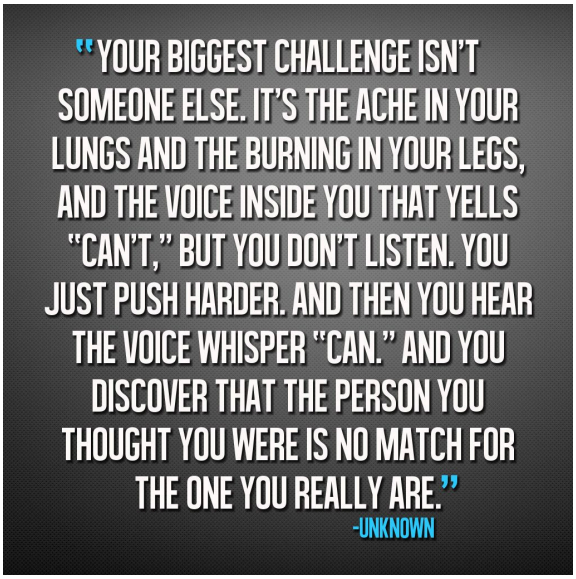
Message from Coach Wendy

What can I do to prepare for a Championship Meet?

1. **Sleep 8+ hours at night**--get plenty of rest for the best swims of your life
2. **Attitude-** be positive about what you are doing. Surround yourself with positive messages! Find quotes and uplifting music
3. **Confidence**--Know you'll be successful with great expectations
4. **Have Fun**-continue normal activities to reduce "anticipation" stress
5. **Health**--take care of your body!
6. **Diet**--eat small balanced meals, HYDRATE and cut out sugar!!
7. **Focus**--work on the little things for racing success
8. **Visualization**--see yourself being successful, celebrating! Take a moment by yourself to watch your successful race in your own mind--see yourself dive, breakout, turn etc
9. **Stroke Feel**-concentrate on feeling good & powerful
10. **Starts, Turns, Finishes**-practice like you are competing every time
11. **Disconnect from media**--especially games and social media
12. **Talk to your coach!** If you have specific questions or goals--communicate with a coach. We LOVE to help you achieve your goals but if we do not know your goal--we cannot help you

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: the potential for greatness lives within each of us" --Wilma Rudolph

"Greatness is not a function of circumstance. Greatness, it turns out, is largely a matter of conscious choice" -Jim Collins



Pre-Champs Rally and Dinner - Thursday July 17th!

The Pre-Champs Rally and Dinner will be on **Thursday, July 17th** .The coaches have a fun little skit/musical number planned so you don't want to miss this! This is about pumping the team up for the big meet, hanging out with friends, decorating cars, picking up your champs shirt and so much more! If you would like to order a meal for that night from Blue Rice Cafe please order here: **Kiki's Blue Rice Cafe link**

The meal will be pasta and an assortment of sauces, chicken and vegetarian options, bread, salad, lemonade and a cookie. **Orders will be taken until Thursday at 12:00 pm,** You are also welcome to bring your own food/dinner if pasta isn't your thing. Come ready to have fun!

Champs Shirts

All swimmers who are swimming Champs will be getting a special shirt that we ask you to wear to the parade/opening ceremonies on Saturday morning. Make sure you pick up your shirt at the Pre-Champs Rally and Dinner. Thank you to EVERYONE for updating your sizes on such short notice.

Volunteering At Champs

Every family **MUST** volunteer at Championships! It is not an option. You must pick at minimum one shift **PER DAY** that your swimmers are in the pool. Example: Swimming Saturday and Sunday- you need 1 shift per day for a total of 2 shifts. If your kid is a top 20 swimmer please pick later shifts since you will already be there. These are league requirements for our club to swim in Champs. **Jobs are now open**. If you do not choose your minimum number of jobs by Tuesday, July 15th by noon then you will be assigned by the volunteer coordinator. Please don't make us hunt you down or assign you. **Note: The 6 season shifts were for the season and do not count towards Champs. Champs is separate.**

Champs Family Tent Setup

All families can set up their tents **STARTING** at 1pm on Friday, July 18th. DO NOT SHOW UP ANY EARLIER THAN THAT TO SET UP. Our team's setup crew will be setting up our team area (ready bench, ready bench misters,spirit tent, team tents, etc.) before that. As always space is limited so please try to tent with other families as much as possible. WARNING: Any tents/umbrellas/shade structures setup before 1pm on Friday will be taken down.

Computer Operations

You can expect to find the psych sheet, individual reports, meet program and other information on the Broadstone Barracuda's Champs page by the end of the day Monday, July 14th.

Spirit Week/ Champs Parade

Champs is time for the real stars to shine, so we are rolling out the red carpet Hollywood style for the Broadstone Barracudas. We will be preparing all week with fun activities right after practice, but we also need you to prepare for our parade. Gather up your fancy pants and dress to impress... or maybe you are the paparazzi, in that case be ready to grab some shots of the biggest stars in swim. Please don't break the bank with your costume (unless that is your thing..then go for it). Maybe you have an old prom or homecoming dress, suit jacket, bow tie, or princess dress hanging around...or you can hit up amazon or the thrift store. Paparazzi could have a big camera (with a flash for bonus points) and a homemade press pass hanging around their neck.

Champs is about competition but it's also about having fun, camaraderie and being a big swim family! In order to build that camaraderie and show our team spirit we do a week long spirit week to get in the "Cuda Zone!"Our Champs Spirit Week Coordinator Heidi Garner has a great lineup of fun!

Monday: "Walk of Fame Stars"

Tuesday: Oscar Award Statue

Wednesday: Time to Sparkle and Shine! (Hair Tinsel)

Thursday: Nail Polish Our tradition of green and blue Nail Polish and Champs themed tattoos

Thursday night at 6pm is our carb load dinner. You don't want to miss this. We will hand out Champs shirts (to be worn at the parade with costumes), eat yummy food, be entertained by our coaches and even take candid photos in our photo booth.

Saturday Morning 7am Parade. We need to gather in the spirit tent at 6:30 am to get organized! Please make sure to show up even if you don't have a costume. I will have some extra props!

And...returning this year is the Spirit Tent. Some kids did not realize that we had one at Champs last year. So if you get a PR please show up and grab a prize!

Champs FAQ Sheet

Still confused? Read this Champs FAQ sheet. If you still have questions please contact us at broadstone.barracudas@gmail.com.

Championship Tent Set-up

FRIDAY, JULY 18 / 1:00-3:00 p.m.

We will email a map in advance to show the location of our team area. PLEASE NOTE: Barracudas advisory board members and set up/tear down crew volunteers have priority with setting up their pop-up tents and/or umbrellas. WARNING: Any pop-up tents set up prior to 1:00 p.m. on Friday will be taken down and moved.

Championships Photography

USA Swim has a strict rule that there is absolutely NO PHOTOGRAPHY behind the blocks. At Champs they are VERY STRICT about this rule. You can take videos of your child from the bleachers but you will not be

behind the blocks. Therefore, in the past SSL has coordinated with a photography company that is allowed to take photos at Champs and is a paid service. The league is currently working on contracting with a company and if one is identified before Champs we will send the flier out as soon as we have it.

Food At Champs

There will be a lineup of food trucks that will be at Champs just like past years. When the flier comes out we will forward it to all of you.

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