



# Cuda Zone News

ISSUE 3 / April 21, 2024

[broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

## Message From Coach Wendy

Welcome! I am so excited to be your son/daughter's coach this season. It is always fun to get to know each of the swimmers on the team and to help them develop their talents in the pool. My hope is that by the end of the summer our swimmers won't just be competent in the strokes and competition, but they will understand themselves and the world around them better than before.

As the season grows near I am sure that there is much anticipation and many questions which you may have. I hope to address a few of them in this note but, if you have any other questions feel free to email me at [coachwendy928@gmail.com](mailto:coachwendy928@gmail.com). Following are some of the things that I feel are important for you to know as a parent of a Barracuda:

### My Philosophy

"I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life."

I love coaching because I love to help kids reach their full potential and succeed. As a coach for the Sea Otters, the Bulldogs and the Barracudas and as a swimmer before that, I have learned some very important things that will help me as a coach better serve you. While I am at the pool I, along with the other coaches, are there to teach swimming techniques to the swimmers. We strive to keep our full attention on them for their safety and to ensure that they are receiving all the attention that they need and deserve. While I understand that there are issues that need to be addressed quickly, I would appreciate it if all issues were dealt with before or after practice or through email.

I believe in recreational swim teams. That being said, a recreational swim team is not the same as what you might find in other recreational sports. Our coaches are not volunteers with little to no experience-our coaching staff has over 50 years of coaching experience. We come to you as experts who are trained in our field. The Barracuda program is here to teach your children how to compete. It is a program designed to teach competitive swimming. We are not an alternative to lessons but as a way children can develop as sprint swimmers.

"Every child deserves a champion; an adult who will never give up on them, who understands the power of connection and insists that they become the best they can be." (Rita Pierson) Please be your child's biggest cheerleader and allow the coaches to teach.

### **Attendance at Practice and Meets**

I am a firm believer in attendance. There are many parts to a good swim race and when we design our season, weekly and daily workouts we are working on each aspect in preparation for our meets. In order for your child to achieve maximum success, they need to attend as many practices as possible—a minimum of 3 a week is recommended.

It is my belief that swim meets are a test. Our team of coaches are working hard during practice to prepare your swimmers to perform at swim meets. While at a swim meet, our coaching staff will be roaming the pool deck and watching from the sidelines. Our hope is that the kids will come to us after their races as they assess their own performance. Please remember that: “Swimmers, swim; Parents, Parent; and Coaches, Coach.” After a meet your responsibility is to listen to your child's assessment of their performance and no matter the outcome—stay positive! Remind them that they can come talk to a coach. After meets our staff spends time discussing things we noticed taking place during the meet to strengthen our weaknesses.

### **Seeding Swim Meets**

Each family must declare if they will or will not swim at a swim meet through Team Unify. When you commit to a meet you can add notes and request individual events—if you forget to do this, send an email by the Saturday before! Each week the coaching staff determines what a swimmer will swim at the following meet --we will do our best to accommodate requests. However, we take the following things into account: the strengths of our competitor, what the swimmers swam the week before and what the swimmer's goals are. Our coaches cannot change the meet after Monday evening so all requests and changes must be made by Monday evening. Each swimmer is allowed to swim 3 individual events and may participate in up to 2 relays.

#### **1) Why can't my swimmer swim more than 3 events?**

League laws stipulate that all swimmers can only participate in 3 events unless there are enough events for all swimmers to swim a fourth. Considering the size of our team that is unlikely. The 3 events do not count relays.

#### **2) Why does my child never swim the relay?**

There are only 3 relays at small pools, 4 at medium pools, and 5 at large pools. This does not allow for much fluctuation between those who get to swim relays. Relays are an extremely important part of the swim meet as they earn a great deal of points. Therefore, they are based on times (both individual times and relay splits). However, it is at the coach's discretion to decide who will ultimately swim. We strive to give everyone an opportunity to swim a relay--if your child has not swam any relays, feel free to email me!

Lastly, I would like to put in a word about Champs. Championships are a HUGE part of what we do everyday at the pool—because everything we do is training for it. The dual-meets are check-ups, ultimately Champs is the most important meet of the season. This year, **Champs weekend is July 19-21**. Please plan on attending. It is very disappointing to a group of kids who have been practicing together to not have their friends there—especially when it comes to relays. While it is a long weekend, it is so much fun! Please, please, please, plan trips around it!

We are so excited to welcome you to the Barracuda family and look forward to getting to know you this summer!

## **Coaches For the 2024 Season**

**Wendy Webster - Head Coach**

Kelley Bunch

Mary Romero

Jen Brinzer

Jenna Getz

Joshua Maestre

Aaron Siy  
Xander Webster  
Mia Hart  
Myella Garcia  
Aubrey Field

### **SWIMMER COACHES**

Devan Marcey  
Drew Dillard  
Avery Dean  
Myklin Cooper  
McKenzie Fallon  
Kadryn Baadte  
Eliza Webster  
Maeci Cobabe  
Levi Perez  
Nicholas Masullo  
Katie Whaley  
Lauren Ross  
Audrey Little  
Sylvie Helquist  
Mikah Garner  
Violet Webster  
Aiden Siy  
Grace Timmons  
Elle Rozycki

## **Equipment Needed for Practice**

Having the correct equipment is important to your child's progression as a swimmer. Please make sure that they have the right equipment and that they are bringing it to practice every day.

- ALL SWIMMERS: cap & goggles (dark goggles are best for the summer sun), swimsuit
- 10&U: need long blade fins (No scuba fins); cheap flip flops (they will get wet!)
- 11&U: need short blade fins; hand paddles (small, need to be size of swimmers hand)

We have had a problem in the past where swimmers do not have or do not bring their fins. It is very disruptive to the practice as we have to alter their workout. Please make sure that they are bringing their stuff every day. It is also very helpful to buy a mesh bag to put everything in. Lastly, **MAKE SURE YOU LABEL EVERYTHING A LOT!** Multiple times is best :)

## **2024 Summer Swim Practice Schedule- Please note schedule changes**

### **April 22-May 24**

4:00-5:15pm - 15-18\*

5:15-5:45pm - 6&U and 7&8

5:45-6:30pm - 9&10

6:30-7:15pm - 11-12

7:15-8:15pm - 13-14\*

\*Fridays 13-14 and 15-18 age groups merge and practice from 4-5:15pm together.

### **May 24 - July 18**

7:30-8:45am - 15-18

8:45-9:45am - 13-14

9:45-10:45am- 11-12  
10:45-11:45am - 9-10  
11:45-12:30am- 7-8  
12:30-1pm- 6&U

**Evening Practice:** During the summer session (M-TH) only for swimmers who are unable to attend morning practices. **REQUIRES COACH APPROVAL**. 6-8 5:00-5:30pm 9-18 5:30-6:30pm.

## **Age Group Season Kick-off Pool Parties**

While our team loves to swim we also like to have fun! At the beginning of every season we have done a week of activities by age group. This allows the kids the ability to get to know one another or rekindle friendships that maybe they made the season before. For the past season or two we have held "Unity Week" at the beginning of the season. However, in order to reduce the number of shifts that families were required to fulfill, we have decided to hold a pool party and potluck for each age group instead of a week of activities.

We have had awesome responses but we are still needing a parent lead for the 6 and under, 7&8 and the 11&12 age groups. If you would be willing to be the lead for your age group **please contact Heidi Garner at 928-243-8537**. (6 and under and 7-8 will be held at the club so that parents can attend and supervise their child due to their age)

**The following age group parties have set their dates and times. You will be receiving an email in the next week with more details for your specific age group party.**

Ages 9-10 - May 11th @ 4pm at the Bickel Family Home  
Ages 13-14 - June 1 @ 6-8pm at the Garner Family Home  
Ages 15-18 - June 10 @ 6pm at the Dean Family Home

## **Calling All Musicians and Vocalists: We Need YOU!!**

We are looking for **two** more instrumentalists or vocalists to kick off the national anthem at one of our home meets on June 1st or June 15th. If you are interested please contact us at [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com). In your email please state which event you are available.

## **Time Trials: Saturday, May 11th**

Time Trials (Barracudas only) is a mock swim meet used to establish baseline times for all swimmers, so it is important for swimmers to attend. If your swimmer is not able to attend, he/she will get a baseline time at his/her first swim meet. Having a baseline time helps the coaches place your child in the right race and compete against other kids at **their** level. Time trials are also a chance for our parent volunteers to familiarize themselves with the meet procedures.

- Online registration deadline for swimmers: Friday, May 3rd at 11:59pm.

## **New Member Orientation and Meet Walk-through: Wednesday, May 8**

Join us for our *New Member Orientation* and *Meet Walk-through*! This is an important night for **NEW** families to the Broadstone Barracudas. We will have a quick orientation about the team, what to expect, etc. capped off with a swim meet walkthrough. The event will be held on Wednesday, May 8th at 6pm and will start on the Broadstone pool deck.

## **ISO Stroke and Turn Judges, Meet Refs and Starters**

At every meet we need multiple Stroke and Turn judges. These jobs are critical to our team and required at every swim meet. We are currently searching for more interested parents. If you have an interest in going

through the training on April 28th please fill out the form below so that our Meet Operations Lead, David Field can contact you.

Please [click here](#) for the form.

## **2024 Swimsuits/Team Apparel**

This year the Barracudas will be using a NEW swim apparel company- BSN Sports! The team store will open and close twice this season so please mark the dates on your calendar. If you have any apparel questions please email our Cuda Apparel Chair - Blair Sturm- [broadstonecudaapparel@gmail.com](mailto:broadstonecudaapparel@gmail.com).

### **Swimsuit Try-On Day-**

It can be hard to find the right size swimsuit for your swimmer. We understand just how hard it can be and therefore have scheduled two swimsuit try-on days. At the try-on event we will have swimsuits for both boys and girls in different sizes. You will come try them on and once you find a swimsuit size that you like you will then go online and order from the team store. The team store will gather orders for a 2 week time period and will then close. At that time all orders will be processed and delivered 2-3 weeks later.

April 26th 5-7pm @Broadstone Sports Club

May 8 - 6pm-7pm @Broadstone Sports Club

### **Team Apparel Store will be open the following dates:**

April 26-May 10th @5pm.

### **Team Apparel Website:**

<https://bsnteamssports.com/shop/BK7BSutC9Z>

### **Team Buy/Sell/Trade Google Sheet:**

Kids are expensive and so are the swimsuits. If you have a new or gently used team swimsuit or swimsuit gear to buy/sell/or trade please check out this google sheet. If you want to sell something please just enter the info into the google sheet. If you sell/trade something please come back and cross the item off the list so that others know.

Link to Sheet:

[https://docs.google.com/spreadsheets/d/1gInmj5kVo-fBIxOtU0er-Wxha9gRDOykPyNMk\\_AhpJQ/edit#gid=0](https://docs.google.com/spreadsheets/d/1gInmj5kVo-fBIxOtU0er-Wxha9gRDOykPyNMk_AhpJQ/edit#gid=0)

## **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. )

## **2024 Volunteer Commitment Requirements and Signup Dates**

This year our team will release all of the potential jobs for the season at one time. Our hope is that this will allow people to plan their summer and not have to hassle with signing up weekly. Below are the important dates and times for signing up for shifts. We thank you in advance for your cooperation- without all of our amazing families we could not run the successful swim program that we are known for.

### **Mark Your Calendars:**

- Friday, April 26th @ 8pm - ALL meet jobs will be opened on the Barracudas website.
- Friday, May 3rd @ 8pm - ALL meet jobs will be closed for the remainder of the season. You will need to trade with someone if you cannot fulfill the shift that you have registered for.

### **Rules for registering for a job:**

1. Each family can register for 1 job at each **away** meet and 2 jobs at each **home** meet.
2. If your family cannot do the job that you signed up for **YOU** must find someone to trade with or pay to do your job. Anyone you pay must be 16 years or older and some jobs are 18 years or older. It is up to you to check the age. (All meets and the names of who will fill that job will be posted so that you can call/text people on the list to trade if necessary)
3. Please only register for **6 shifts** total.
4. If your family has an extreme hardship and will be unable to fulfill the volunteer requirements please contact our volunteer coordinator, Michelle Craft by April 22nd at [barracuda.swim@gmail.com](mailto:barracuda.swim@gmail.com). She will work with you to find another way that your family can contribute.
5. After the sign-up period all meet job sheets will be posted so that people can find someone to trade with in the event that they cannot fulfill their position.

\*If you have any questions please contact Michelle Craft, Barracudas Volunteer Coordinator at [barracudaswim@gmail.com](mailto:barracudaswim@gmail.com)

### **Lightning-Rain Swim Practice Policy**

Swim practice will continue as usual -rain or shine- unless there is lightning. Once we have a strike of lightning the pool is cleared for 45 minutes. Practice will resume if at all possible 45 minutes from the last strike.

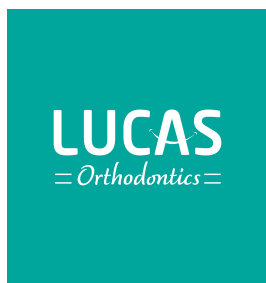
### **Stay Informed**

**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](http://Broadstonebarracudas.org)
- Emails
- Facebook: like us!
- Instagram: follow us at [broadstone.barracudas](https://www.instagram.com/broadstone.barracudas)

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