

CUDA CHRONICLE



38

DAYS TO
CONFERENCE



Meet Sign Out

THE NEXT MEET IS WEDNESDAY, JUNE 7TH 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 4TH.



Volunteers Needed

Volunteers are needed for the following jobs at next week's meet on June 7th:

- Need 2 -7/8 Boys Age Group Parent 2pts
- Need 2 -9/10 Boys Age Group Parent 2pts
- Finish Judge 2nd Half _____ 1pt
- To sign up go [here](#).



Important Dates

- Sunday, June 4th: Sign Out Deadline LCC Meet
- Wednesday, June 7th: Away v. LCC THEME: WHITE OLT
- Saturday, June 10th: Bring a Friend to Practice+Cuda Fun Day!
- Sunday, June 11th: Sign Out Deadline Hartland Meet
- Wednesday, June 14th: Away v. Hartland THEME: BLUE OLT
- Monday, June 19th: Last Day to Order CKSDC Conference Apparel For Arrival Before Conference/Pick Up at Conference



Apparel Pickup

For those who were unable to make it to Hot Dog Day or the first meet to pick up apparel, T-shirts, towels, caps, and suits will be available for pickup at the June 7th meet. This will be the last apparel pickup day. For questions or concerns, contact Crystal Carty, Apparel Chair at crystalaj@cartyville.com



Second Meet Key Info

WHEN: Wednesday, June 7th
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 Lexington Country Club
2550 Paris Pike, Lexington, KY
A food truck will be available, the typical buffet they have had in years past will not be offered.

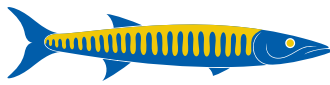
WHO: Against the LCC Lizards

THEME: WHITE OLT
Wear all white to support the Cudas!



Bring a Friend to Practice & Cuda Fun Day

June 10th is Bring a Friend to Practice Day! Athletes can bring a friend with them to swim and dive practice, whether they're members or nonmembers. Introduce them to the team and encourage them to join the Cuda family! Families of nonmembers are welcome to come separately after practice and stay for the day. Tell the guard house that you're with the swim team and the member won't be charged guest fees. After practice, we will have a Cuda Fun Day with the slip 'n slide and lawn games! Please bring any lawn games that you would like to play!



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
	Heat 1 Finals				
	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
	Heat 2 Finals				
	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

E = Event
H = Heat
L = Lane
S = Stroke

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

- 5/7 Away v. LCC Theme: White Out
- 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
- 5/31 Home v. Georgetown Theme: Cuda Spirit- W

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

CKSDC Conference Apparel

Second Window: 5/26-6/19: orders available for pick up and/or will arrive by 7/7 if shipped (+event pick up)

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](#)



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

For private dive lessons, please contact Coach Jamie at jpalumbo@spindletophall.org or Coach Kyndal at kyndalknight@gmail.com

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



Links & Key Contacts

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

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

