

#### **JAN 2022**



### 2021 Wrap-up

We all know that 2021 was a crazy year, but we made it through! We want to thank everyone who helped to make our adjusted season a success.

Fall conditioning was also a bit of a challenge, but we were excited to see so many new families come for tryouts. COVID restrictions made lane assignments and practice groups tricky, but the parent reps and Coach Brad were able to make it happen.

#### What's New

**COVID** Vaccines

Winter Conditioning

Leadership Roles Open

2022 Season





# **COVID-19 Vaccines**

Vaccines are readily available for kids 5-18. We highly encourage you to vaccinate your swimmer, for their protection, as well as for our community as a whole.

### Winter Conditioning

We are happy to announce that former assistant coach and Cuda swimmer, Cori Wong will be our Head Coach for Winter conditioning. Hear what Cori has to say:

"I'm so excited to be back at Creekside as the head coach for winter conditioning! I joined Creekside in 2003 when I was 4 years old and graduated off the team in 2017 as one of the captains! I started teaching swim lessons at Creekside when I was 14 and taught them every summer until Covid hit and we had to shut down the pool. I was also on deck coaching for 4 seasons beginning while I was in high school.

I just graduated this past May with a degree in exercise science with a minor in math from the University of Puget Sound. I swam varsity all 4 years of college and got to be the captain of my team my senior year. I hope to be going off to graduate school in the next year or so to pursue a doctorate in physical therapy, but am so excited to be able to coach the Creekside Cudas in the meantime!

#### Cuda Leadership Roles Open

There are several very important leadership roles that the Parent Reps need filled in order to have a successful and fun swim season. If interested in any of these positions, please feel out our

#### <u>Google Form</u>:

- Announcer
- Clerk of the Course Stroke and Turn Starter Electronics Event Coordinator Webmaster

#### **Contact Us:**

Need information? Have questions? Please contact our Parent Reps. parentreps@creeksidecudas.com

## 2022 Season

Unless we hear otherwise, we are on for the 2022 season! While this season will look very different from seasons past, we are elated to be able to offer your swimmer(s) the opportunity to swim as a Creekside Cuda this summer. County and State Public Health Agencies still have many mandated and strongly encouraged recommendations, but with the hard work of us all, we will have a fun season.

Time Trials: May 21st May 28: AWAY vs Shadow Brook June 4: HOME vs Santa Teresa June 11: HOME vs Crossgates June 18: AWAY vs Almaden June 25: HOME vs Pinehurst July 2: BYE July 9: CHAMPS