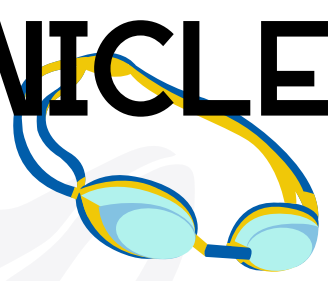


# CUDA CHRONICLE



## Volunteers Needed!

The Volunteer Coordinator will be responsible for ensuring we have enough volunteers for the swim meets. This person will also check in volunteers at swim meets and find replacements for no-shows. This job gives half-price registration on the team. The job can be split between two people.

The Social Chair will be responsible for planning Bring a Friend to Practice and Cuda Fun Day and any other social events. This job offers half-price registration on the team. Please contact Coach Tyler if you are interested.



## Important Dates

- 6/5- Meet @ Spindletop
- 6/8- Bring a Friend to Practice Day
- 6/12-Meet @ Greenbrier
- 6/19-Meet @ Spindletop
- 6/20- Picture Day/King's Island Day
  - 8:00 am Individual/Family Photos
  - 9:00 am Team Photos
- 6/26- Meet @ Spindletop

## Georgetown Meet @ Spindletop

Please indicate whether you will be attending on Swimtopia [here](#). The theme is Heros and Villians! Please dress up!

### Divers need to be at STH by 1:00.

- 1 pm-** check in with the coaches already in suits and Heros and Villains costumes
  - 1:20 pm-** team picture
  - 1:25 pm-** stretch
  - 1:30 pm-** warmup
  - 2:00 pm-** Georgetown Warmup
  - 2:30 pm-** Meet
- 10 and under will use the far board, and 11 and over will use the board closest to the barn.  
\*Please be on time.

\*\*If a diver is in a meet but unable to attend the practice on Tuesday, a list of their dives must be emailed to coach Jamie at [jpalumbo@spindletophall.org](mailto:jpalumbo@spindletophall.org) by 6 p.m. on that Tuesday.

\*\*\*Dive parents are required to work at least one dive meet (not including conference) this season. Fines started being enforced last summer for not working at a dive meet

**Swimmers please see Coach Tyler's email for information.**

## Practice Times

5/25-7/6 M/ T/ Th/F/S	11 & Over	9-10	8 & under
Swim	8:30-10 am	9:45-11 am	10:45-11:45 am
Dive	10:00-11:00	11-11:45 am	11:45-12:30 am

## Spirit Store & Pick Ups

The Cuda Spirit Store is now open! To place an order, go [here](#). The store will be open and available to take orders all summer. You will be able to pick up all orders, tshirts, and caps at the meet on 6/5.



## 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. [Signup to work meets here](#).

Conference: All families with a child swimming or diving in the 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!



## Swim Meet Schedule

6/5- **Georgetown**  
6/12 Spindletop & Mt. Sterling @ Greenbrier  
6/19 **Signature Club**  
6/26 **Idle Hour**  
7/3- @ Danville  
7/7-7/10 Swim and Dive Conference



## Links & Key Contacts

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

Tyler Adams, Head Swim Coach  
[tadams@spindletophall.org](mailto:tadams@spindletophall.org)  
Jamie Palumbo, Head Dive Coach  
[jpalumbo@spindletophall.org](mailto:jpalumbo@spindletophall.org)



## Bring a Friend to Practice & Cuda Fun Day

June 8th 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!



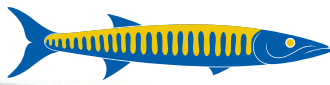
## 2024 Swim & Dive Conference

The 2024 Swim and Dive Conference will be held at Spindletop Hall July 7-10. Please get these dates on your calendar and make your 4th of July weekend travel plans accordingly.

The Dive Conference is on Sunday, July 7th.

The Swim Conference will be July 8-10. Monday, July 8th, will be the Swim Conference for the 10&under group. Tuesday, July 9th, will be the Swim Conference for the 11&over group. Wednesday, July 10th will be the Swim Finals for all age groups. We will have the Cuda Victory Party in the evening on July 10th. The Spindletop Swim and Dive Banquet will be on July 11th,

Russ Thomason, Parent Rep.  
[kycuda@twc.com](mailto:kycuda@twc.com)  
Crystal Carty, Apparel Chair  
[crystalj@cartyville.com](mailto:crystalj@cartyville.com)



# SUPPORT OUR LIVE STREAM FUNDRAISER!



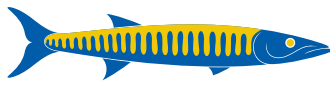
## Your Business Logo or Parent Shoutout:

Appears on our live stream 4 times each hour. For businesses, viewers can click on your logo and be taken directly to your website. Or you can submit a motivational message to support your team or athlete.

Business Logo  
**\$200**



Parent Shoutout  
**\$100**



# 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