

**A message from the President**

**It's Cold Outside – A Good Time to be a Swimmer !**

We're fortunate that swimming is a year-round sport and done mostly indoors. No long-johns or hand-warmers needed to practice.

Our new web site is up and running. Each current swimming family should have received an email from our web email address [www.teamcudas.com](http://www.teamcudas.com) with your specific password to log into the web site. You can change your password once you have logged into the web site. If you haven't received a password (please check your email 'junk/spam' folder) then please send an email to [Petersonlaura@earthlink.net](mailto:Petersonlaura@earthlink.net) or [LauraPeterson@teamcudas.com](mailto:LauraPeterson@teamcudas.com)

Keep in mind...all of our Club information (newsletters, BLASTs, practice updates, meet entries, team events, last minute weather/pool notices, etc.) is being sent via email, or posted on the team web site. Parents/guardians are responsible for reading the Club communication/emails to ensure that your swimmer is able to participate fully in Team activities. Please send an email to [Petersonlaura@earthlink.net](mailto:Petersonlaura@earthlink.net) or [LauraPeterson@teamcudas.com](mailto:LauraPeterson@teamcudas.com) to indicate that you would like to be added to the email distribution list and so you receive a password to enter the Team web site. Or, go to [www.teamcudas.com](http://www.teamcudas.com), click on 'contact' - enter your name, email address and 'add to email list' in the comment section.

The new web site will continue to grow in functionality and new features will be announced as they are added.

A heartfelt **Thank You** to Laura Peterson and Coach Tex for all their work on getting the new web site designed and launched.

Karen Zimmerman – BBSC President [karenzimmerman@teamcudas.com](mailto:karenzimmerman@teamcudas.com)

**Coaches Corner**

**Head Coach's Report - Tex Doherty**



**WARM IT UP!**

*Obviously, it is hard to swim smooth and relaxed when you are freezing, so here are 10 tips to help you stay warm at your next meet. Reprinted with permission from the Nov. 2008 issue of Swimming World.*

Your body performs better when it is warm. However, a simple pre-meet warm-up may not be enough to ensure peak performance. Here are 10 suggestions to help you stay warm at your next competition so you can swim your very best.

**Start the Day Right**

Start your day with a hot breakfast, then get to the pool early and warm up for at least 25 to 30 minutes. Start out easy to allow your body to wake up gradually. "Rev up" the heart with pace work and a few sprints off the blocks. Don't forget to check out the backstroke flags and unfamiliar walls or bulkhead.

**Pack Well**

Indoors or outdoors, pool decks can be chilly. Be prepared by bringing warm clothes such as a parka, warm jacket or sweats and plenty of towels. Save your towels from sogging out by using a shammy first to wick away the water.

**Top It Off**

Wear a hat to prevent loss of body heat through the head. Putting something on your noggin makes sense, especially if your hair is wet. Wearing a swim cap all day will have a similar effect.

**Shoes On Your Feet**

Pool decks are wet and cold, so adding a barrier between you and the cement will help you stay warm. UGG boots, shoes or socks and sandals are a better alternative than going barefoot. Wearing shoes will also keep your legs fresh, as walking or standing around all day on a hard surface can promote tired legs and feet.

**Consume Hot Drinks**

Warm up from the inside out by drinking how liquids or soup. Save the chili for after the meet because something this heavy may come back to haunt you in your next race.

**Extra Suits**

Spending an entire day in a wet is not fun. The amazing Rita Simonton – 90 years old and still going strong – stays warm and toasty by putting on a dry suit after every swim. She creates additional warmth from energy she expends from her pre-race ritual. While not everyone will change as open as Rita, do make sure to bring extras just in case. By the way, she still looks fabulous in a swimsuit!

**Hot Shower**

Raise your core temperature by taking a how shower before or after your race. If you have a long enough break, take a hot shower and change into dry clothes.

**Pre-Race Warm-Up**

Swimmers like to warm up right before they race in order to loosen up. However, you may want to reconsider if the pool is cold and getting in will only cause you to tighten up. Instead, stretch, swing your arms or take a hot shower. After your race, plan to swim down an extra 10 minutes to make up for not getting in before your race.

**Towels to the Blocks...A Must!**

If you are behind the blocks and the wind hits you – even if the temperature is a blazing 100 degrees – you will get chilled. The solution? Outdoors or indoors, *always* show up for your race with a towel around your shoulders, and do not take it off until the whistle blows.

**Cheer for Others**

Generate positive energy and warmth by cheering for your teammates and your friends. Your efforts will be appreciated, you will be less stressed about your events AND you will have more fun.

**December Holiday Practice Schedule**

Swimming during the holidays is necessary to keep our swimmers in top conditioning. The holiday practice schedule will be mailed out in a Blast and also posted at both pools shortly.

**Upcoming Meets & Events**

**Mark your calendars!**



Jan. 9 – 11 <sup>th</sup>	FAST @ Epic Pool
Jan. 23 <sup>rd</sup> – 25 <sup>th</sup>	TOPS @ DU Pool
Jan. 24 <sup>th</sup>	Silver Circuit @ Eaton
Jan. 30 – Feb. 1 <sup>st</sup>	Winter District @ Estes Park
Feb 15 <sup>th</sup>	Team Registration Day LC season

**Important Reminder:**

**Meet Entry Process**



Each swim parent (who has provided their email to our email coordinator) is receiving notification of upcoming meets and the events selected for that swimmer. We are also posting meet and event entry lists on the [www.teamcudas.com](http://www.teamcudas.com) web site. Each swimmer parent is responsible for reading all emails/notifications that are sent, regarding upcoming meets, and to review the meet entries that their swimmer’s coach has selected for their swimmer. Our coaches will select the session (morning or afternoon based on age-group swim time) and individual swimmer events. There will be a deadline, listed in each email/web posting by which any deletions, or changes, have to be sent to Head Coach Tex. *Failure to send your changes, or that your swimmer will not participate in a session or meet, will result in the parent paying the full amount of their swimmer’s meet entry and associated fees (no exceptions).* If you wish to receive email, please visit the [www.teamcudas.com](http://www.teamcudas.com) and submit a request to be added to the email distribution list.

**New CUDA T-Shirts**

We are excited to announce that we have **new CUDA T-shirts for sale.**

This is a new design and we are asking that every CUDA swimmer purchase and wear their shirt to each swim meet and team event. Parents are also encouraged to show their team spirit by wearing our team colors at all meets. These are a great way to show team spirit!

**Cost for the T-Shirts are just \$10.**

The T-Shirts will be available at the end of December. Sizes are limited to the following: YM-15, YL-40, S-25, M-50, L-50, XL-25, XXL-5. T-shirts are 100% pre-shrunk cotton. Reserve early to ensure the best fit!

To reserve your selection, please email Marilyn Kerr, [MarilynKerr@teamcudas.com](mailto:MarilynKerr@teamcudas.com). Marilyn will be available at both pools with the T-Shirts as soon as they come in. Cash only please.



**Reminders from the Treasurer and Business Manager**

For all dues, meets and most BBSC events, payment is by check only. Please remember to write your swimmer's name and the event/meet/activity in the Memo section of the check.

If you have multiple swimmers please indicate on the check how much is to be applied for each swimmer (ex., Memo: Suzy-pizza meet \$6.00/Sam-dues \$128.00)

When you are paying for a meet, please remember to calculate how many events your child is entered in, the pool surcharge and the Cuda \$4 surcharge to pay in full for the meet. (ex. 6 events x \$3.50 + \$5 pool surcharge + \$4 Cuda surcharge = \$30)

**BBSC BOD - OPENINGS**



**New Board Member**

We are pleased that Laura Peterson has joined the Board as an 'at large' member. Laura, and her husband, Rob, have three swimmers on the team and have been active and very supportive members of the Club.

Laura has been instrumental in the launch of the new Club web site and works closely with the BCC and FRCC pool administration to ensure our team has maximum practice time and pool space.

**Fund Raising**



**Fundraising – online scrip/gift card orders**

We are pleased that so many families are purchasing the King Sooper Gift Cards and earning a percentage credit towards your seasonal \$50/family commitment. You may also purchase King Sooper certificates gift cards to use for purchase of groceries, grocery store gas, as well as the purchase of other national and local retailer's gift cards (Starbucks, Gap, Sears, Home Depot, Subway, etc.).

	<p>You may purchase the cards, in \$100 denominations, from our Scrip Volunteers: Kellie and Scott Bratcher (<a href="mailto:scottkellie@earthlink.net">scottkellie@earthlink.net</a>). Please email Scott and Kellie to arrange a time to meet, at the BCC or FRCC pool during regular swim practice, to purchase your cards.</p> <p>A percentage (%) of each purchase is credited to your swimmer's account and towards your \$50/Short Course, or \$50/Long Course, fundraising obligation.</p> <p>You may also purchase national/local retailer gift cards <u>online</u> through the CUDA fundraising SCRIP program</p> <p>Use your online scrip/gift cards for all your friends, family, teachers, coaches, etc. gift giving!</p> <p>If you haven't enrolled yet please log-on at the following URL and begin ordering:  <a href="https://www.shopwithscrip.com/index.aspx">https://www.shopwithscrip.com/index.aspx</a></p> <p>Enter your email address and our team's account number -89A6D31B14921</p> <p>Also, some of the retailers are giving additional discounts in time for the holidays – here is a sample listing.</p> <table border="1" data-bbox="415 695 1536 915"> <tr> <td data-bbox="415 695 974 915"> <ul style="list-style-type: none"> <li>● Cabela's - 3% bonus</li> <li>● Sears - 6% bonus</li> <li>● Bed and Breakfast.com - 5% bonus</li> <li>● Macy's - 2% bonus</li> <li>● Eddie Bauer - 6% bonus</li> <li>● Staples - 5 % bonus</li> </ul> </td> <td data-bbox="974 695 1536 915"> <ul style="list-style-type: none"> <li>● J.Jill - 3% bonus</li> <li>● Kmart - 6% bonus</li> <li>● JCPenny - 1% bonus</li> <li>● Dicks Sporting Goods – 3% bonus</li> <li>● LL Bean - 2% bonus</li> <li>● TGIF - 1% bonus</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>● Cabela's - 3% bonus</li> <li>● Sears - 6% bonus</li> <li>● Bed and Breakfast.com - 5% bonus</li> <li>● Macy's - 2% bonus</li> <li>● Eddie Bauer - 6% bonus</li> <li>● Staples - 5 % bonus</li> </ul>	<ul style="list-style-type: none"> <li>● J.Jill - 3% bonus</li> <li>● Kmart - 6% bonus</li> <li>● JCPenny - 1% bonus</li> <li>● Dicks Sporting Goods – 3% bonus</li> <li>● LL Bean - 2% bonus</li> <li>● TGIF - 1% bonus</li> </ul>
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<b>Monthly BBSC Board Meeting</b>	<p>The BBSC Board meets monthly, at the Broomfield Community Center, the third Monday of the month, from 7:00-9:00 pm. These meetings are open to all BBSC parents/guardians and swimmers. Please come hear what your parent-elected Board is doing on behalf of the Club.</p>		
<b>Team Communications</b>	<p>To receive your BBSC Newsletters, BLAST, team updates, pool and practice changes, automatically via email, send an email to our new Team email: <a href="mailto:cudanews@gmail.com">cudanews@gmail.com</a>. Please type 'add to newsletter list' in the 'subject' header.</p> <p><b>The BBSC does not share, or sell, our parent or swimmer, email lists with individuals or organizations, inside or outside of the club.</b></p>		

*The Board and Coaching Staff would like to thank every family for being part of our wonderful team and for all your support in 2008. We are looking forward to an even greater 2009.*

*Have a Happy Holiday Season!*