



Barracuda Banner

May 29, 2009

It's All About Team Spirit

By Leslie Kinne, Barracudas Swim Team President

When I was 8 years old, we moved to Bow Mar South. On day 2 of living in our new home, we all rode our bikes down to the pool to participate in our first day of swim team. Herein began the carefree summers running around barefoot, living in our swimsuits, riding our bikes to our friend's houses, watching Star Trek (what can I say, I had 2 big brothers?) and swimming all day long in the pool or lake. At night we would play Kick-the-Can and Capture-the-Flag.

Our swim team was amazing. We won everything! But more important than winning was the team spirit and all the fun. We had a blast caravanning to the meets, eating out afterwards, and my very favorite part of all was hanging out in the team tent at swim meets. We would set up our own little "camps" with our towels, play Uno and eat candy, play Slap Jack and drink lemonade. Somehow, we always made it to our events.

Here I am now, back in Rocky Mountain Swim League (talk about déjà vu!). And the Barracudas have bought a new tent for the kids to hang out in. My greatest hope is that this is a sanctuary for the children—a place for them to go and have fun with their friends, to relax and recharge for their next event.

Our Junior Coaches will monitor the tent and provide games for those willing participants. Let's be sure and talk to our children about being respectful of the tent, and of others and their property. Let's be sure our kids are kind to others. The Jr. Coaches have the right to ask people to leave if need be. Parents, let's be sure to monitor the tent, as well. Just check in with the kids to be sure all is well.

My other favorite memories of swim team are of the friendships made with "Upper Division" kids. What a unique opportunity for both the younger and older kids to connect with one another; the older kids will be role models and mentors for the younger ones. This year, we will incorporate swim team "Families" to give everyone an even greater chance to connect, cheer each other on, and to foster friendships.

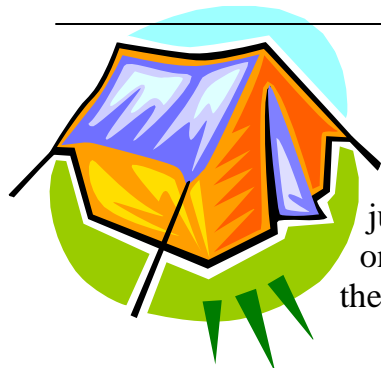
Last year, the HFII Barracudas were a force to be reckoned with. We were undefeated, thus winning us a position in Division A. This is quite an honor and we are swimming against the best. We are going to give these teams a run for their money; we have 163 swimmers this year and are a formidable force!



Warm Up Before the Meet!

Swimmers be at OUR pool by
6:45am this Saturday

I am so excited for our season! Our coaches will help our children become better swimmers, tougher competitors and help them achieve new goals. Our coaches also know the importance of the fun of it all and the need to foster team spirit. They have come up with so many awesome ideas to encourage this. Stay tuned for more from them, I think you will be incredibly impressed with the caliber of our coaches this year!



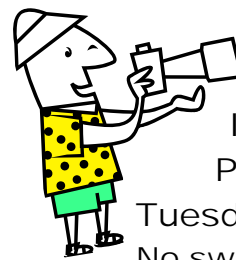
The Cuda Tent!

This year the team has purchased a Cuda tent. This tent is designed for the swimmers to sit under at the meets with their fellow teammates. One of our junior coaches will be watching the tent, but parents please be sure to check in on your swimmer. The junior coaches will ask a swimmer to leave the tent if they are misbehaving. Hopefully it will give the team a chance to bond!

WHAT SHOULD YOU BRING TO A MEET?

For the new 'Cudas who need some guidance, and for the old who need a reminder, here is the Coaches' recommended packing list for swim meets:

- team swimsuit (please wear the team suit only so we look like a unified force!)
- good goggles (a back-up pair is helpful too) and a team cap (if you wear one—and this should at least include all the ladies on the team!)
- at least two towels—they will get very wet very quickly!
- warm clothes (sweats, socks, tennis shoes, hat) for the chilly early mornings
- sun-protection (t-shirt, baseball cap, and plenty of waterproof SUNBLOCK) for the mid-day heat
- a tarp, blanket, sleeping bag, or anything else to lounge on—the chaises get occupied very quickly, so you will probably want something to separate you from the wet & itchy grass
- plenty of liquids—Gatorade, water, & juice are all good choices
- some energizing snacks, such as Powerbars or granola bars, trail mix, or fruit (lots of processed sugar is not a good idea, so try to stay away from the candy at the concession stand until after the meet is over please!)



Team and Individual Pictures

Tuesday, June 9th
No swimming that day,
order forms in your folder

Swimmers' Fuel

What should swimmers eat?
During the two to three days prior to a meet, swimmers should eat complex carbohydrates (pasta and lowfat meals). The night before the meet, eat a combination of complex carbohydrates and protein. Eat light and often. AVOID sugary foods (soda pop, candy, jello, donuts, etc.) before and during meets. Instead, choose bananas, power bars or non-chocolate granola bars. Get up early to eat some breakfast, and as always, stay hydrated (drink lots of water).

Swimmers of the Week!



Swimmers of the Week lead by example in their work ethic and positive attitude. This year's coaching staff will be selecting two swimmers (1 boy and 1 girl) each week that they feel exude these qualities, and invite them to join the coaches for breakfast the following Tuesday morning at 10am by the pool. **Caleb Gienger (5)** is a first year swimmer and has been such a

positive and hard working swimmer the past two weeks of practice. He comes everyday ready to give 110%. He is always on time and ready to get in the water. He was a little nervous about his first practice, but now he is speeding across the pool and is ready to work on every stroke. Caleb has already shown a ton of improvement on his backstroke and his freestyle kick. Even when he is exhausted, he still keeps going with a huge grin on his face. We look forward to seeing Caleb every morning for his

constant effort and positive attitude. Great Job Caleb! **Madeline Pebbles** What an amazing 9-10 Madeline is. We are very lucky to be coaching Madeline this year and the Cuda's are lucky to have a new FABULOUS face on the team. She has been coming to practice daily with a smile on her face and ready to learn and grow as a swimmer. Madeline works very hard during practices and will do great in the meets. We are excited to see how much Madeline will improve this year!

Check your folder!

All swimmers must be sure to check their folders! They will be available at every practice outside the guard house. You'll find your roster, newsletter, **ribbons** and other important information!

Have something for the Banner?



The **Barracuda Banner** is delivered each Friday morning to your pool folder. It contains information about the upcoming meet as well as other pertinent news. Swimmers should be sure to pick it up each Friday morning.

If you have information to include in the **Barracuda Banner**, please get it to Lauren Landen by the **Tuesday** prior to publication. You can e-mail it to landen99@yahoo.com, put it in the Landen folder at the pool, drop it off at her house (6054 E. Kettle Pl.) or give Lauren a call at 303-770-5367.

Breakfast for the coaches



A fun tradition! Sign ups will be at the pool if you'd like to bring breakfast for the coaches after practice on Tuesday, Wednesday or Thursday each week. Our hungry coaches really appreciate it!

Private Lessons

Do you want some extra one-on-one help with your strokes, turns, starts, or finishes? Any of the coaches or lifeguards would be happy to give you a 30 minute private lesson. Call or talk to one of us at practice for details and to schedule a lesson.

Stroke Clinics

Work on your strokes with our team of coaches.

NO need to sign up!

Tuesday & Thursday Nights 7-8pm
Throughout the season!

'CUDA CALENDAR

May 30	Home Meet with Stonegate
June 2	First Stroke Clinic 7-8pm
June 6	Home Meet with Forest Park
June 7	Ice Cream Social
June 9	Team Pictures
June 12	Pizza lunch at the pool
June 13	Away Meet at Ben Franklin
June 16	Swim Team goes to the movies
June 19	Pizza lunch at the pool
June 20	Away Meet at Cherry Creek Vista
June 21	Pirates Cove Night 6-8pm
June 25	Movie Night at the Pool at dusk
June 27	Away Meet at Homestead
June 28	BBQ Float Night
July 6	Prelims 6 & under, 8 & under at Cherry Creek Vista
July 7	Prelims 13-18 at HFII
July 8	Prelims 9-10 at Homestead
July 9	Prelims 11-12 at Heritage Greens
July 11	Finals at Stonegate
July 12	All team End of Season Banquet

Coach's Corner

By Maggie Cowan



I am ecstatic the 2009 swim season is in full effect. What a great turn out this year, 160 swimmers! The coaches and I are having a wonderful time meeting each swimmer and working with them individually. I know it will be a FABULOUS season!

As coaches we have brilliant spirit ideas, such as a Cuda triathlon, team feeds, caravanning to away meets, and team families instead of buddies. All the coaches have been Barracuda swimmers and we know how important it is to have fun activities to look forward to. We all have different favorite memories of the swim team but each memory is not of time trails, championships, daily practices, or game days, it's the days the coaches spent the extra time to do something unique and fun with the team. We are hoping this will be a memorable year for each swimmer and the families. We will keep you updated with the spirit events weekly along with the spirit committee.

A beginning of the year reminder from an athlete; there are 10 things to remember as a spectator:

1. Be supportive of our team: don't put down another team.
2. Be proud of us - Win or Lose.
3. Understand that swimmers, coaches, and officials are human- we all make mistakes.
4. Provide feedback- but wait until we are ready.
5. Don't take the meet more seriously than us.
6. Know the rules.
7. Be interested.
8. Exemplify the expected behavior
9. Practice what you preach.

Remember, it's just a meet.

Our first meet is this Saturday at home against Stonegate. Remember to be at the pool on time for warm-ups at 6:45 AM. **We want every swimmer at warm-ups.** Please make sure if your child will not be at the meet to contact your swimmers' coach and tell them no later than Tuesday of that week. Also, please contact your coach if you are leaving the meet early. Sometimes we have free relays that need a fill in, and your swimmer might be our solution.

See you in the Cuda Tent on Saturday!

May 30th Home Meet Volunteer Schedule

You must fulfill your commitment or find your own replacement! NO Exceptions!

<p>1st Shift: 8:00am-10:00am</p> <p>Volunteer Table Laurie Juergens</p> <p>Back up Timer Michelle Brose</p> <p>Cards Stephanie Woody</p> <p>Heating Stacy Terry Sunny Hicken</p> <p>Runners Gary Babb Jayne Conant</p> <p>Score Table Linda Kosten Susan Rietveld</p> <p>Timers Jim Crowley Elizabeth Frost Alan Smiley Jill Olsen</p> <p>Stroke Judges Jon Habert Chris Jouvenat</p>	<p>2nd Shift: 10:00am-12:00pm</p> <p>Back up Timer Patricia Starkman</p> <p>Cards Stephanie Woody</p> <p>Heating Michelle Brose Judy Querry</p> <p>Runners Gary Babb Jayne Conant</p> <p>Score Table Linda Kosten Susan Rietveld</p> <p>Timers Arianne Lahana Michael Donhowe Tom Oriel</p> <p>Stroke Judges Scott Kothlow Kevin Carroll</p>	<p>3rd Shift: 12:00-END</p> <p>Back up Timer Lisa Pierpont</p> <p>Cards Alberta Maybee</p> <p>Heating Tracy D'Alanno</p> <p>Runner Alice Avery Judy Querry</p> <p>Score Table Sunny Hicken Jacob Gienger</p> <p>Timers Arianne Lahana Michael Donhowe Shelly Snyder</p> <p>Stroke Judges Scott Kothlow Elizabeth Moynihan</p>
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<p style="text-align: center;">Concessions</p> <p style="text-align: center;">1st Shift: 7:00am-10:30am</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Roger Smith</td> <td style="width: 50%;">Margaret Merkel</td> </tr> <tr> <td>Janice Bull</td> <td>Maria Lombardo</td> </tr> <tr> <td>Randy Stoiber</td> <td>Margaret Froehlke</td> </tr> <tr> <td>Anne Dupont</td> <td>Tony Heideman</td> </tr> </table>	Roger Smith	Margaret Merkel	Janice Bull	Maria Lombardo	Randy Stoiber	Margaret Froehlke	Anne Dupont	Tony Heideman	<p style="text-align: center;">Concessions</p> <p style="text-align: center;">2nd Shift: 10:30am-END</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Mary Thompson</td> <td style="width: 50%;">Roger Smith</td> </tr> <tr> <td>Bobbie Louis</td> <td>Darlene Walsh</td> </tr> <tr> <td>Lane Anderson</td> <td>Maria Lombardo</td> </tr> <tr> <td>Mary Lautenbach</td> <td>Tony Heideman</td> </tr> </table> <p>Concessions Tear Down: Don Pebbles</p>	Mary Thompson	Roger Smith	Bobbie Louis	Darlene Walsh	Lane Anderson	Maria Lombardo	Mary Lautenbach	Tony Heideman
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<p style="text-align: center;">Friday Evening Meet Setup 6:30pm-DONE</p> <p style="text-align: center;">Mary Thompson, Jim Crowley, Tina Barry</p>	<p style="text-align: center;">Clean up and Tear Down After Meet</p> <p style="text-align: center;">Betty Knecht, Tasha Christensen, Jacob Gienger, D Pebbles</p>
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Can't Make Practice or a Meet?

The coaches MUST know when you can't make it to a practice or a meet. If you will be missing a MEET, coaches must know by the prior Tuesday. Be sure to get this form to them.

Maggie's email: maggiecow@gmail.com **Tyler's email:** Tnamaybee@msn.com

Swimmer's Name _____ Age Level _____

Dates unable to attend practice _____ Dates unable to attend Meet _____

Reason: _____

