



Barracuda Banner

June 26, 2009

Hello Barracuda Families-

It has been so much fun serving as president this year. Thanks everyone for the opportunity and support! What a great season it has been- I can't believe it is nearly over. I am grateful to all of our volunteers who make swim team possible and make it a joy to work with this awesome team. **Thank you everyone for all you do!**

At our banquet on July 12th, I will pass the torch to Amy Zirbel. This leaves an opening for a Vice President... We are now accepting nominations for this position and interested parties may wish to begin campaigning now. J

Good luck to all of our 'Cudas on Saturday against Homestead. Good luck to all at Prelims and Championships! Go 'Cudas!!

-Leslie Kinne



**Warm Up Before
the Meet!**

Be at OUR Pool by 6:45am

Prelims Volunteers!

If your swimmer is going to prelims, **you must sign up to help.** Regular season volunteer exemptions do not count for prelims! **If you have multiple swimmers, you should sign up for multiple slots.** We especially need more help at the meet we're hosting Tuesday, July 7th.

Sign up sheets can be found at the volunteer table at Saturday's meet or you can contact Heather Dewey 303-708-1727 or heatherdewey@comcast.net -Thank You!

PRELIMS ENTRY DEADLINE EXTENDED!

Get your prelims entry forms to Maggie or Tyler's folders by this Saturday, June 27th!

NEW Team Records!

Girls 6 & under 100 Free relay had a time of 2:07.25 against CCV Caitrin Lombardo, Julia Juergens, Lauren Kinne, Alexis Lyons

Boys 13-14 200 Free relay had a new time of 2:22.72 on 6/20/09 Logan Lagesse, Aaron Avery, Eric Kothlow, Jackson Patinella

Girls 11-12 200 Free relay had a new time of 2:17.87 on 5/30/09 Catherine Crowley, Christine Maybee, Elena Barry, Ella Moynihan

Boys 13-14 100 Back Logan Lagesse had a time of 1:11.55

Girls 13-14 50 Free Alexis Lahana had a time of 30.53



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.

11-12 Kaylee Eastridge: This is Kaylee's first year on swim team. I am very proud of how hard she works during practices and meets. Kaylee always has a smile on her face and tries her best to progress each week. Kaylee is an amazing breast-stroker. I am excited to see all of the improvement she continues to make throughout the years. Keep up the hard work Kaylee!

13-14 Stephen Snyder has been a terrific role model all year. He is on time every day to practice, gets in, and gives every day 110%. He sticks around and talks to the coaches after practice, wanting to improve himself. Stephen always has a great attitude and we look forward to his smile at 8 o'clock every morning. In addition to his hard work at practice, Stephen is more impressive at the meets. He tries swimming everything, including the toughest events, 100 fly, 200 free, and 200 IM all at the same meet!! He is behind the blocks with the coaches cheering, pumping up, and encouraging all the swimmers before their races. The coaches are ecstatic to have him swimming with us this year and hope to see others follow in his footsteps. Thanks for going above and beyond!

Thanks to the following volunteers who are helping at the banquet:

Karen Skoda, Tasha Christensen, Rachel Pebbles, Kristen Carlson, Judy Querry, and Stacey Thompson

*You're Invited
to the Barracuda Banquet!*

Picnic in the Park

*Grab your chairs and picnic blankets
for the end-of-season banquet and
awards ceremony!*

*Sunday, July 12th
6:00 pm – 10:00 pm
HFII Pool*

*6-7pm Dinner on the lawn
7-8pm Awards
8-9:45pm Swimming*

*Featuring:
BBQ Beef Sandwiches
Potato Salad
Coleslaw
Watermelon
Dessert
Drinks*

*Please fill out and return the RSVP form
by July 6th to the
"Banquet" folder at the pool.*

Barracuda Banquet RSVP

Family Name: _____

No, we will NOT be attending _____ -OR- Yes, we will be attending _____

Number of children 10 and under _____ @ \$4 each = \$_____

Number of adults and children 11 and over _____ @ \$8 each = \$_____

Total \$_____

No cash please, make checks payable to: 'HFII Swim Team', and place in "Banquet" folder located in front of the swimmer's folders. Questions? Contact Stacey Thompson thompsonbunch11@gmail.com

Something to think about...

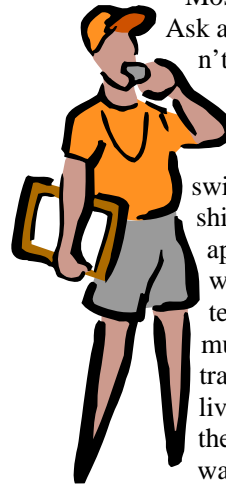
Swimming is better than all the sports and here's why:

We kick more than SOCCER players
We bump in to more things than VOLLEYBALL players bump the ball
We yell louder than CHEERLEADERS!
We have better "uniforms" than FOOTBALL players
We can't get yelled at by our coach for hogging the spotlight like BASKETBALL players
We dive farther and long to get to our "home plate" than BASEBALL players
We are physically and mentally stronger than HOCKEY players
We move more than DANCERS
We do more flips than GYMNASTS
We do more laps than RUNNERS
And that's why we SWIM!

Thank you swimmers and families for all you have done this year to make it a memorable one!

Coach's Corner

By Maggie Cowan



Most swimmers don't swim because it's fun. Ask any of us, most of us hate it. But we couldn't imagine our lives without it. It's part of us, it's something we live for. We live for the long practices, the team parties, the cheers, the lengthy meets, the countless swim caps, the chlorine, the jokes, the friendships, the laughs, the coaches you hate but appreciate later. We live for the way it feels when you beat the person next to you by a tenth of a second because we know how much it matters and you know those two extra laps you did in practice were worth it. We live for the workouts and the goals we set at the beginning of the season. We live for the way you become a family with your team. We live for the countless songs you sing in your head while swimming laps. We live for the people who scream at you during the race even though all you hear is BLAH BLAH BLAH. We live for the competition, the friends, the practices, and for the pain. We live for the race, the sprint, the distance, the team. It's a part of us because we're SWIMMERS.

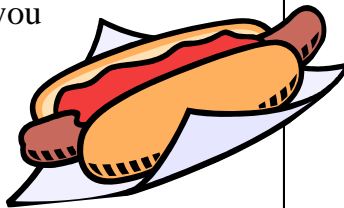
Once a year our neighborhood comes together for 8 weeks to swim, to laugh, once and awhile maybe even cry, and to show we are the BEST. We have 3 more times Cuda's to show we are the best. We not only show greatness by winning but we show it by shaking hands after a race, by cheers for our teammates, letting another swimmer borrow a cap or goggles, giving advice, and smiling. Swimming is the only sport with no half times, no substitutions, no timeouts, and you only get 1 shot for your goal. Lets achieve all our goals this Saturday at our "house." Lets show Homestead we have depth, we have a team, and we have spirit. Cheer loud, come early, and fight for the win!



BBQ Float Night at the Pool!

Make sure you attend our 'Cuda BBQ at the pool on **Sunday, June 28th** from 5:30 to 8pm! It's a great fundraiser for the team, just \$3.00 for a

hot dog meal, and it saves you from making dinner. Plus, the kids can bring their floats down to the pool. A great time for everyone!



Volunteers :

Maria Lombardo, Margaret Froehlke, Kristen and Dave Carlson, and Judy Querry



Swim Team Goes to the Movies!

Thursday, July 2nd. We will be going to see *Ice Age III Age of the Dinosaurs 3D* at Greenwood Plaza about 3:00PM. Exact time TBD—Look for an email. Adult supervision required.

'CUDA CALENDAR

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|----------------|--|
| June 27 | Home Meet with Homestead |
| June 28 | BBQ Float Night |
| July 2 | Swim team goes to the movies! |
| 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 |
| Aug 11 | Pirate's Cove Night |

June 27th Home Meet with Homestead in the Willows

Volunteer Schedule

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

1st Shift: 8:00am-10:00am	2nd Shift: 10:00am-12:00pm	3rd Shift: 12:00pm-END
Volunteer Table Don Pebbles	Cards Alberta Maybee	Cards Tracy D'Alanno
Cards Laura Forest	Heating Todd Skoda Jennifer Bird	Heating Alice Avery
Heating Todd Skoda Tom Oriel	Score Table Linda Kosten Kay Wilms	Score Table Jacob Gienger Arianne Lahana
Score Table Linda Kosten Russ Powell	Runner Anthony Patinella Carol McNulty	Runner Beckie Johnson Kristy Slack
Runner Gretchen Garrison Tammy Hawkins	Timers Gary Babb Sonja Lahana Tom Oriel Scott DeLucero	Timers Gary Babb Lisa Pierpont Shelly Snyder
Timers Jim Crowley Anthony Patinella Jill Olsen Scott DeLucero	Back Up Timer Lisa Pierpont	Back Up Timer Alberta Maybee
Back Up Timer Pete Stephenson	Stroke Judge Patrick McCarthy Chris Jouvenat	Stroke Judge E. Moynihan Steve Phenix
Stroke Judge Hank Kinne Kevin Carroll	Extra Helper As Needed Jennifer Bird Paula Onofrio Susan Foster	Concessions Take Down After Meet Kristin Schweitzer
Extra Helper As Needed Darlene Walsh Betty Knecht Tammy Hawkins		
Concessions: 7:00am-10:30am Janice Bull, Maria Lombardo, Michael Donhowe, Randy Stoiber, Theresa Aye, Margaret Froehlke, Maren Plisko, Kay Wilms		Concessions: 10:30am-END Roger Smith, Lane Anderson, Maria Lombardo, Michael Donhowe, Theresa Aye, Stacy Myers, Mary Slack, Beckie Johnson
Friday Evening Meet Setup Laura Forest, Jim Crowley, Kristin Schweitzer		Clean up and tear down after meet Tasha Christensen, Jacob Gienger, D. Pebbles, M. Froehlke

Prelims and Practice

June 29-July 2	Practice as usual
June 30	Last stroke clinic at 7pm
July 3	No Practice
July 6	8am - 9-10 & 11-12, 9am - 13-14 & 15-18
July 7	No practice
July 8	8am -11-12 & 13-14, 9am - 15-18, 8 & U, 6 & U
July 9	8am -9-10 & 13-14, 9am - 6 & U, 8 & U, 15-18
July 10	TBD

All swimmers who are participating in prelims are expected at practice, except for the day of their prelims of course. Swimmers not participating in prelims—we'll see you at the banquet!!