



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

July 2012

Message from the Board

Cathy Drozda

In yet another aspect that the coaching staff and board continue to expand our program to benefit our swimmers, we are inviting former Colorado State Women's Swimming coach John Mattos to speak to our VMAC group swimmers - white, gray, black, senior, and elite levels - on July 18th and again in the fall. Coach Mattos will be talking with the swimmers about mental preparation for "the big meet," i.e., the championship meet of the season.

Coach Mattos will talk about how he prepared America's most successful swimmer in history, Amy VanDyken, for the World Championships and the Olympics, when she earned four gold medals in a single Olympic Games, a feat no one has yet to repeat (though Missy Franklin could be that swimmer!). John's credentials include the following:

Coach Mattos at a glance...

- Having guided the Colorado State women's swimming and diving program since 1980, announced his retirement on April 27, 2011, after 31 seasons at the helm.
- Coached a six-time Olympic gold medalist (Amy Van Dyken) and 13 All-Americans, and took 66 student-athletes to the NCAA championships.
- Named NCAA Division I Coach of the Year after guiding the Rams to a 12th-place finish in the 1994 NCAA championships.
- Led the Rams to six conference championships and two regional crowns, as well as 25 individual championships.
- Was a conference champion and NCAA All-American finalist as a CSU student-athlete.

John Mattos, the Mountain West's 2009 Coach of the Year, tirelessly and passionately worked more than three decades to establish Colorado State's swimming and diving program among the best in the nation. He announced his retirement on April 27, 2011.

In 31 years as head coach at Colorado State University, a magnificent tenure that began in 1980, Mattos guided athletes to 118 school records. He coached 13 All-Americans, nine honorable mention All-Americans and eight academic All-Americans, and took 66 student-athletes to the NCAA championships.

Mattos finished with 221 career dual-meet wins, more than any other coach in school history. He guided the Rams to 25 individual titles, two regional titles and six conference championships, the last one a WAC championship in 1996.

His past athletic and coaching accomplishments in Fort Collins led him to being selected to the CSU Athletic Hall of Fame in November of 2005. The success Mattos had at Colorado State earned him national recognition as well. He was named the NCAA Division I Coach of the Year in 1994 after he led his team to a 12th-place finish at the NCAA Division I Championships.

Mattos also earned international acclaim. He was an assistant coach for the U.S. world championship team that competed in Rome in 1994. Two years later he was the head coach of the National Junior Elite Training Camp team for Olympic development.

In 2004 he was selected to the short course U.S. world championship coaching staff that competed at the Conseco Fieldhouse in Indianapolis, Ind. It was the first swimming event to ever be held in portable pools, in a 20,000-seat venue. There were over 18,000 on hand to watch Saturday nights finals.

Mattos has also done many USA Swimming-sponsored Swimposiums to educate coaches nationally. Beginning in the summer of 1978, Mattos ran his Rocky Mountain Swim Camps at Colorado State University every summer. The camps were kept small to give each young swimmer the stroke knowledge and mental motivation to help them further advance their athletic potential.

	<p>In 1996, he had the opportunity to watch one of his former All-Americans compete at the Olympics. Amy Van Dyken became the first female swimmer in history to win four gold medals in a single Olympics. Van Dyken returned to Fort Collins to train under Mattos and he was her personal coach for the 2000 summer games. Mattos was poolside when Van Dyken returned to the medal stand.</p> <p>(Information obtained from the Colorado State University Athletics Department website)</p> <p>The staff, board, and certainly our swimmers look forward to Coach Mattos' message and story of how he was instrumental in guiding his athletes to their physical and mental potential for "the big one."</p>
<p>Coaches Corner Head Coach Andrew</p>	<p>This past June CUDAS split-up and sent some swimmers and coaches west to Grand Junction, and some even further west to Reno, NV for our summer travel meets. Both trips proved to be successful experiences on multiple fronts. Kids swam fast (multiple team records from Reno)! Kids and parents had a blast! The swimmers who attended came back motivated to train hard and brought back medals, ribbons and stories about how much fun the meets where.</p> <p>These travel meets are a huge step forward in your kid's swimming career. It prepares them for swimming in big meets as a teenager. Nearly every large meet at a regional or national level is outside of Colorado's borders. If you missed out on this year's travel meets, please strongly consider going next year. We will keep the same weekend, that middle weekend in June. So please put that on your calendar now! If you're proactive enough to already have a 2013 Calendar :) If you have any questions, Please shoot me an e-mail or chat with me at VMAC or when I drop by BCC. Thanks!</p>
<p>Article of the Month</p>	<p>https://www.teamunify.com/csbbbc/UserFiles/File/July-%20WatchingYourChildatPractice.pdf</p>
<p>News from BCC Coach Amy</p>	<p>No Practice 7/18- 8&under NCS Championship meet 7/27 Last Day of Practice at the Bay</p> <p><u>SWIMMERS OF THE MONTH</u></p> <p><u>RED GROUP</u></p> <p><u>Robert Talder</u>- Over the past few months I have seen Robert work harder every day on improving his strokes and trying to accomplish what I was asking him to do. He has shown more focus and dedication over the past month and has signed up for his first meet of the summer. These are huge steps earning him the title of Swimmer of the Month.</p> <p><u>Rylie James</u>- Rylie comes to practice everyday with a new story to share with her teammates, and excited to swim. This past month Rylie has moved herself from the leader position to the back of the lane so that she can work on improving her form. Her dedication and commitment to improve her form has made her a more efficient and faster swimmer.</p> <p><u>SILVER GROUP:</u></p> <p><u>Lindsey Gracheck</u>- Lindsey continues to pursue a stronger and more efficient stroke everyday. She went above and beyond this past month bringing in a new piece of equipment to help her improve her kick, which now the rest of her group uses too. Lindsey participates in multiple meets a month trying different and challenging races each time.</p> <p><u>Wilson He</u>- Wilson comes to practice consistently even when he has another sport that he needs to go right after swimming practice. He is always a very positive hard working swimmer that his teammates enjoy having him in their lanes.</p>

Mark Your Calendar	DATE	EVENT
	July 10, 2012	Sign up deadline for NoCo Districts @ teamcudas.com
	July 18, 2012	Big meet preparation talk w/ John Mattos @ VMAC 8:30AM
	July 18, 2012	Northern Colorado 8 & Under Championships @ Brighton HS
	July 21-22, 2012	Northern Colorado Districts @ EPIC
	July 26-29	Long Course State @ Air Force Academy
	August 1	End of Season Team Party @ The Bay
** Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.		
Welcome New Swimmers!!	DEVELOPMENTAL: Nathan Kral SENIOR: Lauren Leggio	
Official's Corner Sean Feran	<p>The Cudas are looking for some dedicated parents who would like to learn more about swimming, while also helping their swimmers. We are currently looking for parents to become USA Swimming officials. There are no prerequisites and no previous swimming knowledge is needed.</p> <p>Due to recent changes, it is now easier than ever to become and maintain a swim official certification. All certified officials have their volunteer hours waived, and all required fees are paid by the team. All that we ask for is your time and desire to help the kids.</p> <p>Please feel free to talk to me or your child's coach, if you are interested or have any questions.</p> <p>Sean Feran FRBSC VP mailto:vicepresident@teamcudas.com</p>	
Notes from the CUDA Account Manager Kathy Jaschke	<p>Reminder - Please set up AutoPay - You can pay in two ways...</p> <p>Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team's website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice prior to the 1st of the month.</p> <p>Credit Card (CC): You may also sign up to have your bill charged to your favorite credit card (VISA, MasterCard and Discover) only. Sign-up again is handled in a secure fashion on the team's website. There is no fee for this service.</p> <p>Kathy Jaschke has taken over as the Account Manager for the team. As always, if you have any questions regarding your bill, please contact Kathy at cudamanager@teamcudas.com or 303-464-1167.</p>	
Board Meetings	<p>Upcoming general Board meetings are usually scheduled for the second Monday of each month. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, August 13th from 7:15 pm-9:00 pm at the Brunner House in Broomfield, please make a note of the new location. Hope to see you there!</p>	
Happy Birthday CUDA July Birthdays	Indigo Armon Vaughn Bigelow Alesha Bratcher Kandice Chandra Adrianna Choury Dalton Despain	

	<p>Ryan Drozda Kanta Emoto Marisa Emoto Shannon Feran Lindsay Fremling Lindsey Gracheck Andrew Hahn Jeffrey Li Caitlin Panicker Sophia Romero Mackenzie Saenz Evan Su Jaelyn Tobias Sidney Trimm Samuel White Kaylee Wu</p>
<p>Practice Schedules</p> <p>BCC Swimmers: 280 Lamar Street Broomfield</p> <p>VMAC Swimmers: 136th Ave & Holly St. Thornton</p>	<p>The practice schedule for the individual groups is listed on the website. Summer practice schedule is posted for both VMAC & BCC.</p> <p>Please see the team website under the Schedule tab for the most up-to-date practice information for both pools</p> <p>Web site: www.teamCUDAs.com. The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.</p>
<p>Team Communications</p>	<p>If you have not done so already, please visit the Team web site and register yourself as a CUDA parent. ALL Team communication, meet information, meet registration, and member updates, etc. is posted on the website. We also send out updates via email so make sure your information is up-to-date!</p> <p>Web site: www.teamCUDAs.com.</p>
<p>Volunteer Policy</p>	<p>Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2012 Season is bringing about many opportunities for you to volunteer and to help us host some exciting meets, please check out the website to sign up early!</p> <p>Volunteer Requirements: 8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers) <i>All hours must be completed by the end of the season, otherwise your swimmer's account will be charged \$20/hour for hours not completed.</i></p> <p>Reporting & Tracking of Volunteer Hours: To simplify the recording of hours volunteered: you will sign up online for events, check in at the event, your hours are then verified and confirmed by the volunteer coordinator, and lastly your hours will be updated to your online account so you can view your hour's completed and/or outstanding balance. After the job sign up is closed (approx. 3 days before meet) if you are unable to fulfill your volunteer duties, you are responsible for finding your replacement. Your replacement needs to email the volunteer coordinator to notify her of the change prior to the day of the meet/event. Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@teamcudas.com The Board wishes to thank every volunteer for their time and commitment. Please do not hesitate to contact a board member should you have any questions or concerns!!</p>

Earn Cash Back with Scrip

The Cuda's have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

1. Contact: Scott Bratcher via email at scripsales@teamcudas.com
2. Arrange to meet
3. Make sure your card number is recorded so you get credit!
4. Give Scott a check or cash for \$25
5. Go to King Soopers and load up your card

Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!

Other easy opportunities to meet your fundraising goal:

Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

- ⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!
- ⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the Cuda website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the "advertise here" button on the bottom left side of the Cuda's home page.