Cuda Zone News

ISSUE 8/ May 29, 2024

broadstone.barracudas@gmail.com

Barracuda Swim Practice Updates

Night Practices:

If you have a swimmer that will need to attend a night practice due to a camp, other sport, working parent, etc. please also contact Coach Wendy with those dates. YOU HAVE TO HAVE APPROVAL TO ATTEND NIGHT PRACTICES IN THE SUMMER - This is a safety issue! We have to have to know so that we have enough coaches on deck. Coach Wendy's email is coachwendy928@gmail.com.

Dryland Practices: These important practices will start for 11+ year old swimmers next week (6/3). Dryland workouts are led by Coach Stacey for 45 minutes **after** morning practices on Tuesdays and Thursdays. Please bring a pair of tennis shoes, socks and workout gear. Please schedule your plans accordingly so that you can make these important practices!

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

Kids Club/Play Center/Lifeguard/Classes Updates

Broadstone Sports Club strives to make the club an enjoyable and helpful place to all members. They also always try their best to accommodate the swim team families needs. The following updates have been made.

Saturday HOME swim meets - If you have a child that is 4 yrs and older you can leave them in the Play Center for 3 hours in order to work a shift at the meet.
Saturday HOME swim meets - The Play Center will be open until 1pm.
Lifeguards - Lifeguards will go on duty M-Th at 10:30am and on Friday-Sunday they will go on duty at 11am.

Red Card: Many kids have asked to work out in the weight room at the gym. At this time the gym has an age minimum of 12 years old and you must get a "red card." You can get a red card by taking a free orientation where a trainer goes through all of the equipment and makes sure that you know how to use it properly. If your swimmer would like to take the "red card" orientation please register at the front desk.

Class Schedule - Check out the clubs new schedules for gym classes and various water aerobic classes starting up. The club strategically places them during times convenient for parents of swim team kids in the summer.

Cuda Caps and Apparel Update

Personalized caps:
Pre ordered Cuda caps will be available for pick up throughout Saturday's meet at the Sturm Family tent.
Plain Cuda Logo caps:
Plain Caps will be for sale from 7-8am on Saturday next to the sno cones.
Apparel:
Second order swimsuit and spirit wear are still in production and have not shipped yet.

Second Dual Meet June 1st vs. Granite Bay Gators @ Broadstone

Our second dual meet of the season will take place on June 1st here at HOME vs. Granite Bay Gators. This is always a fun team to swim against. This will be a normal daytime Saturday meet.

Broadstone Barracudas home meets will start at 8:00 AM. Please use our schedule below to help assist you in planning timeframes to get checked in and warmed up.

- 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)

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

Cuda Custom Hats!

You may have noticed our coaches with brand new customized foam trucker hats at practice and our last meet. Those were donated by swimmer Mom Heidi Garner. Heidi is also the designer of our team hats from the past 2 seasons. She will be offering custom kids hats this season as well. (Adult sizes are not available at this

time). Please click here to order your custom kids hat. Please note that these are in **pre-order status** and all hats will be designed and pressed individually. So it does take some time. Pre-orders close on the 31st of May but if she still has blank hats she will continue to keep orders open until she runs out of blanks. After ordering (pick your hat color) you will need to email heidileagarner@hotmail.com to give here the name or customization details. Hats will look similar to the ones on the website but you will let her know what wording you want on the hats. She is hoping to have these ready before the next swim meet (June 1st)! In addition, Heidi has about 25 of the custom BOCO Broadstone Barracuda team hats in stock. These are limited edition hats and once they are gone they are gone forever. To order please click here. For every hat sold Heidi Garner Studios makes a donation back to the team!

Volunteering Updates/Job Trades Board

Congratulations on a job well done to all of our amazing volunteers! We cannot run meets without everyone fulfilling their commitments. Time Trials is not only a practice meet for our swimmers but also a practice meet for our volunteers. Below are a few reminders to help make the season go smoother.

1. **Job Trades Board:** If you know in advance that you need to trade with someone please check our new "Job Trades Board." This is a place where **YOU** can connect with other parents. Please **click here.** ***Reminder:*** *The team volunteer coordinator is NOT responsible for finding a suitable replacement. That is your responsibility. You can also go online to the events and find phone numbers of people to text to trade with as well.*
2. **Ready Bench:** ALL ready bench workers (AM/PM) need to report to Craig Timmons at the ready bench at 7:30am. Craig will have a quick meeting with you to discuss the day's ready bench operations. This is also so that he can make sure that everyone knows what they will be doing BEFORE the meet starts.
3. **Timers:** ALL (AM/PM) MUST report for the AM meeting at 7:30am. Even if you have timed before and know the drill you need to report to that meeting. This is when lane assignments are given and any other important updates for that day.
4. **All Parking Lot/Pool Marshalls:** You will get an email from Roxanne Mefford (Club Aquatics Liaison) the week of your shift. She will give you all directions and where to pick up/return your vests. If you don't get an email or need any information regarding this job please contact Roxanne at roxannemefford@comcast.net.
5. **Check in/Runners:** If you are running check-in then you need to be there 30 min before check-in starts for the team so that you are ready. (That means 6am) You will also be getting an email from Shoshanna Steele (Lead check-in) with more information.
6. **AM Jobs:** Please look at the start time. Many jobs start 30 mins before a meet starts so please be at your position on-time and ready.
7. **Volunteer Credit:** At the beginning and ending of each shift our volunteer coordinator will take roll. It is your responsibility a few days after the meet to check your account to be sure that you received credit for working your shift. If you do not see credit for the shift then please contact barracuda.swim@gmail.com so that we can correct that ASAP.

Team Picture Day and Swim-A-Thon

On Thursday June 13th 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.

Age Group Kickoff Party Updates

All Evite's to the individual age groups have been sent. If you have not received one please look in your spam or trash filter to make sure it didn't get stuck there. If you still have issues please email us at broadstone.barracudas@gmail.com and we can resend. Thank you to all of the host families, party leads and all of those that contributed. We couldn't do it without you! Please RSVP even if you will not attend so that our hosts/leads have an idea of headcount.

11-12- June 6th - 3-5pm @ Galovan Family Home - Lead Sophia Little/Galovan Family
13-14- June 1st - 6-8pm @ Garner Family Home - Lead Heidi Garner
15-18- June 10th - 6pm @ Dean Family Home - Lead Sarah Dean

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.**

Helpful Phone Apps

There are a couple phone apps that are helpful during the season. The following two phone apps will give you all the information that you will need during meets.

- **Meet Mobile** provides real time meet results and heat & lane assignments. You can select favorite swimmers for quick access and view other teams as well. Basic app is free, but requires subscription for all results and heat/lane features.

- **On Deck** is a free app that connects to your Team Unify profile and is mobile friendly. It allows for meet results (not real time like Meet Mobile), and historical best times to keep track of your swimmer's personal bests.

2024 Meet Schedule

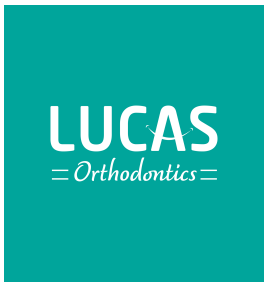
May 11- Time Trials @ Broadstone
May 18 - Broadstone at FSO
June 1- Granite Bay Gators @ Broadstone
June 8 - Broadstone @ El Dorado Hills TAZ
June 15- Park Terrace @ Broadstone
June 22 - Broadstone @ Sierra Sharks
June 28 (FRIDAY) - College Greens @ Broadstone
July 13- Loomis Basin Dolphins @ Broadstone
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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