

CUDA CHRONICLE



15

DAYS TO
CONFERENCE



Meet Sign Out

THE NEXT MEET IS WEDNESDAY, JUNE 28TH. 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 25TH.



Volunteers Needed

Volunteers are needed for the following jobs at next week's meet on June 28th:

- Need 1-9/10 Girls Age Group Parent 2pts
- Need 1- Score Keeper/Computer Table 1st half
- Need 1- Score Keeper/Computer Table 2nd half

To sign up go [here](#)



Important Dates

- Sun, June 25th Sign out Deadline WCC Meet
- Wed, June 28th Home Meet vs WCC
- Fri, June 30th Conference Program Ad Deadline
- 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

Talent/Lost and Found Fashion Show

We've decided to cancel the Talent Show/Lost and Found Fashion Show due to a lack of interest. If there is interest in rescheduling the event for another date, that may be possible.



Fifth Meet Key Info

WHEN: Wednesday, June 28th

Dive Arrival, Warm Up, & Meet Start Times will be communicated by Coach Jamie

Swimmers Arrive at 4:15 pm

Swim Warm Ups at 4:30 pm

Swim Meet Starts at 5:30 pm

WHERE: at Spindletop

Tiki Bar and Barn will be open.

A Food Truck will also be available.

WHO: Against Winchester Country Club Dolphins

THEME: Game On!

Any character from any game! This includes video games (play station, Xbox, Nintendo), phone app games, and computer and board games. Some examples and ideas: Mario Kart, Candy Crush or Candy Land, Monopoly, arcade games like PAC Man or Sugar Rush (from Wreck it Ralph), and any Disney or Superhero movies.

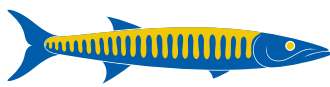
Some ideas for costumes/accessories: Any costumes from Disney/Marvel/Harry Potter games, Mario Kart hats, race car gear (like checkered flags), candy themes sunglasses or shirts, play station or x box shirts, anything Pokémon, etc.



Conference Eligibility

To be eligible to participate in the 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. THERE ARE JUST TWO REGULAR SEASON DUAL MEETS LEFT!

Make sure we get to these meets if you've not hit your Conference eligibility minimum yet because you won't want to miss it Even if you haven't been to any meets yet, if you come to these last two, you can still participate Conference!



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&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 11th: 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 12th: Swim Finals

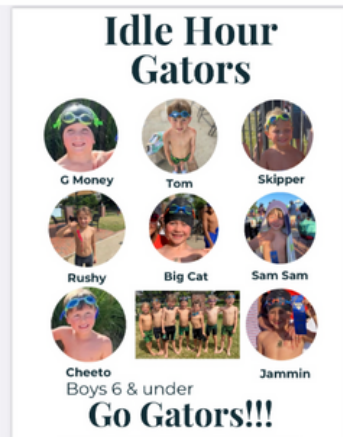
This day is the finals competition for all swimmers who qualify in the top 16 of their age group. Most ALL RELAY SWIMMERS will return to compete this day because each team is only allowed 1 relay per age group. If your child placed 17th or 18th in their age group in any event, they are an alternate and 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!



Conference Ads Available for Purchase

If you are interested in buying an ad to be featured in the CKSDC Championship program, **June 30th is the deadline** to do so. Ads can be purchased on the [CKSDC website HERE](#). I have attached last year's program so you can see an example of what the Ads will look like. See the [2022 CKSDC Championship program HERE](#).

This year, the conference meet will be livestreamed and advertisements can be purchased to appear during the live stream as well. You can find more information about purchasing an ad for the [live stream here](#).



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

6/28 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



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



Apparel Items for Pickup

The following families have t-shirts or towels for pickup at the meet this Wednesday, June 28th. THIS WILL BE THE LAST DAY FOR APPAREL PICKUP THIS SEASON.

Caldwell, Evan
Clayton, Ella & Lilly
Cowels, Levy
Erickson, Alice & Penelope
Long, Cooper & Max
Spurlock, Vivienne
Rader, Eva
Rivard, Gray & Whitney a & Shelby
Smith, Berry
Spires, Raylee
Sweeney, Simon
Weber, Esme

For any questions regarding apparel, contact Crystal Carty at crystalj@cartyville.com



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

Crystal Carty, Apparel Chair
crystalj@cartyville.com
Russ Thomason, Parent Rep.
kycuda@twc.com



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

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
- 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](#).

