

CREEKSIDE CUDAS THE CUDA SPLASH

MAR 2022

Coach Aaron



The Leadership Team is happy to introduce our new Head Coach for the Cudas, Coach Aaron! Here's what he has to say:

I'm incredibly excited to join Creekside as the Head Coach! I have been swimming since 2012 for my high school team (I was captain for 3 years). I started teaching swimming during high school for the YMCA where I was the Head Swim Coach.

When I was 18, I left for the Navy as a rescue swimmer. After my naval career, I moved back and took up my old position as Head Swim Coach for the YMCA.

Now I am excited to bring my robust background in swimming to the CUDAS. I believe in honesty, hard work, and fair treatment of all and hope to inspire others to see their full potential through swimming.

I am currently splitting my time chasing my Master's in social work while conditioning and training new Navy rescue swimmers on the weekend. When I'm not in the water, I'm in the hills hiking with my pup Mocha.

What's New

Coach Aaron

Prepping the Pool

2022 Season

Volunteer

Prepping the Pool 3/20 1-3pm

Practice is starting, so let's get spiffy! To get our pool ready for the upcoming season, we'll need to uncover and clean the chairs and umbrellas and set them up. We'd appreciate any help so that our swimmers and parents can be comfortable on deck.



2022 Season

The 2022 season is upon us! Practice begins March 21st.

Practice times are as follows:

4-4:45, 8 and under swimmers

5-6, 9/10 and 11/12 swimmers

6-7:30 13-18 swimmers

*If you feel like your swimmer can swim up in a more rigorous practice, please reach out to headcoach@creeksidecudas.com
During the first few weeks of practice, coaches will assess swimmers and make appropriate practice time moves accordingly.

Expectations

Remember to arrive to practice 5-10 minutes early. Swimmer should be behind the blocks and ready 2 minutes before practice starts.

All swimmers must bring cap, goggles, water bottle.

Swimmers must be respectful to each other, all staff and parents. This includes a no-tolerance policy and bullying, as well as the use of inappropriate language.

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 [Google Form](#):

Announcer: training is required. Using the intercom, announce meet events and read swimmers names.

Clerk of the Course Lead: Line up swimmers by event and heat and send to racing blocks on time. Train other volunteers for their shifts.

Starter: training required. Starts each race, monitors false starts, paces the meet.

Event Coordinator: Oversees volunteers, manages budget for events. *Does not have to attend every event.

Runner Lead: Distribute paperwork tasks to timer/recorder, Ref, Stroke and Turn and Clerk of the Course.

Swim Suits & Apparel

Swim suit sizing kits will be available the first 2 weeks of practice. Come a little early and try on suits (you try suits on over your own suit). Suits will be ordered online.

Custom towels are available to pre-order until March 25th. You can pre-order [here](#).

A survey for potential gear (visors, sweatshirts, shirts) is available [here](#).

Personalized and Team silicone caps can be ordered [here](#).

Other items can be purchased at our online store:
<https://creeksidecudas.square.site/>

Contact Us:

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