

# CUDA CHRONICLE



31

DAYS TO  
CONFERENCE



## Meet Sign Out

THE NEXT MEET IS WEDNESDAY, JUNE 14TH IF YOUR CHILD IS UNABLE TO ATTEND, PLEASE SIGN OUT [HERE](#) BY SELECTING MEET ENTRY AND CANNOT ATTEND. THE COACHES WILL ASSUME ALL SWIMMERS CAN ATTEND UNLESS THEY ARE SIGNED OUT FROM THE MEET. PLEASE SIGN OUT BY TOMORROW JUNE 11TH.



## Volunteers Needed

Volunteers are needed for the following jobs at next week's meet on June 14th:

- Need 1 -7/8 Boys Age Group Parent 2pts
- Need 2 -9/10 Boys Age Group Parent 2pts
- Need 1-9/10 Girls Age Group Parent 2pts
- To sign up go [here](#)



## Important Dates

- Sun, June 11th: Sign Out Deadline Hartland Meet
- Wed, June 14th: Away v. Hartland THEME: BLUE OUT
- Sun, June 18th Sign out Deadline Signature Club Meet
- Mon, June 19th: Last Day to Order CKSDC Conference Apparel For Arrival Before Conference/Pick Up at Conference
- Wed, June 21st: Home v. Signature Club THEME: Under the Sea
- Thurs, June 22nd: Picture Day & King's Island Day
- Sat, June 24th: Talent Show and Lost and Found Fashion Show



## King's Island Day

After pictures on Thursday, June 22nd, anyone who wants to head up to King's Island to enjoy a fun day of rides. All parents are responsible for arranging transportation, supervision, and cost of their child at the park if they choose to attend. We will meet at the entrance to take a team picture.



## Third Meet Key Info

**WHEN:** Wednesday, June 14th  
Dive Arrival, Warm Up, & Meet Start Times will be communicated by Coach Jamie

Swimmers Arrive at 4:45 pm  
Swim Warm Ups at 5:00 pm  
Swim Meet Starts at 5:30 pm

**WHERE:** Away at Hartland Country Club  
4910 Hartland Parkway, Lexington, KY  
Food trucks and cash only concessions will be available

**WHO:** Against Hartland

**THEME:** Blue Out  
Wear all blue to support the Cudas!

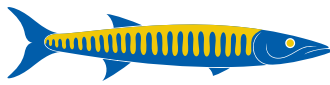


## CKSDC Conference Apparel

Second Window: 5/26-5/19: orders available for pick up and/or will arrive by 7/7 if shipped (+event pick up at Conference Meet)

Third Window (We will have samples for everyone to see in person at the Conference meet): 7/7-7/15: orders will be available for pick up/shipping by 7/30 (no event pick up) \*The company will send out emails notifying customers when orders are ready or have been shipped.

Order CKSDC Conference Apparel [HERE](#)



# Everything You Need to Know About Your Meet

Swim meets can be both exciting and confusing. There is a big learning curve associated with swimming and diving, and meets can seem overwhelming. Please feel free to approach any board member or veteran parent with any questions you have.

- **Be Early:** It is best to arrive about 15-20 minutes before warm-ups begin. This gives swimmers time to check in and get settled. 11&Overs sit on deck under the pergola, 10&Unders sit in their respective age-group tents.
- **Warm-up:** All swimmers will do a team warm-up. Coaches will gather swimmers to the pool deck. The home team will warm up first, and visiting teams will follow.
- **Swim All Your Races:** The coaching staff believes in the philosophy of "everybody swims, everybody wins." Coaches enter swimmers in as many events as are offered to encourage the full development of the swimmer. This adds both to the individual's long-term success and the team's success. Many times, a swimmer will surprise themselves in an event they did not previously consider one of their "best events."
- **Relays:** Coaches may not decide who will swim on relays until they know who is at the meet. Do not leave a meet without double-checking with a coach to find out if your swimmer is on a relay at the end of the meet.
- **What to Bring:** Packing properly for a swim meet is very important. Your child will need two towels (one to use and one to sit on), goggles (label these and keep up with them), dry clothes (flannel pants and hooded sweatshirts are favorites) for after the meet, water for hydration, healthy snacks, swim suit and cap. Many kids also bring games or electronics that can be played between events. Your children must keep up with their own belongings. The lost and found is always overflowing after a meet; double check your things before you leave. The team area is outside of the pool area, so you may also want to bring chairs and blankets to sit on.
- **Heat Sheets & Lane Assignments:** Heat sheets will be on SwimTopia ahead of the swim meet. These will be posted in various places around the facility for swimmers to see. It is ultimately the swimmer's responsibility to be in the right place at the right time, but the age group parent and clerk of course will help the 10 and under swimmers. QR Codes will also be posted for parents to scan and access the heat sheet on their phones.

Parents should bring a black Sharpie or skin marker to help younger swimmers write their events, heats, and lane numbers on their arms. It is also helpful to the age group parent if a young swimmer's name and age are written on their back on their upper right shoulder. The heat sheet will tell you the order of events and what heat and lane your swimmer will be in. Prior to the start of the meet, mark your swimmer's arm with the event number, heat, lane number, and stroke. Stroke Abbreviations: F=Freestyle, B=Backstroke, FLY=Butterfly, BR=Breaststroke

## Sample individual event from a heat sheet:

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	Lane	Name	Age	Team	Seed Time
	<b>Heat 1 Finals</b>				
	1	Nolasco, Katy	6	LAKY-OH	XNT
	2	Reed, Abbie	5	LAN-OH	XNT
	3	Glossner, Gabrielle	5	LAKY-OH	X39.43
	4	Carlin, Emilee	5	LAN-OH	XNT
	5	Yanzsa, Sarah	6	LAKY-OH	X36.28
	6	Charles., Cecilia	6	LAN-OH	XNT
	<b>Heat 2 Finals</b>				
	1	Maushart, Jaelyn	6	LAKY-OH	31.59
	2	James, Audrey	5	LAN-OH	NT
	3	Downs, Abigail	6	LAKY-OH	26.75
	4	Miller, Anna	5	LAN-OH	NT
	5	Decker, Isabelle	5	LAKY-OH	26.37
	6	Schueler, Delaney	6	LAN-OH	NT

E	H	L	S
2	3	5	FR
8	2	2	BA
12	1	8	BU

<b>E = Event</b>
<b>H = Heat</b>
<b>L = Lane</b>
<b>S = Stroke</b>

# Family Volunteer Requirements

Each swim family is required to work 4 half meets (earn 4 points) during the regular swim season, which does not include Conference. Each dive family is required to work at least 2 full dual meets (earn 4 points, 1 meet = 2 points). A family with a swimmer and diver is required to earn 4 swim points AND 4 dive points. Jobs are assigned different point values, a job working for half a meet = 1 point, and working for a whole meet = 2 points. A \$50 fine will be issued for each unearned point.

Conference: All families with a child swimming or diving in conference must work. As hosts of this meet for every team in our conference, there are many jobs to be done, and we need lots of help! 50% off of the victory party dinner will be given to each conference worker

To sign up for a volunteer position, click [here](#). Find the meet you would like to volunteer at, select JOB SIGNUP and select the position you would like to have.



## Meet Schedule

- 5/14 Away v. Hartland Theme: Blue Out
- 5/21 Home v. Signature Theme: Under the Sea (think mermaids, sea animals, luau, etc.)
- 5/28 Home v. WCC Theme: Game On (think video games, superheroes, etc.)
- 7/5 Away v. Idle Hour Theme: Yellow Out
- 7/9 Dive Conference
- 7/10-7/12 Swim Conference

## Practice Schedule

### Monday-Saturday, No Practice Wednesdays

- 11 and Over Swimming: 8:30 am to 10:00 am
- 9-10 Swimming: 9:45 am to 11:00 am
- 8 and Under Swimming: 10:45 am to 11:30 am
- 11 and Over Diving: 10:00 am to 11:00 am
- 9-10 Diving: 11:00 am to 11:45 am
- 8 and Under Diving: 11:45 am to 12:30 pm

# June 21st Meet Theme

Signature Club Meet Theme: Under the Sea: Anything and everything ocean, beach, and water-related! Kids can dress up as a sea animal, mermaid, or pirate or wear beach/Hawaiian or luau accessories!

Some ideas for costumes/accessories: Flower leis, grass skirts, sunglasses, beach hats, anything with sea shells, Little Mermaid or Moana costumes/accessories, pirate hats/eye patches, anything with bubbles, blues, and bright ocean colors, fish or sea animal temporary tattoos.



## Private Lessons

Do you want to get some extra practice in before the meet? Want to work on dives, turns, or a certain stroke? Sign up for a private lesson!

If you would like to sign up for private swim lessons with a coach, please book them [here](#) For questions about swim lessons, email Coach Riette at [swimlessons@spindletophall.org](mailto:swimlessons@spindletophall.org)

For private dive lessons, please contact Coach Jamie at [jpalumbo@spindletophall.org](mailto:jpalumbo@spindletophall.org) or Coach Kyndal at [kyndalknight@gmail.com](mailto:kyndalknight@gmail.com)

All lesson fees are billed to the member's account.

## Talent and Fashion Show

Can you sing? Can you dance? Are you a great standup comedian? Do you have no hidden talents but love to have fun? Get your act together for the talent show/lost and found fashion show on June 24th!



## Links & Key Contacts

- [SwimTopia FAQ](#)
- [Team Store](#)
- [Parent Handbook](#)
- [Swim Lessons Signup](#)
- [Mini Cudas Signup](#)

- Asha Reed, Head Swim Coach  
[areed@spindletophall.org](mailto:areed@spindletophall.org)
- Jamie Palumbo, Head Dive Coach  
[jpalumbo@spindletophall.org](mailto:jpalumbo@spindletophall.org)
- Russ Thomason, Parent Rep.  
[kycuda@twc.com](mailto:kycuda@twc.com)
- Crystal Carty, Apparel Chair  
[crystalc@cartyville.com](mailto:crystalc@cartyville.com)



# Interested in Becoming More Involved with the Swim and Dive Team?

## Meet Volunteer Positions Requiring Training

### Computer Scoring

- Virtual Training hosted by Jennifer Havens, CKSDC Meet Director ([jennifer.havens@gmail.com](mailto:jennifer.havens@gmail.com))
- [https://www.dropbox.com/s/simdbp0ua1m9vpf/GMT20220525-220122\\_Recording\\_1920x1030.mp4?dl=0](https://www.dropbox.com/s/simdbp0ua1m9vpf/GMT20220525-220122_Recording_1920x1030.mp4?dl=0)

### Finish Judge

- Talk to Russ Thomason about training

## Help Plan Cuda Events

Each of these positions also count toward your volunteer point requirements, points for each position are listed.

### Cuda Talent Show/Lost and Found Fashion Show June 24th (2 points)

- Plan our first-ever Cuda Talent Show/Lost and Found Fashion show

### Conference Prep (4 points)

- Create a conference spirit budget to purchase Cuda spirit gear for the meet (tutus, capes, temporary tattoos, sunglasses, beads, headbands, etc.)
- Create a conference snack table with nutritious snacks (fruit, vegetables, granola bars, waters, sports drinks, etc.), coordinate signups to bring snacks, and assign a parent volunteer to monitor the table
- Focus on revamping Cuda Spirit Day July 8th—> posters, tie-dye, etc.

### Victory Party July 12th (2 points)

- Focus on revamping the Victory Party to get more members involved (food, pool games, lawn games, etc.)
- Coordinate with the mansion to provide food

If you are interested in any of these positions, contact [Russ Thomason](#).

