



Barracuda Banner

June 12, 2009

Hello Barracudas!

We have a very exciting meet in store this weekend. We are swimming at Ben Franklin where we will see familiar faces and compete against a team that is about the same size we are. Be prepared for some fun—and some good competition.



Please arrive by 7:00 to ensure you are ready to warm-up at 7:15. We can set up outside of their front entrance on their lawn—just like the away teams did for us. Wear your spirit t-shirts and cheer on your team! Please remember to shake hands with your opponent. We must remember good sportsmanship comes first!

In your Team Families, let's try to remember those kiddos who are new to the team. They are the ones who need the most encouragement. All it takes to let someone know you care is a note of encouragement, a piece of candy or a small toy. These small tokens go a long way!

You may want to leave your personal tent at home and sit under the team tent. There is lots of room. Juice and muffins will be supplied for those who arrive early.

Don't forget to come to our stroke clinics! Tuesday and Thursday nights from 7 to 8pm!

MEET RESULTS!

HFII - 614
Forest Park - 236
Woohoo 'Cudas!!!

Volunteers of the Week

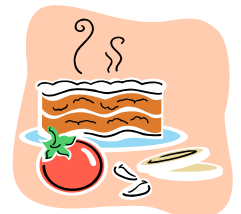
Jennifer Crowley Andrew Lahana
Jim Crowley Rick Hanson
Tom Piccone Bobbie Louis
Gina Warner Kevin Lyons

Someone asked last week, "Is there anyone who knows how this entire system works?" (Meaning the set up of swim meets) The answer is yes, the Crowleys know and they are always there helping to set up for our home meets. This is why they are added to our list of exceptional volunteers. Thank You!!!

LASAGNA DINNER!

The coaches are putting on a "Team Feed" Please come hungry and get fueled for the meet against Ben Franklin. Each dinner costs \$3.00 and the coaches will serve! Also bring your cars to decorate for the caravan.

When: Friday June 12th, 6-7:30pm
Where: Pool Parking Lot
Who: All Barracuda swimmers and their families



Cuda Families meet at the Parking Lot at 6:40 a.m. on Saturday to caravan to the meet at Ben Franklin. It looks very cool when we come in a pack!



Warm Up Before the Meet!

Be at Franklin Pool by **7:00am**
this Saturday for warm ups
meet starts at 8:00am



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.

15-18 Jake Mayo: The lacrosse kid turned 'Cuda swimmer this season is a joy to be around. His positive attitude and laugh keeps the coaches smiling all practice long. Jake tries his best daily and is showing improvement. During game day Jake was one of the 15-18 that stayed an extra hour in the water to help with the 6 and under games. He was having a wonderful time and the 6 and unders really enjoyed him there. Thank you Jake for helping out without being asked!

7-8 Ellie Olsen: She is a superstar! She comes to practice early everyday asking, "Can we get in?" She is a trooper during practice working hard to master all four strokes and flip turns. We applaud Ellie for her constant dedication and hard work during practices and for her wonderful smile at the end of every race. Way to go Ellie!



Team Pictures

Swim team photos were a success! If anyone would still like to order either a team photo, or a mini cuda team photo, contact Kathy Hoover at kathyhoover@hotmail.com. Also, if anyone would like to take a make up individual photo, ImageTech will be at **HFI** pool (NW corner of Holly & Dry Creek) on 6/17 @ 8:30 AM.

Funny Funny Funny

BED HEAD: Stephen Synder

QUOTE OF THE WEEK:

"Christine do you have an umbrella here?" said Logan Lagesse

"No why?" answered Christine

"There is a storm coming in."

"What?" While Christine looks up at the sky

While pointing to himself Logan said, "It's right here!"



Ahoy Mateys! We hope to see you at Homestead Farm II night at Pirates Cove! Join us for fun in the sun at Englewood's outdoor aquatic facility. Pirates

Cove offers a leisure pool with a large play structure, a 25-meter, 6-lane pool, a 35-foot slide tower with three slides, a lazy river and more for your summer fun!

Sunday, June 14th

6:45-8:45

Tickets \$9.00 in advance
\$10.00 at the door

To purchase tickets contact
Lisa Watson at 303-997-5750.

This special night is open to all Homestead Farm II families. Proceeds to benefit the swim team. Come support your Barracudas and invite your neighbors!!

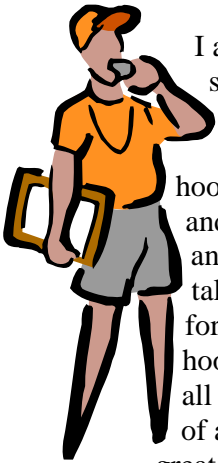
Get to know your 'Cuda Family!

As coaches we have designed families instead of buddies this season. We were hoping the swimmers will get a chance to meet a variety of different swimmers in different age groups. We understand it is hard with so many swimmers in each family to get to know everyone. There are many ways your family can work it out. Maybe you buddy up inside the family. For example #1 can cheer for #2, #2 cheer for #3, and so on.

The coaches have left this up to you. Try finding members of your family during the ice cream social, practices, or meets. Please come ask the coaches for assistants. Do not feel obligated to buy each person a gift every meet, all we ask is you cheer and give encouragement. Some free ways to make it even more special are making signs for your family, wear your family color to

Coach's Corner

By Maggie Cowan



I am so proud to be apart of a marvelous swim team and neighborhood. Christine, Amy, and I were talked last week about how much we cherish our neighborhood. We all hope one day to move here and have our own Barracuda swimmers and be the mom's around the baby pool talking about "important" things. Watch for us! I do not know one other neighborhood with so much unity and pride. We are all thankful to be raised in HFII and apart of a swim team that has given each of us great memories. Each day one of us tells a story about what we remember about being a Cuda. These stories come about because one of the swimmers triggers our memories. In this coaches corner instead of telling you to be on time, and have team spirit (I think you know what we expect) I want to share some of our memories and why this team means so much to each of us.

Maggie Cowan: My favorite memory of being a HFII Barracuda and a lifeguard was when I was 16 years old and Tyler Thurman would come to practice with his shark mask everyday that season. We would get in the "15-18 lane" and would play catch the shark. We would finish the game during lifeguarding and make music videos about the Shark and his band. If only we still had the videos. How embarrassing!

Tyler Maybee: My memory is when I was 8 years old I would always get thrown into the pool by my coach Kyle Rahrig, because I constantly was the last person in the water.

Amy Lindgren: My favorite memories of being a Cuda would be when we won championships I think it was 2000. Also combined with the memory of going to Wendy's after every single meet and riding with one of the coaches.

Christine Thompson: In honor of last Saturdays meet: When I was younger the 15-18 girls relay didn't have enough swimmers and Kyle Rahrig threw on a girls swimsuit and swam with them, knowing fully well he would be DQed!

Ellen Johnston: My favorite memory is making great and lasting friendships and hanging out at meets/practices with my friends!

Kari Baker: I will always fondly remember my first few years on the team. Besides the great friends I made, my hard work paid off and I made it to Championships in the 100 IM. I always loved dropping time and getting ribbons and speeding tickets!

Lauren Pickett: I remember coming down to the pool bright and early for the 7:00 practice when I was a 9-10. After practice I would follow my favorite coach Christian O'Dwyer around until 10:00 everyday when the last practice was finally over and I got sent home. I just couldn't get enough of the pool and I couldn't wait until I could finally become a coach!

Being a team is not about winning or losing it's about the friendships, the laughs, and the memories you will forever have. Being a HFII neighbor, and Cuda swimmer is an honor. I hope someday when our Barracudas grow up and become coaches, HFII lifeguards, or even move away they will share their memories of this team with others while they lay by the pool! Lets have a FABULOUS meet on Saturday!

'CUDA CALENDAR

- June 13** Away Meet at Ben Franklin
- June 14** Pirates Cove Night 6:45-8:45pm
- June 16** Swim Team goes to the movies
- June 19** Pizza lunch at the pool 11am
- June 20** Away Meet at Cherry Creek Vista
- *June 23** Ice Cream Social 4-6pm
- June 25** Movie Night at the Pool at dusk
- June 27** Home Meet with 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

June 13th Away Meet with Ben Franklin

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: 11:00-END
Volunteer Table Michelle Brose	Cards Stephanie Woody	Heating Todd Skoda Jennifer Bird
Cards Stephanie Woody	Heating Todd Skoda Alan Smiley	Runner Alan Smiley
Heating Stacy Terry Susan Rietveld	Runner Theresa Aye	Score Table Kay Wilms
Runner Theresa Aye	Score Table Susan Rietveld	Timers Lisa Pierpont Anthony Patinella Scott DeLucero Carol McNulty
Score Table Bonnie McCoub	Timers Michael Donhowe Kristin Steiner Scott DeLucero Shelly Snyder	Back Up Timer Alberta Maybee
Timers Laura Forest Michael Donhowe Kristin Steiner Pete Stephenson	Back up Timer Patricia Starkman	Stroke Judges Elizabeth Moynihan
Back up Timer Don Forest	Stroke Judges Kevin Carroll Scott Kothlow	
Stroke Judges Jon Habert Steve Phenix		



Ice Cream Social Rescheduled!

Join your fellow Barracudas for a cool tasty treat at the upper pool parking lot.

Tuesday, June 23rd 4-6pm

Come have a bowl of gooey goodness, digest, and return for stroke clinic at 7:00pm.

Directions to Ben Franklin Pool:

Take Holly St. North to Dry Creek,
Turn LEFT onto Dry Creek Rd.,
Turn RIGHT onto S. University Blvd.,
Turn LEFT onto E. Arapahoe Rd.
Turn RIGHT onto S. Franklin St.,
End at 1600 E Panama Dr.

The pool is just North of Franklin Elementary.

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: _____