



# Barracuda Banner

June 19, 2009

By Amy Zirbel

Nice Job 'Cudas – Saturday's meet against Ben Franklin was a great effort by every swimmer. Way to bring your Game!

As you can see from the score, every event counts and it was an exciting meet right to the end. It is great to see our team work together to reach our goal. Coach Christine put it best, "As coaches we love to see our swimmers improve with each meet." A fun way to encourage your swimmer is by visiting [www.RMSL.org](http://www.RMSL.org) and seeing your child's event times improve week to week.

All work and no play...makes for a dull team – so a special thanks to all our coaches for the fun Game Days on Mondays! Speaking of fun, we regret having to cancel Pirates Cove. Swim Hard - Have Fun!

## MEET RESULTS!

HFII - 446 Ben Franklin - 439

Yahoo 'Cudas!!!

## Prelims Can't Happen Without You!

If your swimmer is going to prelims, **you are required to take a volunteer shift.**

You can take a shift any day during prelims week, not just the day your child is swimming. We especially need help the day we host prelims on July 7th for the 13-18 age group.

Sheets can be found at the volunteer table at the next two meets or you can contact **Heather Dewey 303-708-1727** or [heatherdewey@comcast.net](mailto:heatherdewey@comcast.net) and she will sign you up.

*The best shifts go fast, sign up now!*

## PRELIMS

*Sign up now for Prelims, swimming or not, please use the form inside this issue!*

- July 6** Prelims for 6 & under, 8 & under at Cherry Creek Vista (est. finish 3:30-4:00 pm)
- July 7** Prelims for 13-14 and 15-18 at **Home** (est. finish 3:30-4:00 pm)
- July 8** Prelims for 9-10 at Homestead in the Willows (est. finish 2:00 pm)
- July 9** Prelims for 11-12 at Heritage Greens (est. finish 2:00 pm)
- July 11** Championships at Stonegate (est. finish 2:00 pm)



## Warm Up Before the Meet!

Be at CCV Pool  
by **7:15am** 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.

**Bradley Terry (9-10)** I am so lucky to be coaching Bradley this season. He has a wonderful attitude and works extremely hard in practice as well as meets. Bradley is very polite and kind. After practice or a swim meet he comes up to me and says, "Thank you coach Maggie." Not only is he a great person but also

he is a marvelous athlete. I know we will continue to see great things from Bradley. Way to Go!

**Kate Plisko (6 & under)** This swimmers amazing love for the water has earned her the title of swimmer of the week. Her enthusiasm is welcomed as she always asks if she can be the first one to go, or the first one in the water. She is a quick learner and is always excited to show off her new found skills to her mother. We thank Kate for her dedication and enthusiasm and we hope that this is the first of many great years for her as a Barracuda.

## Volunteers of the Week

Andy Aye Lisa Watson Kevin Carroll Lauren Landen Cary Woody

### Barracuda Prelim Entry Form Due Wednesday, June 24th

Swimmer Name: \_\_\_\_\_ Swim Age Group: \_\_\_\_\_  
(one swimmer per form please)

Phone Number: \_\_\_\_\_

Individual Events you would like to be entered in:

#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

- OR -

I would like the coaches to help determine the events based on my child's performance or what they think they have the best shot at: Yes: \_\_\_\_\_ No: \_\_\_\_\_

I understand and *will commit* my swimmer to a relay (check below) even though they may not qualify in an individual event. Substitutions for relays cannot occur after the June 24th deadline.

Medley Relay: Yes \_\_\_\_\_ No \_\_\_\_\_ Free Relay: Yes \_\_\_\_\_ No \_\_\_\_\_

\_\_\_\_\_ We will NOT be participating in Prelims.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Heather Dewey ASAP to sign up for your Prelims volunteer shift 303-708-1727!



## Barracuda Night at Pirate's Cove

\*\*Rescheduled!\*\*

Tuesday, August 11th

6:45-8:45

Tickets \$9.00 in advance

\$10.00 at the door

Contact Lisa Watson 303-997-5750 for tickets and more information.

## Pasta Dinner!

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



When: Friday June 19th  
6-7:30pm

Where: Upper 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 Cherry Creek Vista. It looks very cool when we come in a pack!

## 'CUDA CALENDAR

- 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 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

# Coach's Corner

By Tyler Maybee



Hi Cudas!

I would like to congratulate all of you on an amazing meet on Saturday. We won, and I thank all of you for listening and staying around at the meet. Ellie Olsen, Spencer Aye, and Rose Merkel all swam in older relays; they were amazing and helped us pull this win together.

This Saturday we are swimming at CCV. I would like to see swimmers cheering for each other in every race. I hope to see more sportsmanship this meet, shake the hands of the people you swam next to in a race and wish them good luck before they swim. Sportsmanship is a very important of any swim meet and hope to see it continually occur at our meets by our swimmers.

Also, start thinking about Prelims! Prelims are meets grouped by age and encompass the entire league. If championships are the finals, prelims are the semi-finals. In every age group and in each event in the prelims, the top 16 swimmers advance to the championships. Your child could place top 16 in one or all of his/her events. It is very important for every swimmer to attend prelims. We have an amazing team this year and a great chance at a strong finish at championships but only if everyone gives it their best shot and goes to prelims. Please fill out your prelims entry form in this banner and return it to the folder at the pool by Wednesday, June 24<sup>th</sup>.

## Funny Funny Funny

**BED HEAD:**

Mason Steiner- Only a light socket could make a child's hair this crazy.

**QUOTE OF THE WEEK:**

On Tuesday we taped the 8 & under's legs together to teach them proper butterfly kick. Ava Nerstheimer wasn't very enthusiastic about the idea and had this to say, "If my legs get hurt, you are paying for my surgery."

# June 20th Away Meet with Cherry Creek Vista 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
<b>Volunteer Table</b> Jill Olsen (7:30am)	<b>Cards</b> Stacy Terry	<b>Cards</b> Tracy D'Alanno
<b>Cards</b> Russ Powell	<b>Heating</b> Alan Smiley Dave Carlson	<b>Heating</b> Phil Pickett Heather Dewey
<b>Heating</b> Sunny Hicken Dave Carlson	<b>Runner</b> Alive Avery	<b>Runner</b> Susan Foster
<b>Runner</b> Janice Bull	<b>Score Table</b> Sunny Hicken	<b>Score Table</b> Ross Lindgren
<b>Score Table</b> Bonnie McCoub	<b>Timers</b> Alberta Maybee Shelly Snyder Carol McNulty Paula Onofrio	<b>Timers</b> Ross Lindgren Scott DeLucero Jennifer Bird Tammy Hawkins
<b>Timers</b> Gary Babb Laura Forest Kristin Steiner Pete Stephenson	<b>Back Up Timer</b> Patricia Starkman	<b>Back Up Timer</b> Tony Steel
<b>Back Up Timer</b> Randy Stoiber	<b>Stroke Judge</b> Kevin Carroll Chris Jouvenat	<b>Stroke Judge</b> E. Moynihan Patrick McCarthy
<b>Stroke Judge</b> John Habert Hank Kinne	<b>Extra Helpers</b> Lane Anderson Susan Foster Maren Plisko	
<b>Extra Helpers</b> Margaret Merkel Mary Lautenbach		

**Directions to CCV:** From HFII, take Quebec north to Orchard Road. Turn right (east) on Orchard Road. Follow Orchard till you pass Havana, go several more blocks. You'll see the pool on the right hand side. Parking is available in the lot shared with Cottonwood Creek Elementary School.

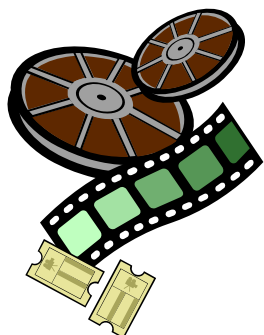
## Swim Team Goes to the Movies!

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 to be determined. Adult supervision required.

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 goeey goodness, digest, and return for stroke clinic at 7:00pm.



## Family Movie Night on the Lawn by the Pool

Come see **Bedtime Stories**, Rated PG, Approx. 1 hr. 35 min.

**Date:** Thursday, June 25th

**Time:** Dusk, about 8:45 p.m.

Bring your blankets, sleeping bags and your own snacks (candy will be provided) and enjoy a night under the stars with your fellow 'cudas.

**Parental supervision is required.**

