

CREEKSIDE *barracudas* CUDA SPLASH

JUNE 23, 2023

Practice: Champs Week

During Champs week, our spirit captains plan fun activities for our swimmers to get motivated for Champs. Each practice will have extra time to participate in these activities:

Pink/Teal

practice: 7-8am. activity 8-8:30am

Silver

practice 8-9:15am activity 7:30-8am

Black

practice 9-10:15 activity 8:30-9am

Monday: bandana decorating

Tuesday: NO PRACTICE. Bike parade ride at 11, decorating at 10

Wednesday: noise makers

Thursday: beads and crowns

Friday: Swimmer breakfast & make-up activity day

**Congrats to Matthew T.
and John-Paul for winning
last week's cap ra and N**

What's New

Practice Schedule

Record Breakers

Slideshow

Champs

Record Breakers

The Hsiao siblings are really heating up the pool this season! They have broken the following all-time Cuda records:

Meilani: 15-18 Girls Backstroke
Karsten: 15-18 Boys Backstroke, Breaststroke, and Butterfly!

We have a couple other swimmers super close to breaking records, and we're rooting for them at Champs!

Slideshow/Potluck/Parade: July 6

Be ready to enjoy a slideshow of our season in the clubhouse. We want to see you and your swimmers in the slideshow, so please upload your photos by 6pm on July 4th.

<https://www.teamunify.com/team/reccc/page/2022/season-photos>

You may also email your photos directly to Eric:

ericcvancleve@yahoo.com

Swimmers should wear their tie-dye or other team shirts for our parade around the pool. Snacks and water provided by parent volunteer sign-ups.

CHAMPS JULY 8 Independence High School

Champs is a long day, don't plan to leave before 4pm. More detailed information will be emailed as soon as we receive it. Our team will have a designated area on the basketball courts to tent. It's really nice to stay with the team as everyone helps each other with race event information. There will be food trucks available, but you want to remember to bring lots of water and healthy snacks.

After Champs Hang-out

Champs is a loooong day, we know, but we'd like to invite you back to the pool at 7 for pizza (bring your own drinks) and to hang out with your Cuda family. There may also be some fun nocturnal activities for the kids...

Awards

Our awards ceremony will be held on Sunday, July 9th at 11am on the Cabana lawn. We will have pop-ups set up for shade. While Cabana chairs are available, you may want to bring your own chair so we have enough.