

CUDA CHRONICLE



7

**DAYS TO
CONFERENCE**



Meet Sign Out

THE NEXT MEET IS WEDNESDAY, JULY 5TH. 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, JULY 2ND.



Volunteers Needed

Volunteers are needed for the following jobs at next week's meet on July 5th:

Need 1-5& Under Girls Age Group Parent 2pts

Need 1- 7/8 Boys Age Group Parent 2pts

Need 1- 9/10 Boys Age Group Parent 2pts

Need 2-9/10 Girls Age Group Parent 2pts

To sign up go [here](#)

Anyone who had signed up to volunteer at the last meet that was cancelled (6/28) will still earn their volunteer points. We will assume should the meet have happened you would have been there to work and earn the points.



Important Dates

- Sun, July 2nd Sign out Deadline Idle Hour Meet
- Tuesday, July 4th NO PRACTICE
- Wed, July 5th Away Meet at IHCC
- Saturday, July 8th Cuda Spirit Day & Pre-Conference Dive Party
- Sunday, July 9th - Wednesday, July 12th CONFERENCE!!!
- Wednesday, July 12th Victory Party
- Thursday, July 13th Banquet



Sixth Meet Key Info

WHEN: Wednesday, July 5th
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: at Idle Hour Country Club
1815 Richmond Road, Lexington, KY
Food available in the Summerhouse: Cash Only

WHO: Against Idle Hour Gators

THEME: Yellow Out
Wear Cuda Yellow to support our team!



Conference Eligibility

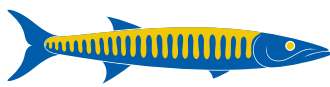
To be eligible to participate in the Conference Championship meet, swimmers have to be in at least TWO swim meets, and divers need to be in at least TWO meets, ONE of which has to be dive.

Any swimmer entered in the heat sheet for the last swim meet (6/28) will be able to still count that meet towards their two meet Conference eligibility requirements because the meet was cancelled for air quality issues.



Conference Volunteers

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. We are assigned our conference jobs during the CKSDC Coaches Meeting on July 6th. Jobs will be posted on SwimTopia and available for signup following the meeting that evening.



Swim and Dive Conference Info

At the end of the season is the [Central Kentucky Swim and Dive Conference Championship meet](#). ALL ELIGIBLE SWIMMERS & DIVERS should compete in Conference. It is the culmination of our season & the most fun meet of the summer! Conference takes place over the course of 4 days with a particular group competing each day, but you are welcome to come every day to cheer on your team if you'd like!

Sunday, July 9th: Dive

This day is only for the dive competition. If your child is a diver, they WILL compete this day. The meet takes place at different times for each age group throughout the day.

Monday, July 10th: 10 & Under Swim Prelims

This day is the preliminary competition for all 10 & Under swimmers. If your child is a swimmer under the age of 10, they WILL compete this day! This meet takes place in the MORNING, with a very early morning warmup!

Tuesday, July 11th: 11 & Over Swim Prelims

This day is the preliminary competition for all 11 & Over swimmers. If your child is a swimmer over the age of 11, they WILL compete on this day! This meet takes place in the MORNING, with a very early morning warmup!

Wednesday, July 12th: Swim Finals

This day is the finals competition for all swimmers who qualify in the top 16 of their age group. Most ALL RELAY SWIMMERS will return to compete this day because each team is only allowed 1 relay per age group. If your child placed 17th or 18th in their age group in any event, they are an alternate and will need to be at the finals meet day. The results for each day will be posted throughout the meet and the coaches will send out a notification on SwimTopia for all swimmers that need to return to compete on this day. This meet takes place in the MORNING, with a very early morning warmup! This day is super fun and anyone who can should come to cheer on the team!



Still Need to Earn More Volunteer Points?

Help Plan Cuda Events

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

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

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 [Jill Kidder](#).

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

7/5 Away v. Idle Hour Theme: Yellow Out

7/9 Dive Conference

7/10-7/12 Swim Conference



Victory Party & Awards Banquet

Join us for the Cuda Victory Party 7/12 and the Awards Banquet on 7/13. The Victory Party is very casual, with a taco bar served at 4:00 by the Tiki Bar and lots of fun in the pool. It will begin roughly 30 minutes after the conclusion of Conference Finals. Come and cheer on the Cudas during finals and then celebrate a great season with a pool party! Please make reservations through the house (number here) if you will be eating. Any adult that volunteers at Conference eats for free. Adults \$16, Children \$11. The Awards Banquet is a more formal event with a dinner and awards presentation at the mansion. Please make reservations through the house (number here). Adults are \$20, 6-11 yrs \$12, 3-5yrs \$5, 2 & under complimentary.

Cuda Spirit Day July 8th

For our Barracuda Rodeo theme conference this year, we will be tie dying bandanas and decorating cowboy hats! Spirit Day is Saturday, July 8th, starting around 12:00 at the barn. We will have stuff set up for the tie-dye and the hat decorating in and around the barn area. We will also be designing and decorating posters. Please have your child bring a white bandana or shirt to tie dye and a blue, yellow, or white cowboy hat to decorate (available at party city or on Amazon). If you would like to help with supplies, please bring blank posters or banners, markers, paints or glitter glue, and other crafty materials for hat decorating to Coach Maya at practice on Friday or Saturday morning. Please email or text Coach Maya if you have any questions.

email: mayamj2000@gmail.com; phone: 859-707-1440



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.

Coach Jules is open to doing clinics this weekend on Saturday or Sunday. On Saturday, she can do anytime from 1:30 pm onwards, and on Sunday, anytime from 1 PM - 4 PM! Please text her at (803) 457 9404 to set something up.



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

Crystal Carty, Apparel Chair
crystalj@cartyville.com

Russ Thomason, Parent Rep.
kycuda@twc.com