Cuda Zone News

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https://www.teamunify.com/team/recsubb/page/home

Message From Coach Wendy

I hope everyone had a great break over the holiday weekend because the real work is about to begin! Our competitive season is ready to take off and so are we. The coaching staff is very happy with what we are seeing at practice and are looking forward to a great meet with the Dolphins this weekend.

How do you get ready for a race? A simple pre-race routine can help you get ready for your race and might help calm your pre-race jitters. Before you get called up to the blocks, close your eyes and visualize your race in your head. Listen to the starter. Try to imagine beating your time, feeling great, being confident and enjoying yourself. Don't over analyze it. Self-judgment won't help. Think positive thoughts and focus on swimming your best race. Your race will be awesome if you do this! Lastly, don't forget that **GOOD SPORTSMANSHIP** is always key to a good performance. Your teammates and your competitors on the other swim team are there to help you go faster. The word compete comes from the Latin "competere" – which means "strive in common, strive after something in company with or together." Stay focused before the race, then after the race shake hands with and say "good job" to your competitors as we all strive together to become better. Don't hold back Cudas-you are ready to fly!

Information for Loomis Basin Meet

We are so excited for our next away meet with Loomis Basin Dolphins! Please be sure that you read the welcome letter to find out where to park, where to set-up and how this meet will work. Every team runs their meets a bit differently so make sure you read the welcome letter so you are not surprised. Please also make sure that you read ALL THE WAY TO THE END OF THE PSYCH SHEET to make sure that your child is not in a relay. Meet Mobile does not have the relays in their system so you have to look at the paper psych sheet. Make sure you double check it on the day of the meet because sometimes in the scratch session they will add a name to a relay if someone does not show up. If you have any questions please contact us at broadstone.barracudas@gmail.com. Please click here to find the LB welcome letter. Go Cudas!

Team Picture Day - June 8th

Team Picture day is fast approaching so make sure you mark your calendar! Picture day will be on Wednesday, June 8th on the pool deck. They will take individual, buddy pictures, sibling pictures and of course the team picture! Please wear your team suit or a navy blue suit. Picture taking will start at 5pm SHARP! Once the individual pics are over we will go straight to the team picture. There will be on practices that evening. Only AM practices.

Unity Week - Next week!! June 6th-10th

Calling all Cudas! We are so excited to kick off our summer season with some fun social activities to help our swimmers bond with their teammates and make new friends! Each day of the week an age group will have an event that is just for their age group!! It will be fun and geared toward their age and interests.

Schedule:

Monday- June 6th - 6 and under- 1pm- bounce house, slip and slice and ice cream bar.
Tuesday- June 7th - 7 and 8 - 12:30pm - bounce house, slip and slide and pizza
Wednesday- June 8th - 9 and 10 - 11:45am - Bounce house, slip and slide and pizza
Thursday- June 9th - 11 and 12 - 10:45am - slip and slide, kickball and ice cream bar
Friday - June 10th - 13 and 14 - 7:30pm - pizza and glow-in-the-dark pool party

Swim-A-Thon - June 16th! 5-8pm

Our annual FUNdraiser is coming soon. After a forced hiatus, we're excited to make it a FUN evening social for all of our families. **We have a lofty goal of raising $15,000 this year** to go towards our annual operating costs (website, spirit tent, spirit/social items and activities, banners, Friday treats, coach and swimmer coach shirts, and more) and are also starting on a larger, multi-year campaign to upgrade our PA system with permanently installed exterior speakers with new PA electronics and custom swim blocks. These upgrades are much needed to further improve our home meet experience for our team and our guests. To achieve our goals we need everyone's help. We can hit our goal if every swimmer raises just $50! Donations of any size are greatly appreciated.

The Details:

- **Fundraising Webpage:** The fundraising webpage will be active **STARTING May 25th**, so parents, grandparents, family, and friends can donate online. We'll also accept checks or cash at the event.

- **Prizes!!:** We have some great prizes this year with many chances to win. Every swimmer who raises $50 will earn 3 tickets for the prize raffle (families with multiple kids that raise at least $100 total will earn 3 tickets per family). For every additional $50 raised over the minimum, the kids/family will earn 5 more entries into the prize drawings. There is no limit to the number of chances you can earn and kids can pick which prizes they put their tickets towards.

  Our prizes this year are:
  - Nintendo Switch Game Console
  - Segway Ninebot Electric Scooter
  - Apple AirPods
  - JBL Portable Bluetooth speaker
  - Lego Mandalorian Helmet set
  - BlissLights Galaxy Laser light projector
  - Two pack of Supersoaker Water Guns

- **Pizza Party for all those who meet the minimum goal:** Everyone who meets the minimum goal ($50 per swimmer or $100 per family) also qualifies for a Friday Pizza Party with the coaches on Friday, July 8th after practice at 1:00pm.
- **How the event will run:** This year, come early and stay late!! Plan on spending the evening with us and celebrate being back in the pool for a regular season. We'll have Taco Dinner (sold by Blue Rice Cafe), Music, donation raffle, swimmer prize drawings, games and more! The coaches are challenging the kids to go 50 for $50. Complete 50 laps (less for the 6 and unders) and then we'll have some fun pool games and silly races.
  - **Kids will swim in two sessions:** 10 and under from 5-6:30pm, 11 and up from 6:30-8pm.

- **Taco Dinner Pre-Order:** Blue Rice Cafe will be serving a full Taco Bar!! Plan on joining us for chicken, steak and shrimp tacos with all of the tasty toppings. Meals include tacos, chips and salsa, Kiki's delicious sauces, cookies and lemonade and iced tea. The cost is $10 per person and pre-orders are REQUIRED!! Click here to pre-order your meals. Order deadline is Monday, June 13th so sign up today!

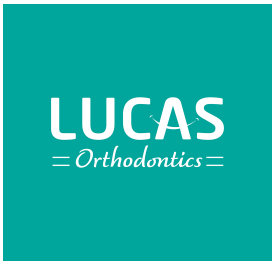
Cuda Caps

Thank you to everyone for picking up their pre-paid Cuda caps. For those of you that forgot to order but still would like a Cuda Cap we have a couple of extra ones left. We have silicone ($20) and latex ($10) ones available. If you would like one please contact Adrienne Ferron at 916-996-6656 so you can set up a time and place to pick it up.

Important Dates For Declaring your Swimmer

- Folsom Sea Otters- Reg Deadline: Friday, June 3rd.
- Granite Bay Gators- Reg Deadline: Friday, June 10th.
- El Dorado Hills Taz- Reg Deadline: Friday, June 17th
- Park Terrace Penguins- Reg Deadline: Friday, July 1st
- Sierra Sharks - Reg Deadline: Friday, July 8th
- SSL Championship Weekend: Reg Deadline: Friday, July 8th

Thank you to our AMAZING 2022 Sponsors!







2022 Calendar

May
Tue 5/31 - Summer swim schedule begins

June
Sat 6/4 - BB@ Loomis Bay Dolphins
Mon-Friday 6/6-6/10 - Unity Week (social events by age group)
Wed 6/8- Picture Day@ Broadstone -5pm
Sat 6/11 - Folsom Sea Otters@ BB
Thu 6/16 - Swim-A-Thon Fundraiser @BSC -5:30pm-9pm
Sat 6/18 - BB@ Granite Bay Gators
Thu 6/23 -Summer Pool Party - Hosted by Broadstone Sports Club - 6-8pm
Sat 6/25 - BB@ El Dorado Hills TAZ

July
Sat 7/2 - Holiday Weekend- NO MEET
Sat 7/9 - Park Terrace Penguins@ BB
Tue-Thu 7/11-7/15 - Coach Appreciation Week
Fri 7/15 - Last day of practice for non-champs swimmers

Sat 7/16 - BB@ Sierra Sharks
Mon-Thu- 7/18- 7/21 - Pre-Champs Spirit Week
Thu 7/21 - Cuda Zone Champs Rally & Carb Night at BSC
Fri-Sun 7/22-7/24 - SSL Championships (Location TBD)
Tue 7/26 - Awards and Appreciation Night at BSC