



Cuda Cool News

www.broadstonebarracudas.org

Issue 6 May 26, 2015

Message from Coach Brian

Cuda swimmers and parents,

The coaches are excited about our first dual meet of the season against the Folsom Sea Otters! Practices are going well. We're seeing some better dives, turns and technique – but there's always room for improvement! Just keep up the hard work and you'll see the results.

Swimmers: please support each other during the hard sets you do in practice. Not only will you dig deeper to find that hidden willpower, but you will work on sportsmanship and teamwork in the process.

With our first dual meet a few days away, we want you to set goals (see April 27 issue) and also think about a **pre-race routine**: A simple pre-race routine gets you 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. This works really well. Try to imagine beating your time, feeling great and being confident. Don't over analyze things. Seriousness and self-judgment don't help. Think positive thoughts and focus on swimming your best race. Your race will be awesome if you do this!

USA Swimming Articles

There are some great articles and videos for swimmers and parents on the USA Swimming website > www.usaswimming.org. Click on the Member Resources tab and the Tips & Training tab. Some of these resources may be aimed more at year-round swimmers, but they still offer helpful tips for performance, nutrition, mental training, etc.

Event Requests

If a swimmer wishes to swim in a particular individual event at a meet, please specify the request in the notes section (during online sign-up) or send an email to a coach. The list below specifies which coaches will seed each age group. Coaches will do their best to honor requests, but there are no guarantees. They have to do what is best for the team and seed meets accordingly.

>**6&Under**: Coach Amy / a.suggs@comcast.net

>**7-8**: Coach Wendy / coachwendy928@gmail.com

>**9-10 and 11-12**: Coach Amy / a.suggs@comcast.net

>**13-14**: Coach Brian / brianheise11@gmail.com

>**15-18**: Coach Ross / rossgreer@yahoo.com

May 30 @ Folsom Sea Otters

Check-in and set-up: 6:00-6:30 a.m.

Scratch session: 6:40 a.m.

Barracudas warm-ups: 7:00-7:25 a.m.

Meet begins: 7:30 a.m.

Location: Folsom Aquatic Center, 1200 Riley Street

PLEASE READ the FSO welcome letter on the BB @ FSO event page on our website. The meet is starting early because the city of Folsom requires FSO to complete the swim meet and have everyone out of the facility before the pool opens to the public at 1 p.m.

Message to Volunteers

As we head into our first dual meet, please remember that with AWAY meets, if all volunteer job slots are filled you must still sign up as a floater if your swimmer is attending the meet.

If you are pulling your swimmer from a meet that you already signed up to swim and volunteer at, you must remove yourself from the job you signed up for. This allows floaters to sign up for any jobs that need filling prior to meet day and makes our participation in meets run smoothly without having to scramble for volunteers on deck.

Let's have a great first meet and bring home our first WIN of the season! Swim fast, Cuda kids!!! –*Brett Weshner*

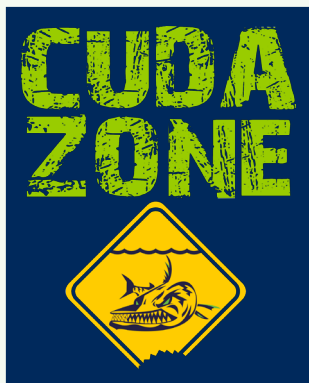
First Home Meet! June 5 vs. Granite Bay

**** REGISTRATION DEADLINE: FRIDAY, MAY 29 ****

It is extremely important that you commit your swimmers by the deadline, which is eight days prior to a meet. If you don't sign up by the deadline, it is highly likely that your child(ren) will not swim in that meet. If you are NOT attending the meet, please go online and declare no.

Show Your Cuda Spirit!

We need to show our awesome Cuda spirit at every meet. When you aren't racing, 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.



Stop by the spirit tent at the FSO meet!

Swimmer Coaches Wanted!

Returning and new swimmer coaches,

We would love for you to join the coaches on deck this year if you are 16-18 years old. You need to be able to volunteer with the 10 and under age group 2-3 times per week and help the six and unders at the blocks during swim meets that you attend. We do not schedule your hours, but be prepared to help on the days you come.

This volunteer work looks great on a college and job application. Coach Brian and coach Amy have written many letters of recommendation for our past swimmer coaches. Coach Ross and coach Chris started out as swimmer coaches. Our youngest swimmers look up to you and think you are amazing! Be a role model and get involved as a swimmer coach!

Questions? Email a.suggs@comcast.net or brianheise11@gmail.com

Ready to commit? Email your shirt size to coach Amy

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

Summer Practice Times

JUNE 1 – JULY 23

13-18 8–9:15 am

11-12 9:15–10:15 am

9-10 10:15–11:15 am

7-8 11:15 am–12 pm

6 & U 12–12:30 pm

EVENING PRACTICE

6-8 5–5:30 pm

9-18 5:30–6:30 pm

DRY LAND:

days/times TBD

CA Swim Shop On Deck

CA Swim Shop will be at the pool with deliveries on Thursday, May 28 from 4-6 p.m. If you need to contact the shop, call 916-971-9836.

Swim-a-Thon on June 16 Start Raising \$ for the Team!

This is our team's ONLY fundraiser. Our goal this year is **\$12,000** – so we need every family to participate! To read all of the fundraiser details, go on our website and click on the lane line at the top of the page. Thank you for your support!!

Junior Barracudas 2015

The Junior Barracudas is a four-week swim program that prepares beginner swimmers for the Broadstone Barracudas Swim Team. Swimmers must be ages 4-7. The program will be June 15-July 9. Practices will be Mon/Tues/Thur from 9:30-10 a.m. The registration form is posted on our website under the Clinics & Programs tab.

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