

CUDA CHRONICLE

The Central Kentucky Swim & Dive Conference Championships

Conference takes place over the course of 4 days, with a particular group competing each day. You are welcome to come every day to cheer on your team if you'd like! Heat Sheets will not be sent out. They must be purchased at the meet. They will be \$5 each day. Cash, Venmo, or PayPal will be accepted. T-shirts and tank tops will be sold for \$20, and hoodies will be \$30. Food trucks, Kona Ice, and Tom's Coffee will be available, as well as Cuda Cove and the Tiki Bar.

Sunday, July 7th: 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 8th: 10&U 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 9th: 11&O 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 10th: Swim Finals

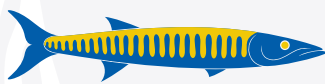
This day is the finals competition for all swimmers who qualify in the top 15 of their age group. Most ALL RELAY SWIMMERS will return to compete this day because each team is only allowed 1 relay per age group. If your child placed 17th or 18th in their age group in any event, they are an alternate and 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!

End of Year Slideshow

Please use this link to add all summer swim pictures for the general slideshow that will be shown at banquet on Thursday!

<https://photos.app.goo.gl/QpWqgav8CZzoQBvH7>

ONLY if you have a GRADUATING SENIOR, email 8 pictures of your child (of your choice) to Dave@cartyville.com for the senior slideshow.



Spirit Day

Join us for Spirit Day after practice on Saturday for Cuda Spirit Day! Bring a plain white t-shirt to tie-dye, a bandana or anything else you would like. We will be making posters and decorating at Cuda Cove. The theme is Princess and Pirates. Here are some links to spirit gear you can purchase from Amazon.

[Princess Crowns](#)

[Pirate Hats](#)



Conference Links

[Conference Info](#)

[CKSDC Conference Page](#)



Coaches' Gifts

If you would like to contribute to the coaches' gifts for this season, you can give cash to Russ, Kathy, or Ben. You may Venmo Jill @Jill-Kidder-1 if you prefer.



Results

Meet Mobile is an app where all results will be uploaded. You can download the app and pay the \$4.99 monthly or \$9.99 yearly fee.

Click [HERE](#) to download Meet Mobile on Apple

Click [HERE](#) to download Meet Mobile on Google

The results will also be posted on-site near the pool bathrooms.

DIVE CONFERENCE PARTY INFORMATION

Saturday, July 6th
Dive Conference Party

5:30 pm- Dive Conference Party at the Tiki Tent

Coach Jamie will bring a cake with all the conference divers' names on it, and every diver participating in conference will get a goodie bag. We will go through every diver's dive list, listen to inspirational stories from coach Kyndal and coach Jules about their experiences competing at the top level, have some fun, and then get on the boards from 8-9 pm.

All parents need to sign up to contribute items for the goodie bags. Items need to be delivered to the Tiki by 5 pm, and we will need help putting them all together. Please use this link to sign up:

<https://www.signupgenius.com/go/10C0D45ABAC2CA0FBC43-50242407-2024>

2024 Spindletop Dive Conference Goodie Bags

Please review the available slots below and click on the button to sign up. Thank you!

[Signup Genius Link](#)



DIVE CONFERENCE

Sunday, July 7th

Dive Conference

From Coach Jamie

-All divers need to wear a Spindletop dive shirt if they have one or the Spindletop team shirt.

-[The estimated timeline can be found here](#). Divers need to arrive and check in with a dive coach 30 minutes before their scheduled warmup time.

-The girls will be on the side closest to the baby pool, the boys will be on the other side.

-Parents will not be allowed on deck during dive conference, except when announcements are made for awards to be announced and when the announcement is made for the table workers to report. I will send a separate email to the parents who will be working and the position they are in.

-After each session concludes, the individual results will be announced. Every diver from that age group needs to stay for a picture after the awards are given, even if they did not place in the top 15. I ask parents to please come on deck at that time to take pictures.

-After the last session of the day gets their individual awards distributed, the team places and awards will be given out. I would love for every diver to be able to come back out to Spindletop around 5 pm to cheer on our divers in the last session, and then we can all be standing together when the team awards are announced.

-We will take a dive team picture after the team awards have concluded.

-For anyone who wants to, we will go to the Cracker Barrel off Newtown after we finish at Spindletop.

Please see the [last page here](#) for information on the Victory Party on Wednesday and the Banquet on Thursday.

I am so excited about conference!!!

THEME: Princess and Pirates



SWIM CONFERENCE

Monday July 8th

10 & Under Prelims

Swimmers Arrive at 6:50 am

Swim Warm Ups at 7:00 am

All swimmers need to come to warmups. Coaches will take attendance after warmups. If your child is not there, they will assume they are not coming. If your child is on a relay and doesn't show up to warmups, someone else will take their place on the relay.

Swim Meet Starts at 9:15 am

THEME: Princess and Pirates

Conference is a very long meet. It is important that your child packs everything they will need for the day. Our team area will be under a tent on the lawn, so it is a good idea to pack chairs and blankets/towels to sit on. Your child will also want a change of clothes to wear between races and stay warm like a sweatshirt and sweatpants. They will also need something to occupy them during the day and make the time between races pass by (card games, coloring books, electronics, etc.).



Volunteers Needed

We ask that you volunteer in some capacity each day you have a child participating in conference.

[To sign up go here](#)



SWIM CONFERENCE

Tuesday, July 9th
11 & Over Prelims

Swimmers Arrive at 6:50 am

Swim Warm Ups at 7:00 am

All swimmers need to come to warmups. Coaches will take attendance after warmups. If your child is not there, they will assume they are not coming. If your child is on a relay and doesn't show up to warmups, someone else will take their place on the relay.

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SWIM CONFERENCE

Wednesday, July 10th

Finals: All Age Groups

Swimmers Arrive at 6:50 am

Swim Warm Ups at 7:00 am

All swimmers need to come to warmups. Coaches will take attendance after warmups.
If your child is not there, they will assume they are not coming.

Swim Meet Starts at 9:15 am

THEME: Princess and Pirates

This day is the finals competition for all swimmers who qualify in the top 15 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 day is super fun and anyone who can should come to cheer on the team! At the end of the meet is a Coaches Relay and the Conference Awards Ceremony! Stay after for the Victory Party taco bar and pool party at 4:00pm.



Volunteers Needed

We ask that you volunteer in some capacity each day you have a child participating in conference.

[To sign up go here](#)



Victory Party & Awards Banquet

Join us for the Cuda Victory Party 7/10 and the Awards Banquet on 7/11. The Victory Party is very casual, with a taco bar served at 7:00 by the Tiki Bar and lots of fun in the pool. Come and cheer on the Cudas during finals and then celebrate a great season with a pool party! Please make reservations through the house online or at (859) 255-2777 if you will be eating. Adults \$16, Children \$11.

The Awards Banquet is a more formal event with a dinner at the mansion and awards presentation. Please make reservations through the house online or at (859) 255-2777. Adults are \$22, 6-11 yrs \$14, 3-5yrs \$8, 2 & under complimentary.

Cuda Victory Party Menu

Wednesday, July 10
Tiki Bar
7-9 pm

Mixed Garden Salad
Assorted Dressings

Crunchy and soft Taco Shells

Seasoned Beef
Fajita Chicken

Refried Beans with Cheddar Cheese

Spanish Rice
Diced Tomato

Diced Onion

Shredded Cheddar and Jack Blend

Sour Cream
Salsa

Strawberry Shortcake Parfait

Lemonade, Tea, and Water

Adults = \$16++
11 and Under = \$11++

[REGISTER](#)

The Swim Team Award Banquet

Thursday, July 11
First Floor of the Mansion

Food starts at 6 pm
hort break at 7 pm to flip the room for awards ceremony

Chilled Selections

Artisan Green Salad
Fresh Fruit, Melons, and Berries
Cucumbers, Shredded Cheddar Cheese, and Cherry
Tomatoes
Jello Jigglers
Assorted Dressings

Hot Selections

Southern Fried Chicken Tenders
Ketchup, Honey Mustard, and BBQ Sauce

Slow Cooked Pot Roast
Vegan Salisbury Steaks with Mushroom Velouté
Butter and Parmesan Penne
Three Cheese Macaroni
Cheddar and Chive Mashed Potatoes
Buttered Haricot Verts

Desserts

Barracuda Colored Cupcakes

Adults = \$22++
6-11 = \$14++
3-5 = \$8++

[REGISTER](#)



Links & Key Contacts

[SwimTopia FAQ](#)

[Team Store](#)

[Parent Handbook](#)

[Swim Lessons Signup](#)

[Mini Cudas Signup](#)

Tyler Adams, Head Swim Coach
tadams@spindletophall.org

Jamie Palumbo, Head Dive Coach
jpalumbo@spindletophall.org

Russ Thomason, Parent Rep.
kycuda@twc.com

Crystal Carty, Apparel Chair
crystalj@cartyville.com