



7 WEEKS TO CONFERENCE

CUDA CHRONICLE



Parent Meeting & Suit Try On

We will have a new parent meeting on 4/28 at 2:00 p.m. in the house. At this meeting, you can meet the coaches and learn about volunteer opportunities, team expectations, and how practices and meets will run. Swimville will be on site with suits available to try on for correct sizing. We will have the same suit design as last year, and new suits can be ordered at the event or [through this link](#).



Practice Times

5/13-5/24 M/T W/Th/F	10 & Under	11 & Over	5/25-7/6 M/T Th/F/S	11 & Over	9-10	8 & under
Swim	7:00-8:00 pm	6:00-7:00 pm	Swim	8:30-10 am	9:45-11 am	10:45-11:45 am
Dive	6:00-7:00 pm	7:00-8:00 pm	Dive	10:00- 11:00	11-11:45 am	11:45-12:30 am



Important Dates

- 4/28- Personalized CAP orders due
- 4/28- New Parent Meeting & Suit Sizing 2:00 pm
- 5/13- First Evening Practice
- 5/25-First Saturday Practice- Hot Dog Day
- 5/27-Memorial Day-No practice
- 5/29- 1st Meet TBD
- 6/5- 2nd Meet
- 6/8- Bring a Friend to Practice Day
- 6/20- Picture Day/King's Island Day



Personalized Cap Orders Due April 28th

The personalized swim caps are available for order through [Swimville](#). They are \$40.20 for 2 silicone caps with the same name printed on them. We are using the same cap design as last year.

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 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!



Cuda Spirit Store

The Cuda Spirit Store is now open! To place an order, go [here](#). If you would like to have your gear for the first meet, your order must be in by May 12th. The store will be open and available to take orders all summer.



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,



Registration

Please make sure that you have registered for swim and dive! Please go [here](#).



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!



Links & Key Contacts

[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

[SwimTopia FAQ](#)

[Team Store](#)

[Parent Handbook](#)

[Swim Lessons Signup](#)

[Mini Cudas Signup](#)

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

Social Chair

- Help plan fun Cuda Events like Hot Dog Day, Bring a Friend Day, etc
- email [Ben Kidder](#) to find out more

Meet Volunteer Positions Requiring Training

Computer Scoring

- Virtual Training hosted by CKSDC Meet Director

Finish Judge

- Talk to [Russ Thomason](#) about training

Tentative 2024 Meet Schedule

5/30- Meet TBD

6/5- **Georgetown**

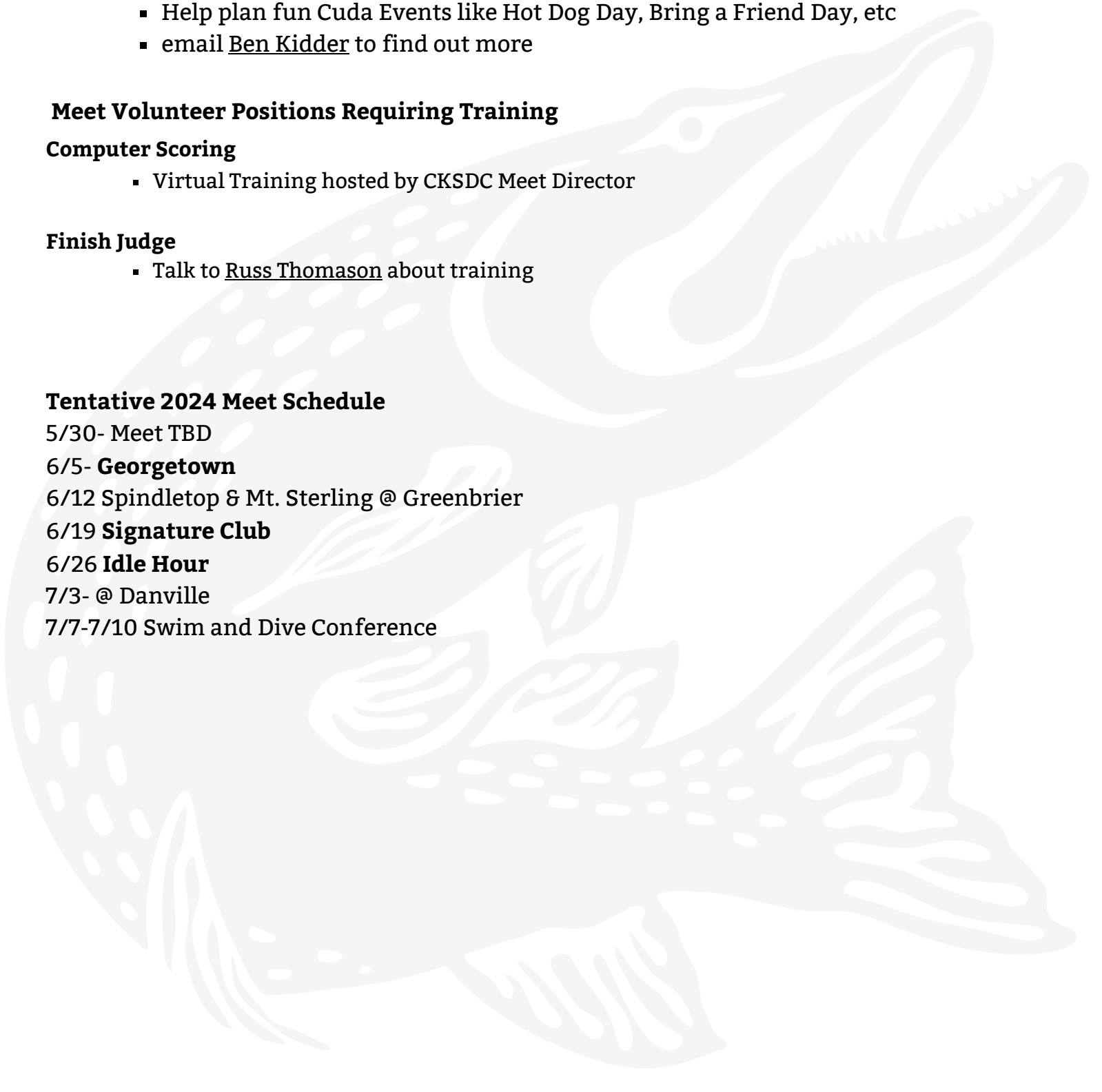
6/12 Spindletop & Mt. Sterling @ Greenbrier

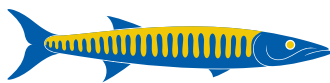
6/19 **Signature Club**

6/26 **Idle Hour**

7/3- @ Danville

7/7-7/10 Swim and Dive Conference





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