



Cuda Zone News

ISSUE 12/ July 12, 2024

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Final Meet vs. Loomis Basin Dolphins

Our final meet of the season will be against the Loomis Basin dolphins. This will be one of the most competitive meets of the season! The meet will be large so please try to tent up with other families tomorrow.

Please also make sure that your swimmers are drinking a lot of water and staying hydrated TODAY so that they don't start the day tomorrow dehydrated. When outside temperatures are this hot we also suggest bringing lots of games, crafts and toys for your littles so that they are more likely to stay in their tent instead of running around in the heat. This heat will zap your energy quickly and we want all swimmers and their families to be safe.

If you are an AM or PM **timer, stroke and turn, ready bench, hospitality, starter or meet ref you need to ATTEND the AM meeting BEFORE the meet starts.** We want this meet to run as smoothly and go as quickly as possible due to the outside temps. Therefore we HAVE TO HAVE everyone report for their AM meeting AND report for their job on time.

To see the psych sheet for tomorrow's meet please [click here](#).

Schedule:

- 6:30 – 6:50am Swimmer and parents check in
- 7:00 – 7:25am Barracuda warm-up period
- 7:25 – 7:50am Visiting team warm-up period
- 6:50 – 7:30am Scratch session (held inside club by the café)
- 8:00 – 2:00pm Swim meet (ending time may vary)

End-Of-Year Awards and Appreciation Night Save-The-Date

Team Awards night will be held on **Tuesday, July 23th @7pm at Broadstone (back lawn).** Please be sure to bring a blanket with lawn chairs so you have somewhere to sit during the event. Cake will be served.

Team Pictures

The team pictures are in! Due to the extreme heat this week we have held them. The heat ruins the picture paper so we cannot just leave them out for people to pick up. Therefore team pictures will be distributed on the following days:

Carb Night Rally - July 18th (They will be handed out with the Champs t-shirts)

Awards Night - July 23rd

Practice Updates - July 15-19th

Practice next week (July 15-19th) is for those swimmers who are swimming Championships ONLY! If you are not swimming Champs then today was your final practice. Next week is practice only for those swimming Championships so that the coaches can give all their attention to those swimming in the meet and to give time for relays to practice together.

Champs Updates

If your swimmer is swimming Championships you will be getting a separate email with all of the Championships information shortly.

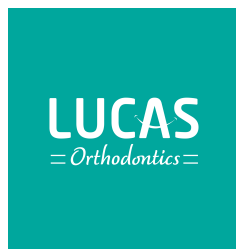
Meet of Champions (Not Champs)

If your swimmer has achieved a Meet of Champions (MOC) time this season or places in the Top 10 at Championships next weekend they are eligible to swim at the Meet of Champions swim meet. The event will take place August 3-4th this year at the Elk Grove Aquatics Center. For more information please [click here](#).

Volunteer Still Needed

We reduced the number of required shifts down to 6 this season so we have to have 100% participation from ALL families. If your family does not meet its 6 shift minimum that means another family is working extra for you! Please be mindful of that. Our volunteer coordinator and communications lead does NOT want to chase people down. If you do not sign up and fulfill your 6 shift minimum you will receive a \$400 fine and lose priority registration. Please send an email to broadstone.barracudas@gmail.com or barracudas.swim@gmail.com if you are short of a shift and rectify your issue now. We want AND need your help.

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