

JUNE 9, 2022



What's New

Coaches' Update

Campout

Morning Practice

Coaches

Our coaches are super proud of all the the Cuda progress so far this season. We had a significant drop in DQs at our last meet, which is outstanding!

We want to remind swimmers, and parents, that when swimmers report to the Clerk of the Course, they must stay there. Once the clerk gives the swimmer a placement, they must stay there - no wandering off, this delays the meet. Please go to the restroom beforehand, if needed.

If a coach has not already reviewed your DQ with you, please ask them.

Share Your Memories

Check your folder!

Look in your family folder for your ribbons and Cuda Cash for personal bests. Those rainbow ribbons are the best!!! Cuda Cash is worth \$1 at our Cuda Cafe and the Creekside Concessions.

CUDA CASH

great job on your personal best!

Swimmer Campout

What could be more fun than spending the night at the pool? This is undoubtedly one of our swimmers' favorite traditions.

Swimmers will enjoy music and s'mores and access to the pool until 11:45pm. Night swimming is always so much fun! Don't worry, parents, there will be lifeguards on duty.

Bring your sleeping bag and tent (don't forget your toothbrush) and settle in for a fun night at the pool. All swimmers under 13 must be accompanied by a parent or guardian. Be sure to read the rules and turn in your permission slips.

Things to Know

- Tent set up begins after the pool has closed for the night.
- Bring dinner and snacks.
- 13 years and below must have a parent/guardian stay the entire night
- 14 and older must have permission slip signed.
- Everyone out of the pool by 11:45 PM.
- Lights out at midnight.
- No ins and outs.
- Pool open until
- Light breakfast served at 8am
- Pack up and be out by 9am.



Morning Practice

Don't forget that morning practice begins next week, June 13th. Teal Group: 7-8am Pink Group: 8-9am Silver Group: 9-10:15am

Swimmers should arrive 5-10 minutes before practice begins, and be behind the blocks and ready 2 minutes before practice starts.

Remember to bring a water bottle to stay hydrated.



Share Your Photos!

A big thank you to our team treasurer, June for creating galleries for all of us to share our moments from the season. Here are links to our future and past events. Please share your photos so that we can use them in our end of the year slideshow. We encourage you to take photos of your swimmers, their friends, and their races.

- <u>Time Trials</u>
- <u>Away @ Shadow Brook</u>
- Santa Teresa @ Home
- Bingo Night
- <u>Crossgates @ Home</u>
- <u>Campout</u>
- <u>Away @ Almaden</u>
- <u>Swimmer Social</u>
- <u>Pinehurst @ Home</u>
- <u>Raffle & Dinner</u>
- <u>Champs</u>
- Rallies & Events

Apparel

Our team apparel is also available online! Check it out and place your orders. We will contact you about delivery at the pool. <u>https://creeksidecudas.square.site/</u>