



Cuda Cool News

www.broadstonebarracudas.org

Issue 5 May 19, 2015

Message from Coach Brian

Swimmers and parents,

It was great to be back at the pool for time trials on Saturday! We had so many young swimmers who experienced their first swim meet, which is always fun to watch. Some of our high school swimmers were away at sections; we congratulate them on their achievements!

At time trials, there were 381 improved times, 12 swims that qualified for Meet of Champions, and a new record (17-18 women). Outstanding start to the season!

With time trials completed, the coaches are feeling very optimistic about our season. In the practices before our first dual meet against the Folsom Sea Otters, we will be focusing on more intense workouts to challenge swimmers and also new technique. Now that you can swim *slower* with good technique, it's time to do it *faster* with good technique. Be prepared to test your new technique in harder swimming sets and see if you can hold on to it without letting it break down.

See page 3 of this issue to read about DQs and how coaches seed the free relays and medley relays.

Tips From the Coaches: Life Skills

In addition to goal setting for races, we want our swimmers to focus on the life skills of being coachable and technical excellence. During the season, we'd like swimmers to be more open minded about improving technique, having a more positive attitude and working harder. All swimmers are coachable to a point, and then you hit a core issue or some type of resistance. This is important to realize as a swimmer, especially if you have been swimming for a while. Bad technique, bad attitudes and laziness can limit your potential. Like many sports, swimming is a vehicle for getting to know yourself better. Be the best person/swimmer you can be – for yourself and your teammates.

May 30 @ Folsom Sea Otters

**** REGISTRATION DEADLINE: FRIDAY, MAY 22 ****

Volunteers: Important Job Signup Info

Time trials went very well, although there were a few hiccups with volunteering. That's to be expected when filling over 150 jobs. Thank you to the parents who did their jobs and extra thanks to those who worked two shifts for going above what is expected.

One very important note: if you sign up for a volunteer job, you must show up and work that job! There were some no-shows at time trials, which placed unnecessary strain on other families working those jobs. Please remember to pitch in and help. It's for the kids!

As we head into our season, I'd like to request that you sign up for the same job(s) you worked at time trials – if possible. This makes all other meets run smoothly.

How we release volunteer jobs for the season

- ▼ The first two meets, May 30 and June 5 (Friday evening) will be released on Thursday, May 21 at 1 p.m.

Other meets will be released on future dates in groups as follows:

- ▼ Second release is for June 13, 20 and 27 meets
- ▼ Third release is for July 11 and 18 meets
- ▼ Champs will be released on its own, as we have done in previous years.

Volunteer responsibilities

If you **MUST** have an AM job due to your swimmer's age or other time commitment, it is **YOUR** responsibility to sign up upon job release for an AM job. Once jobs are filled, it is nearly impossible to move another volunteer out of their job to accommodate your request. Don't delay, jobs fill up quickly upon release to the team.

Finally, not signing up to work at a meet when you have a swimmer swimming in that meet puts you at risk for losing your "good standing status" with the team. If you know you are unable to work a meet due to extenuating circumstances, please email me at barracuda.swim@gmail.com ASAP. Waiting until the Friday before a meet (as some families did for time trials) forces many people to scramble last minute to fill jobs and it creates unneeded stress for many.

–Brett Weshner

Pre-Order Spirit Wear

TeeShirtBar is taking pre-orders for spirit wear until Thursday, May 21. Rosie will have her spirit wear tent up at some future meets with some items on hand, but she'd like to get pre-orders in this week. Click on the Spirit Wear tab on our website for the order form.

Show Your Cuda Spirit at Meets!

**CUDA
ZONE**

This season, we need to show our awesome Cuda spirit at every meet. When your race is done, go to the end of the lanes and cheer on your teammates during individual races and relays. Wear your CUDA ZONE or other team shirts to meets. The spirit tent will be up soon!

Team Suits and Caps

If you still need to order a team suit and/or caps, you can place an order by calling California Swim Shop (916-971-9836) or going to the store at 7330 Fair Oaks Blvd. #7, Carmichael. They will also be at the pool one last time on Thursday, May 28 from 4-6 p.m.

Robyn Gover (ribbons chair) has some suit/cap orders with her. Look for her at practice...she'll have a cardboard box with the items.

Swim-a-Thon: Date Change and Online Fundraising

The Barracudas Swim-a-Thon will now be on **Tuesday, June 16** from 4:30 to 7:30 p.m. This is our team's ONLY fundraiser. Our goal this year is \$12,000, so we need every family to participate! Watch for an email with all the details and also click on the lane line on our website.

2015 Calendar

Dates subject to change

- 5/30 > BB @ Folsom Sea Otters (check-in/set-up 6-6:30am)
- 6/1 > Summer swim practice begins
- 6/5 > Granite Bay Gators @ BB → **Friday night meet!!**
- 6/13 > El Dorado Hills Taz @ BB
- 6/16 > Swim-a-Thon
- 6/20 > BB @ Park Terrace Penguins
- 6/22 > Picture Day
- 6/27 > Sierra Sharks @ BB
- 7/4 > Holiday - no meet
- 7/11 > BB @ College Greens Gators
- 7/17 > Last practice day for non-Champs swimmers
- 7/15-17 > Coach appreciation days
- 7/18 > Loomis Basin Dolphins @ BB
- 7/20-24 > Spirit week
- 7/23 > Carb night at BRC
- 7/24-26 > Championships at Sierra College
- 7/27 > Awards banquet at BRC

Dry Land for Swimmers

A reminder that dry land workouts are on Mondays and Wednesdays (times below). Swimmers should wear running or cross-training shoes. Try to avoid Vans, Converse, etc.

11-12: 5:45-6:10 p.m. 13 & up: 6:30-6:55 p.m.

File Folders/Ribbons

Please start checking your family file folders (located near the outside locker room entrance) for ribbons and other items. Ribbons will be put in folders during home meets or in the days following an away meet. At home meets, please wait until AFTER THE MEET to get your ribbons. If there is a mistake on your ribbon, send an e-mail to Robyn Gover at robynjaneg@gmail.com.

If You Find Items...

such as goggles, caps, suits, fins or any valuable items – at practice or at swim meets – PLEASE take them to the front desk immediately. Families spend a lot of money on swim equipment and don't want to have to replace items. If coaches find equipment after practice at the blocks, they put it in the grey fin bucket. Remember to write your name on everything!

**** NO PRACTICE ON MEMORIAL DAY ****
Have a great weekend!

Questions?

General: broadstone.barracudas@gmail.com

Volunteer coordinator/Brett Weshner: barracuda.swim@gmail.com

New family liaison/Julie Tibbitts: julesjess2316@yahoo.com/916-715-4254

Coaches:

Brian Heise
Amy Suggs
Wendy Webster
Ryan Haynes
Chris Kwon
Ross Greer
Liz England
Ryann Langtry

President: Dana Baker

Vice President: Estee Horn

Communications: Meredith Ritchie

Computers: Ryan Watts

Fundraising: Ronda Chulick

League Rep: Ernie Dillard

Meet Operations: Ryan Tice

Registrar: Angi Steiner

Secretary: Kristi Santina

Social: Tonya Shaw

Treasurer: Ray Hales

Volunteer Coordinator: Brett Weshner

DQ: What Did I Do?

There are many ways you can get DQ'd: violating stroke rules, not getting to the starting blocks on time, two false starts, etc. Below are some examples for DQs related to strokes. Please talk to a coach if you get a DQ slip. Remember, it's a learning experience!

- ✓ Wrong breaststroke kick (alternating, butterfly, scissors).
- ✓ Wrong butterfly kick (alternating, breaststroke, scissors).
- ✓ Breaststroke and fly: not touching the wall with two hands simultaneously at the turn and finish.
- ✓ Double pulls under water.
- ✓ Non-simultaneous strokes.
- ✓ Flipping over onto the tummy before touching wall on backstroke.
- ✓ Failure to touch the wall at the turn.
- ✓ Pushing off the bottom of the pool.
- ✓ IM: Not swimming the four strokes in the correct order or any stroke infraction.
- ✓ Relays: Early take off. Any stroke infraction by any swimmer.

Seeding Relays

Following is information about how the coaches seed the free relays and medley relays for meets. Swimmers must check with coaches before leaving a meet since things can change and swimmers can be put into relays at the last minute.

FREE RELAY

One, two, three, four. Coaches go by the overall time most of the time. Sometimes coaches won't put the fastest swimmer as the anchor (4th leg, the "clean-up" swimmer). Sometimes we want an "official" time (the swimmer goes first off a "real" start vs. a quicker, "rolling" relay start), so we can get a better picture of who to put where. When two, three or four swimmers are competing for that spot on the relay, then "official" times/splits help us coaches understand what to do. Sometimes we want the slowest swimmer as anchor to see how they perform under pressure. Sometimes putting that slower swimmer in the anchor position will change everything and give that swimmer a really fast time...or perhaps their time doesn't change much. This gives us coaches a more psychological understanding of what's going on. Who is a meet swimmer? Who is a practice swimmer? Who is both? We want swimmers to be both.

MEDLEY RELAY

This is not as straightforward as the free relay. Coaches sometimes have to do a lot of averaging of times (sequence A, B, C, etc.), so when we mix the swimmers up into five or so different sequences we try to find the best order for a meet. Typically, we start with fastest fly, fastest breaststroke, fastest back, and then fastest free. This sequence is important (especially at the younger levels) since there are more DQs in fly and breast then in back and free (many swimmers who make it into a free relay can't get into a medley relay as easy due to how they are seeded). Coaches go by the overall time most of the time (which can only fluctuate up and down by a few tenths, i.e., 1:11.5 to a 1:11.9 – not who has the fastest backstroke, breast, etc).

Coaches also go by who false starts more than others, who makes a better anchor, who has better attendance, emotional maturity, attitude, consistency of times, overall improvement of technique/conditioning, missed relays, sportsmanship, etc. There are lots of factors to consider.

We take splits at every meet to track progress, so as long as your swimmer is consistent and tries his/her best, we're sure he/she will have a shot in some relays. Also, the number of lanes at a pool can dictate how many relays teams we can have...and this can play a role in why your swimmer is or is not in a relay.

6-lane pools (PT, CG, LBD) = A, B and C relay teams

8-lane pools (BB, GB) = A, B, C and D relay teams

10-lane pools (FSO, SS, EDH) = A, B, C, D and E relay teams