



Cuda Cool News

Issue 2 May 9, 2012

Coaches' Corner

By Brian Heise

The team is looking good!

As I go into my seventh season with the team, I can't wait to see our swimmers perform at our upcoming meets. Most of our practices this year are going to start off with much more of a "bang" than usual. This is especially true with the blue group and up in the intermediate/advanced levels (lanes three through six). The main reason for this is the fact that many of our swimmers have stayed on the team and have developed good technique. This allows room for more intensity and yardage to be introduced to our practice structure! Remind your swimmers that this is a reward; we don't want swimmers thinking this is a punishment.

Bring water to practice and stay hydrated! Starting today, water bottles are mandatory for all 11 & up swimmers. For the blue group and down, water bottles are optional but recommended (especially if they are regularly swimming in lanes five and six).

We will also be starting dryland for our 11-12 and 13 & up practices on Tuesdays and Wednesdays. Your swimmers need to bring running shoes or they will not participate! Since the practice times for these groups are shorter than desired, I'm going to overlap these practices:

- ▼ 11-12: dryland will run from 5:45-6:10 p.m.
- ▼ 13 & up: dryland will run from 6:30-6:55 p.m.

This season we will also be introducing a visualization routine to our Friday practice as a whole group. This activity is orientated for ages 11 & up, but if your swimmer can close their eyes, sit still and focus for about 30 minutes, then younger ages may also join.

- ▼ WHEN: June 1: after 8 p.m.
June 8, 15, 22, 29: after 12:30 p.m.
July 6, 13, 20, 26(Thu): after 12:30 p.m.

Tip of the Week

Swimming is 99% mental

Your thoughts control your muscles, your attitude and your life. It is so important as an athlete that you try and develop more awareness, attention and consciousness towards this concept. Here is a model to help you see how this develops:

Thoughts → Words → Actions → Habits/Beliefs → Values/Character → Fate/Destiny/Life

The question is, "Do we follow this positively or negatively?" Explore this with your swimmers.

Time Trials: What You Need to Know

When: Saturday, May 19

Registration deadline: Sunday, May 13

Check in: 6:30-6:50 a.m.

It is important that all swimmers attend time trials, since the meet is used to establish seed times for the swimmers for upcoming dual meets. We will be the only team participating. Swimmers will compete in all events that they are eligible to swim in for their age group. No relays will be held. Time trials is a great way for us to practice for dual meets and for parent volunteers to familiarize themselves with meet procedures.

▼ **Missing time trials?** If you can't attend, swimmers will have to establish seed times once the dual meets begin. Swimmers may also establish seed times by participating in the College Greens Invitational on May 20.

Helpful Guide for Sign Ins

Our computer guru Steve Schmiesing has created a step-by-step tutorial to guide you through the sign in process for meets. It is now posted at www.broadstonebarracudas.org under the Forms&Docs tab. If you have problems with sign ins, send an email to barracuda.swim@gmail.com.

▼ Sign in: click on Events&Sign In tab

Sponsoring the Team

With a \$250 sponsorship fee, you can put your business name and logo on the white tents (at the end of the pool). Hundreds of people will see your logo every week. This is a great opportunity to show your support for the team and advertise your business! The sponsorship form is posted under the Forms&Docs tab.

Barracudas sponsorship = publicity for your business!

College Greens Invitational

The 5th annual College Greens Swim Team Invitational is on Sunday, May 20. All swimmers participating on rec swim teams are invited to compete. Cost is \$20 per swimmer (includes registration and all splash fees). Registration deadline is May 11. Visit the CG website at <http://www.leaguelineup.com/welcome.asp?url=collegelines>

Calendar of Events

MAY

- 19 Time Trials @ home
- 20 College Greens Invitational @ College Greens

JUNE

- 2 Meet @ Sierra Sharks
- 9 Meet @ home vs. College Greens Gators
- 12 Lap-a-Thon @ home
- 16 Meet @ Loomis
- 19 Picture Day, 5pm
- 23 Meet @ home vs. Folsom Sea Otters
- 30 BYE

JULY

- 7 Meet @ Granite Bay Gators
- 14 Meet @ EDH Taz
- 21 Meet @ home vs. Park Terrace Penguins
- 23-26 Spirit Days at practice
- 27-29 Champs @ Sierra College
- 30 Awards banquet

AUGUST

- 4-5 Meet of Champions, location TBD

Team Suit and Cap Purchases

CA Swim Shop will be at time trials from 9-10 a.m. This will be their final on-site visit!

We're getting a new shipment of caps around May 22. Cost is \$13.95. Purchase at the BRC front desk.



BRC Family Events

Flyers are posted on the BRC website.

- ▼ May 19: Café Bella Poolside BBQ with music, 12-4 p.m.
- ▼ June 15: Summer Hawaiian BBQ, 6-8:30 p.m.

Practice Times

SPRING: April 30-June 1 | SUMMER: June 4-July 26

6-under

Spring: 4-4:30pm / Summer: 12-12:30pm

7-8 / Red group

Spring: 4:30-5pm / Summer: 11:15am-12pm

7-10 / White group

****New swimmers and 6 & unders moving to 7-8****

Spring only: 5-5:30pm

9-10 / Blue group

Spring: 5:30-6:15pm / Summer: 10:15-11:15am

11-12

Spring: 6:15-7pm / Summer: 9:15-10:15am

13-18

Spring: 7-8pm / Summer: 8-9:15am

Tue/Wed
11-12 dryland
5:45-6:10pm
13&cup dryland
6:30-6:55pm

Questions/comments? Send us an email at broadstone.barracudas@gmail.com

Coaches: Brian Heise, Amy Suggs, Alan Rosenfeld, Jon Stockton, Ross Greer, Liz England

President: Cammy Gordon

Vice President: Steve Chulick

Communications: Estee Horn

Computers: Steve Schmiesing

League Rep: Ernie Dillard

League Rep Shadow: Larry Haselwood

Meet Operations: Kristin Ceasri

Registrar: Angi Steiner

Secretary: Sarah Tucker

Social: Dana Baker

Treasurer: Ray Hales

Volunteer Coordinator: Brett Weshner

Newsletter: Meredith Ritchie

go barracudas!