

# CREEKSIDE *barracudas* CUDA SPLASH

MAY 15, 2023

## Time Trials: May 20th

It's here! Time trials is our very first meet of the season where our swimmers get practice before our first dual meet. We will have a friendly competition of **Pink** vs. **Teal** teams. Teams will be posted at the pool this week.

Swimmers will swim all events they are eligible for in their age group. The times earned at this meet will be used to place them accordingly in the following dual meet. Best times are always updated for future meets.

Reminders:

- Check in 7:00-7:45 am
- 10 & Under warm up 7:15-7:30
- 11 & Up warm up 7:30-7:45
- wear your team cap & goggles
- bring an extra towel
- bring snacks, but CUDA CAFE will be open
- help keep the pool and lawn area tidy and free of trash

## Hair Tip:

For swimmers with lots of hair, or longer hair, a french braid, or double french braids, is a great way to get all that hair in a cap securely.



## What's New

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Time Trials  
Swimmers of the Week

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Picture Day  
Rallies  
Buddies

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Practice Time Changes

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## Swimmers of the Week

Let's give a BIG shout out to our swimmers of the week!

### THIS WEEK:

Isha d.  
Lucas S.  
Nicolas C.  
Yusuf A  
Charlotte C  
Matthew Le  
Aadi J  
Audrina R  
Ayse Y  
Mark Z  
Matthew Ly  
Jaydon C

### LAST WEEK:

Emma L  
Emmanuel S  
Khaleesi Z  
Omer V  
Tiancheng Z  
Tyler L  
Rishaan P  
Matthew T  
Luke Z  
Benjamin T  
Branley V  
Caroline W  
Dominic P  
Ibrahim A



## Picture Day

- Our photographer, Scott Phillips of PICS Photography, will be available for individual and buddy pictures before beginning at 3pm
  - Team photo at 4pm, arrive no later than 3:30
  - Team shirts will be distributed before the team photo and worn for the group photo
  - For individual or buddy pictures, swimmers may wear their shirt or swim suit
  - Online ordering: <https://galleries.photoday.io/> access code **CUDAS23**
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## Rally Themes

It's a tradition to have rallies on the Friday before a meet. Each rally has it's own theme, and swimmers are encouraged to dress up! Spirit shirts are awarded for swimmers who nail the rally theme and have amazing spirit and participation. Here are the themes for this season:

May 19: Cuda Pride, dress in your Cuda gear or your team color for Time Trials

May 26: Luau, grab those Hawaiian prints, grass skirts and leis

June 2: Disney, dress in Disney gear or like your favorite character

June 9: Pajama, wear some comfy pajamas, maybe even slippers

June 16: 80's/neon, bright colors, leg warmers, headbands

June 23: Tie-dye, wear anything tie-dye

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## Buddies

We like to make sure that all swimmers have a buddy. This is a great way to get to know other swimmers, and to build team community. Our older swimmers get paired with the younger swimmers and help them get to the clerk of the course and prepare for their race. The buddy list will be released this week. Typically buddies bring small gifts to each meet. This is just something small and easy: a bottle of gatorade, their favorite candy/snack, card, something home made. Think dollar store. Keep is simple and easy. This is suppose to be fun, not cause parents more stress.

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## Practice Time Changes

June 1 - June 9

**Pink/Teal:** 4:45-5:45

Silver: 5:35-6:45

Black: 6:30-7:45

June 12 - July 7 MORNINGS

**Pink/Teal:** 7:00-8:00

Silver: 8:00-9:15

Black: 9:00-10:15

The **Pink** and **Teal** groups will be combined starting June 1. DO NOT attend a different practice time without approval from Coach Catalina.