Cuda Zone News

ISSUE 10/ June 13, 2024

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Note From Coach Wendy

A little Cuda history: For many years, the Barracudas had one of the worst records in the league and was one of the bottom teams at Champs. We were the team that some other teams in the league would consider an "easy win." That has not been the case for a few years now and it's super exciting-- you should be very proud, and we want to keep that momentum going! Can we strive for a 7-0 record? Absolutely! We want our swimmers to have that awesome competitive spirit. But please be humble and kind – not boastful – with opponents. Sportsmanship is fair play, respect for opponents, and gracious behavior in winning or losing. ALWAYS show great sportsmanship with all swimmers.

That being said--great meet against the Taz team! I was very happy to see more cheering and more handshaking. These are so important as we continue to grow as a powerhouse swim team.

Something important to remember: Swimmers, at any level, can hit a plateau. Basically, this means that the results you get from your training slow down or even stop. Plateauing can be extremely frustrating when you don't hit the times for which you've been training. So often it's easy to look too deep into it and forget that the solution may be as simple as a small change. Often, we tend to complicate training, which may lead to a plateau. If you are struggling to improve here are some suggestions: 1. Ask yourself if you are doing an honest workout. Are you listening and following the directions? Are you attending daily? Dry land? 2. Ask for help! We try to see everything going on but we miss things sometimes...ask for help! 3. Trust the program. We didn't build our season to have you competing at your best in June. We built our season to have you in prime shape for Champs (July 19-21). 4. Be persistent! If we give up because of a setback, we will not be able to move forward. "The grandest quality of a true achiever is not natural talent or acquired skill, but PERSISTENCE – the will to keep going when the way grows hard. The true achiever never gives up when difficulty comes. He fights off the discouragement of defeat." Remember: "When you want to get good at something, how you spend your time practicing is far more important than the amount of time you spend." —Coach Wendy (PS Make sure you share these messages with your swimmers :)

Practice changes: **FRIDAY THIS WEEK for 13&UP will be 8-9:30am**

Team Picture Day and Swim-A-Thon- TONIGHT!

Tonight immediately following team photos, we will be hosting the Swim-A-Thon fundraiser and carnival. The Swim-A-Thon is the ONE AND ONLY fundraiser our team hosts, so it is a very important one. Our swim team budget is made up exclusively from money raised in this fundraiser. Money raised goes toward important expenses throughout the season: computer system, software, printers, timing equipment, speaker system, tents and chairs, spirit tent, spirit/social items and activities, banners, Friday treats, coach and swimmer coach

shirts, and more. If your swimmer raises $25 or your family raises $100 you will receive admission to the Swim-A-Thon carnival complete with an inflatable slide, inflatable obstacle course, dunk tank, popcorn, cotton candy, snow cones and more! We are so excited to see you there!
For more information please click here.

For Picture Package information please click here.

Cuda Caps and Apparel Update

Suits, Spirit Wear, Replacement Suits and Caps will all be available TODAY from 3:30-5:30pm at the table near the inside locker room doors. Be sure to pick yours up so your swimmer can be CUDA COOL for pictures! If you can't make it out for picture day they will be available again at the meet on Saturday from 7:30-8:30 am. **PLEASE PICK UP YOUR ITEMS! There have been multiple opportunities to pick these items up and our apparel chair needs the trunk of her car back.**

Fourth Dual Meet June 15th vs. Park Terrace Penguins @Broadstone

Our fourth dual meet of the season will take place on Saturday at Broadstone vs. The Park Terrace Penguins. This will be a very exciting meet and we need all of our swimmers on deck and ready to swim their hearts out and cheer on their teammates. The Penguins are a very competitive team so come prepared because they will be.

Below is the 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)
- 7:50 Team Cheer/National Anthem
- 8:00 – 2:00pm Swim meet (ending time may vary)

Volunteer Updates & Thank You's!

Folks we are more than halfway through the season can you believe it?? We cannot run meets or events without our dedicated parent volunteers so a big THANK YOU to all of those that have signed up and showed up for their 6 shifts!

Another big CUDA shoutout to the following individuals for offering to take an extra shift at the June 22nd Sierra Sharks meet even though they already have filled their 6 shifts. We sent out a desperate plea for help and they answered the call:

- Naveen Vittal Prabhu
- Lisa Trenary
- Alison Helquist
- Jennica Galovan
- Josh Bluefield
- Andrea Johnson and her husband - 2 shifts!!
- Aimee Whaley
- Dani Mancinelli

Note: 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 if you are short of a shift and rectify your issue now. We want AND need your help.

Blue Rice Cafe Serving Breakfast and Lunch During Swim Meets

If you haven't ordered any food at Blue Rice Cafe (Cafe inside club) then you are missing out! Kiki Valenty runs the Cafe and she makes amazing food. She will be offering food during swim meets and will take pre-orders on Friday which makes it even easier. It is suggested that you do pre-order so that you get a meal. If you do not pre-order then you will take a chance that they sell out.

Menu:

Breakfast:

Breakfast Burritos $6

Lunch

-Thai or Teriyaki bowl (chicken, beef, tofu) -$10

-Hamburger/ Cheeseburger with chips & soda

Lunch $9

-Hot dog with chips & soda -$8

-Thai Cheesesteak Sandwich with chips and soda - $10

Barracuda Sunsplash Day

Every year the Barracudas go to Sunsplash! This is a really fun event for our Barracuda swimmers and their families that many look forward to each year. Please save-the-date for June 25th! Like last year Sunsplash has provided us with a website link to buy tickets. If you buy them through our team code you will get a $10 discount off their website prices. Please **click here** to buy your tickets.

Communications Alert: Remind APP!

Communications Alert! We encourage all families to sign up for the Remind App Team info alerts. This is only used at meets so you will not be sent messages all the time. And you can text stop at the end of each meet and sign up again if you aren't attending a meet. If you have a swimmer 10 or under you can also get alerts for your swimmer to come to the ready bench. Someone is working the Remind APP throughout the whole meet so if Coach needs to find a swimmer we can use it to quickly message that swimmer. Relay changes mid meet are also sent after Breaststroke every meet. This is a great tool to keep you informed throughout the meet and help the coaches get your swimmer to the blocks if changes arise.

To join please text 81010 with one of the following codes:

Team info: @cudacool

6U ready bench: @cuda6u

7-8 ready bench: @cuda78

9-10 ready bench: @cuda910

11-12 info: @cuda1112

13-14 info: @cuda1314

15+ info: @cuda15up

2024 Meet Schedule

June 8 - Broadstone @ El Dorado Hills TAZ

June 15- Park Terrace @ Broadstone

June 22 - Broadstone @ Sierra Sharks

June 28 (FRIDAY) - College Greens @ Broadstone

July 13- Loomis Basin Dolphins @ Broadstone

July 19-21 - SSL Championships Weekend (All swimmers are encouraged to sign up to swim and attend Championships! It is an experience like you have never had before and don't want to miss. **(NOTE: By**

League Rule you must have competed in at least 3 dual meets throughout the season in order to participate.)

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