

Parent Handbook



2016

For current team information please visit www.BoulderBarracudas.org



**Boulder Parks
& Recreation**

Letter from the Head Coach

Dear Barracudas Parents,

After four years of coaching the Barracudas, I have seen the Barracudas grow and excel and I can't wait to step into my second year as head coach and make the Barracudas the best it has ever been.

When I am not coaching, I will be working full time at a publisher services/adtech company here in Boulder. I have been swimming competitively for almost 15 years and still love it just as much as when I started. In May 2015, I graduated from CU Boulder where I swam all four years and held various leadership positions on the team. My junior and senior year I was fortunate enough to be elected President of the CU Swim & Dive team, which has gave me a lot of experience running a swim team of over 100. Since graduating, I have kept my swimming career alive through Master's Swimming.

In my first year as Head Coach of Boulder Barracudas, I learned a lot and plan to improve a lot of areas within the team. I will continue to strive to foster an environment where swimmers learn good sportsmanship, responsibility and self- confidence. However, my ultimate goal is to ensure that all of our swimmers have FUN!

The Barracudas are thrilled to welcome back Paddy McCole and Amanda Haeberle as our assistant coaches!! Our goal will be to create an environment where swimmers can learn while having fun. We are confident that with hard work, commitment and this dedicated coaching staff, each swimmer will excel this season!

We have planned numerous social events for our swimmers. Age group parties, team dinners and our trip to Water World are all extra activities that we hope will enhance the team experience. Attending these events will allow swimmers to get to know their teammates and create lasting memories!

Our coaching staff would like to ask that each swimmer participate in at least **one** dual meet. We know that trying something new can sometimes be scary, but competing in a meet can be extremely rewarding.

We will continue to strive to provide you with what you are looking for in a summer swim team. If we ever fall short of your expectations, I hope that you will make me aware of how we can improve. I believe that an open line communication is crucial to any successful program and I appreciate your willingness to help us be the best summer league team in Boulder!

Here's to a great season! Go Barracudas!

Sincerely,

Coach Casey

Meet the Coaches

Head Coach: 13~18



Coach Casey is back for her fifth season with the Boulder Barracudas! Casey is a Chicago native, which is where she started swimming competitively at age 7 and hasn't stopped. She is the former President of the CU Swim and Dive team, which has held the title of National Champions for the past 9 years! Casey holds team records in the 100 freestyle, 50 butterfly, 100 IM, 100 breaststroke and a national record in the 200 medley relay. She was also named CU's 2015 Club Sport Athlete of the Year for. She is excited to return for another year of coaching the Barracudas!

Assistant Coach: 11~12, 8 & Unders



We're excited to welcome back Coach Paddy for his second year with the Barracudas. He is originally from Philadelphia, PA, and has been swimming competitively since he was 5 years old. Since 16 years old, Paddy has been passing on his passion for swimming to youngsters.

His greatest claim to fame is competing in the World Transplant Games, an Olympic event for organ transplant recipients. A kidney transplant recipient Paddy has 9 world records and 38 medals, 28 of them gold. Sadly his kidney gave out 5 years ago, and is now on dialysis several times a week. Despite this, Paddy continues to swim US Masters and is looking forward to another great season of coaching Barracudas this summer!

Assistant Coach: 9 ~ 10 Coach



This is Amanda's third season returning as a coach for the Boulder Barracudas, but not only that, she swam for the team for three seasons. During those three seasons, Amanda was awarded the Boulder Barracudas Swimmer of the Year award and Most Valuable Swimmer. Amanda is excited to add on another year as a swim coach again! She was born in Wichita, Kansas and was raised in Windsor and Boulder Colorado. Amanda is currently a full time student at the University of Colorado Boulder pursuing a degree in Molecular, Cellular and Developmental Biology. She also works as a lifeguard and WSI instructor for the City of Boulder.

Boulder Barracudas Booster Club

Barracudas Team Swimmers (8&U-18)

- **A \$25 per child fee will cover the cost of prelims/finals, coach's gifts, meet supplies, party supplies and the End of the Year Banquet desserts.**
- This fee is not included in the registration fee through the City of Boulder.
- Payment is due prior to the first home meet on 6/6 to the Parent Volunteer Coordinator or Head Coach.
- Payment will be collected during practice prior to 6/6 or at the parent meeting.
- Please make all checks payable to "Boulder Barracudas".
- The Hot Shots Meet, Long Shots Meet and Pentathlon are all extra meets that have their own individual fees. Swimmers who choose to participate will be asked to pay for their own registration.
- Water World tickets are not included. Swimmers interested in attending will have an opportunity to purchase group tickets as the event nears. Coaches will have the most up to date information.
 - **Late Fee:**
 - After 1st Swim Meet (6/4/16) +\$5 per swimmer
 - After 7/1/15 +\$5 per swimmer

Pre-Team Swimmers

- **A \$15 per child fee will cover the cost of coach's gifts, pre-team ribbons, and Banquet desserts.**
- Payment is due prior to the first Pre-Team meet on 6/18
 - **Late fee:**
 - After 2nd week (6/13/16) +\$5 per swimmer
 - After 7/1/15 +\$5 per swimmer

Barracuda Booster Fee can be paid via Square at practice

Swimmer Behavior & Expectations

The coaches would like to set ground rules for the season to maintain a POSITIVE environment for all swimmers.

Rules include, but are not limited to:

- Swimmers will respect and be supportive of each other. There will be no talking back to coaches, swearing, fighting, endangering the safety of others, or physically or verbally teasing others.
- Swimmers will respect all property. There will be no vandalism or misuse of Spruce Pool, South Boulder Pool, away meet pools and locker rooms.
- Swimmers will respect and follow the instruction of the coaches the first time directions are given.
- Swimmers will be quiet and attentive to the coach when instructions are being given. If you do not understand how a drill is done, do not be afraid to ask for clarification.
- Swimmers will conduct themselves as responsible competitors and demonstrate good sportsmanship both in practice and in competitive swim meets. There will be no name calling, swearing, booing, or fighting.
- Be on time to meets and practices.
- Have equipment available and adjusted before every practice. Always have an extra set of goggles with you at every practice.
- Disruptive behavior at practices or meets may result in swimmers being asked to leave the pool. Disciplinary matters will not be discussed during meets or practices. If there is an issue it will be addressed outside of these times so as to be fair to the other swimmers and not take away from their practice time.

Management of Inappropriate Behavior

To ensure the safety of all swimmers, the following progressive discipline steps will be taken for those swimmers who disregard pool/safety rules, and/or display disrespect for the coaches, teammates, and/or lifeguards.

The management of inappropriate behavior shall include, but not be limited to:

- Verbal warning to the swimmer.
- Coach(es) will have a conversation with the swimmer after practice.
- Swimmer will be asked to leave the activity or event for the day. Parents will be notified and an incident report will be filed.
- If the behavior continues, parental attendance will be required at practice until the Water Safety and Operations Coordinator deems the situation under control.
- Coach may request a conference with the Water Safety and Operations Coordinator and parent(s) if inappropriate behaviors continue and/or if they interfere with the effectiveness of the program.

Parent Expectations

- Parents must volunteer. During each home meet, each family is asked to supply a volunteer for 1/2 the meet. Please see the website for information on volunteering positions and to contact the parent coordinator.
- Parents will not engage in or encourage their child to engage in unsportsmanlike conduct with any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not engage in or encourage their child to engage in verbal or physical threats or abuse aimed at any coach, parent, swimmer, participant, official or any other attendee.
- Parents will not initiate or encourage their child to initiate a fight or scuffle with any coach, parent, swimmer, participant, official or any other attendee.
- Parents are expected to assist in the management of their swimmer's behavior. Parents should recognize their swimmers' efforts and encourage the development of a positive attitude toward the program.
- Parents are requested to assist all swimmers in following the rules during practice and swim meets. Supervision in the locker rooms is requested during practice and swim meets.
- All parents are responsible for encouraging their swimmers to support individual and team achievement. By understanding the expectations of all swimmers and following the rules, the City of Boulder Barracudas Swim Team will continue to be a positive and rewarding learning experience for its participants.

Our Team's Core Values

- The City of Boulder Barracudas Swim Team's core values of caring, honesty, respect and responsibility parallel Boulder's SPIRIT. We strive to incorporate these values into all of our programs.
- All **coaches** have a responsibility to create a caring atmosphere that provides honest, constructive coaching and respectful dialogue.
- All **swimmers** have a responsibility to be honest with teammates, coaches and themselves; to care about their individual progress; as well as to respect the rules of The City of Boulder and the feelings of their teammates.
- All **parents** have a responsibility to care about their swimmer's times and progress, to support their children no matter the results, and to respect the authority of the coaching staff while being honest about any concerns.

Communication

Practice and Meets

- If a swimmer will be missing a meet an email must be sent to their coach by the Tuesday prior to the meet. In the subject of the email place the swimmers name, "missing meet", and the date of the meet they are missing.
- If a swimmer is unable to give their event preferences to their coach due to missing practice you may email the preferences instead. The email must be received by the Wednesday before the meet. In the subject line include the swimmers name, "event preferences", and the date of the meet. List the preferences in the body of the email.

Remind 101

- This app is a way for Coach Casey to communicate quickly and easily with parents.
- Anytime there is an update or reminder to send to parents, Coach Casey can send a group text message without sharing anyone's phone number.
- Simply download the app and sign up.
- i.e., If practice is cancelled in the morning due to weather, I can send a quick text rather than relying on everyone to remember to check their email before leaving for practice.

Barracudas Website – www.BoulderBarracudas.org

- This site will provide parents with meet information, calendars, practice schedule, coach contact information and announcements.

Email- boulderbarracudas@gmail.com

- This is the most used form of communication. The head coach sends e-mails regarding the practice schedule, upcoming meets and more. This is one of the mediums a parent can use to notify coached of missed practice and meets or address any concerns.

File Folder System

- The team has file boxes, containing a file folder for each family and coach. All file boxes will be placed by the swim team bulletin board during practice. We use this system to deliver notes, flyers, ribbons, newsletters, etc.

Bulletin Board

- The bulletin board is a way to both inform and to honor our swimmers. The bulletin board also holds team handouts regarding swimsuit orders, calendars and meet information.

Coaches

- Direct communication with the coaches is encouraged; however, we ask that you do not engage the coaches in conversation during practice sessions. If you have an issue you can talk directly to a coach. If you feel an issue has not been addressed please see the head coach to further examine and address the issue.

Inclement Weather

- In the event of practice being canceled due to cold or inclement weather, the head coach will use Remind 101 AND email all parents by 6:30 am that morning. If a message is not sent, assume that there is practice. Please email the head coach to ensure he/she has your email. The Boulder Barracudas Coaches email is: boulderbarracudas@gmail.com

Please Be On Time

- We appreciate your help in starting practice promptly and on schedule. It is our expectation that swimmers are on deck, in their suit with goggles on at the start of their practice time. Attendance will be taken during the first 5 minutes of practice. Thank you for being on time!

Swimming Up or Down

- We understand that some swimmers would like to practice with an age group other than their own. These exceptions will be made for swimmers who are advanced in their own age group and want to swim with older kids. Coaches will determine if a swimmer can "swim up" during the first week of outdoor practice. Only under certain circumstances will swimmers be invited to swim down an age group.

Meet Schedule

Dual Meets

June 4th @Home vs. BCC
June 11th @MESA
June 18th @Louisville
June 25th @Home vs. Meadows
July 9th @Home vs. Fox Hill
July 18th @Meadowglen

Additional Meets

June 20th *Fox Hill Pentathlon
June 28th *Hot Shot/Long Shot@Flyers
* Cost for entry is separate from team registration

Prelims & Championships

All at Veterans Aquatic Memorial Center

July 20th 9-10, 11-12 Prelims @ 8:00 a.m.
July 21st 8 & under Prelims 7:30am, 13-18 Prelimes @ 11:00 a.m.
July 23rd LEAGUE FINALS @ 8:00 a.m.

Swim Meet Overview

Overall

- Set up - is done the morning of the meet
- Snack bar tables, grills, coolers, and food
- Tents for the starter, snack bar, heating area, and for our team
- Tables for the ribbons and for the starter
- Rope off sides of leisure pool with cement blocks and rope
- Clip boards and stopwatches for the timers
- Computer and printers
- Heating area table and chairs
- Chairs behind each block for timers and swimmers

Pre-Meet

- Swimmers must arrive 10 minutes before warm up so we can enter as a team
- Warm up is split into age groups - first half is 11-18 and second half is 10 and under
- Coaches need to be helping swimmers so that's why it's important to have lots of parents helping with set up
- Warm up usually lasts 30-45 minutes total
- After warm up we have a team meeting to go over anything important or get the swimmers excited
- We pass out pink and blue cards to all swimmers
- There is usually a timers and officials meeting

During the Meet

- Swimmers sit under our tents so they are easy to find if we need them. The first event is medley relay so we work to get all the little kid relays together and over to heating area
- Coaches help bring younger swimmers over to heating and get them into the correct lane
- The first event, relay, is always hectic and disorganized but it gets much better after that
- There is a first call/last call sign that tells what events are being heated at the moment
- Older swimmers go over to the heating area on their own but coaches are still involved to make sure they're there
- Coaches with pink and blue cards get all the kids for a certain event and send them over to the heating area
- The heating parent will call out names of swimmers and put them in their correct lane
- The swimmers will move up in line until they are at the blocks and ready to swim
- Meets usually last until 12-1 PM but we then must clean up the pool area before leaving
- After the last race we can do a cheer for the other team to say thanks

Post-Meet

- Clean up begins
- Most families will stay and help clean up any trash that was left from either team
- Clean up snack bar and return grills
- Take down all the tents, tables and chairs
- Take down rope and cement blocks
- Ribbons are made and put into separate team bags
- We organize our ribbons on Monday or later in the week, but will give the opposing team their ribbons before they leave
- We must give the opposing team a copy of printed results before they leave
- Coaches make "speeding tickets" for any swimmer who gets a best time in an event

Event Order

For each event, boys will swim first and then girls

8 & Under 100m medley relay	11-12 50m backstroke
9-10 200m medley relay	13-14 100m backstroke
11-12 200m medley relay	15-18 100m backstroke
13-14 200m medley relay	8 & Under 50m freestyle
15-18 200m medley relay	9-10 100m freestyle
8 & Under 100m freestyle	11-12 100m freestyle
9-10 200m freestyle	13-14 100m freestyle
11-12 200m freestyle	15-18 100m freestyle
13-14 200m freestyle	8 & Under 25m breaststroke
15-18 200m freestyle	9-10 50m breaststroke
8 & Under 25m freestyle	11-12 50m breaststroke
9-10 50m freestyle	13-14 100m breaststroke
11-12 50m freestyle	15-18 100m breaststroke
13-14 50m freestyle	8 & Under 100m IM
15-18 50m freestyle	9-10 100m IM
8 & Under 25m butterfly	11-12 100m IM
9-10 50m butterfly	13-14 200m IM
11-12 50m freestyle	15-18 200m IM
13-14 100m butterfly	8 & Under 100m freestyle relay
15-18 100m butterfly	9-10 200m freestyle relay
8 & Under 25m backstroke	11-12 200m freestyle relay
9-10 50m backstroke	13-14 200m freestyle relay

What to Bring

- Team Swim Suit
- Goggles (2 pairs in case one breaks)
- Towels (more than one is good)
- Sunscreen
- Healthy Snacks
- Water Bottle
- Healthy Snacks
- Swim Cap
- Extra Clothes
- Deck Shoes (like flip flops)
- Dress appropriately or bring a blanket – mornings can be chilly
- Deck of cards or small game to pass time between events

Parent Volunteer Positions

We are often looking for parent volunteers. Your help makes things run smoothly and makes our meets and social events a great success. Please plan on volunteering for swim meets and social events. If everyone participates and helps, it will make for a great summer and no one parent will feel overworked. Without parents, we wouldn't have a successful program.

- **Volunteering is MANDATORY for home meets you attend. We require each family to work 1 shift for ½ the meet that their swimmer is competing in.**
- **Electronic Volunteer Sign-Up forms are available via Sign Up Genius (<http://goo.gl/b0SpPd>) and will be sent out via email.**
- **If you do not have the link, please email the parent volunteer coordinator at barracudasvolunteercoordinator@gmail.com**
- **Parent Volunteer Coordinator must receive electronic volunteer sign up by 6/3/2016**

Sets Up/Clean Up: Puts up/tears down tents, tarps, chairs, tables, etc. Cleans up trash after meet.

Heating Area: Seats/organizes the swimmers in the heating area, makes sure they all have cards, tells the coaches who is missing. Escorts swimmers from the heating area to their correct lanes

Timers: Two timers are required for each lane. Takes cards from swimmers and ensures they are in the correct lane. Uses stopwatches to start at the sound of the bullhorn and to stop when the swimmer touches the side. Records both times on card; an average is then computed.

Stroke Judges: Ensures swimmers are following league rules through legal strokes. If not, informs the timer that the swimmer is disqualified. *This position requires swimming experience and attendance at the league stroke judge clinic on Tuesday June 2nd at 6:00pm*

Treasurer: Handles all money for the club.

Starter: There cannot be a meet without one!! Announces races, uses bull horn to start each race.

Concessions Coordinator: Takes inventory, buys food (can be delegated), makes sure cash and cash box are brought to meets.

Concessions Workers: Sets-up/cleans-up food stand and sells food.

Grillers: Keeps the burgers and dogs coming.

Coaches' Coolers: Coordinates and supplies a cooler of cold drinks for both teams' coaches for each home meet. Coordinates coaches' coolers for Barracudas coaches for each day of prelims and finals (can delegate).

Runners: Organizes completed time cards from first to last place while bringing them from the timers to the scorers; place picker sheet is placed on top. A second runner is needed for 25 yard events, to bring the cards from the swimmers to the timers on the other side of the pool.

Place Picker: Visually checks the order of swimmers finishing each race and writes it down. The place picker judgment takes precedence over times; this is an important, and exciting, job!

Heat Winners/Popsicle coupons: Helps the place picker and hands out "free popsicle" coupons to heat winners.

Scoring:

Enters swimmer information into the computer prior to the meet and enters times into the computer during the meet (from the cards that the runners bring them). It is best to have one scorer organize cards and read off times, and another scorer to enter times into the computer.

Note: requires attendance at league scoring clinic on Thursday May 28th at 6:00pm. Great job for techies!

Ribbons: Takes computer generated labels from the scorers and applies to ribbons. Easy.

Parent Volunteer Coordinator: Ensures volunteers have everything they need, including food and water and facilities breaks. Ensures that there are volunteers for all positions.

Spirit Wear Organizer: Researches, orders, and sells team spirit wear, such as hoodies, t-shirts, swim caps.

Slideshow: (email to sign up) Collect pictures and videos to create a 5 minute or less team slide show for the end of year banquet

Team Picture: (email to sign up) Researches and facilitates team photography at one of the practices.

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Coaches Only Parents Only Meet No Practice Pre Team	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Parent Meeting 4pm @ NBRC	16 Preseason Afternoon Practice @ SBRC (see schedule below)	17 Preseason Afternoon Practice @ SBRC (see schedule below)	18 Preseason Afternoon Practice @ SBRC (see schedule below)	19 Preseason Afternoon Practice @ SBRC (see schedule below)	20 Preseason Afternoon Practice @ SBRC (see schedule below)	21
22 BVSSL Spring Meeting 9am@ MeadowGlen COACHES AND PARENT COORDINATOR ONLY	23 Preseason Afternoon Practice @ SBRC (see schedule below)	24 Preseason Afternoon Practice @ SBRC	25 Preseason Afternoon Practice @ SBRC	26 Preseason Afternoon Practice @ SBRC	27 All Ages Mock Meet @ SBRC, 4:30pm Team BBQ @SBRC, 6pm	28

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coaches Only Parents Only Meet No Practice Pre Team	30 Memorial Day! No Practice	31 Regular Season Practice begins @ Spruce Pool Preteam practice begins Stroke Judge Clinic 6pm @ Meadows for stroke judge volunteers	1 Wednesday Afternoon Practice begins 6-7pm @ Spruce Pool	2	3 Friday Night Club 7pm @ Spruce	4 Home meet vs. BCC
5	6 Monday Afternoon Practice begins 6-7pm @ Spruce Pool	7	8	9	10	11 Away Meet @ Mesa
12	13	14	15	16 All Age Group Party 2-4pm @ Scott Carpenter Pool	17	18 Away Meet @ Louisville
19	20 Pentathlon @ Fox Hill Optional Meet	21 Water World No Practice	22	23	24 Friday Night Club 7pm @ Spruce	25 Home Meet vs. Meadows
26	27	28 Hot Shot- Long Shot @ Rock Creek Optional Meet	29 11	30		

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coaches Only Parents Only Meet No Practice Pre Team					1	2 Bye Week: No Meet
3	4 4 th of July! No practice	5	6	7	8 Friday Night Club 7pm @ Spruce	9 Home Meet vs. Fox Hill
10	11	12	13	14	15 Last Practice for Preteam	16 Away Meet vs. Meadowglen
17 Preteam Meet @ BCC, TBD Team Dinner 5-7pm @ Boulder Reservoir Concession Deck	18 Heating Meeting 6pm @ Lafayette Coaches Only	19 Practice from July 20-23rd for prelims swimmers only	20 9-12 Prelims 8am @VMAC *no afternoon practice*	21 8 & Under Prelims 7:30am @ VMAC 13-18 Prelims 11am @ VMAC	22 Practice for finals qualifiers only please! All Ages 7:30- 8:30am Finals dinner 6pm @TBD	23 League Finals 8am @ VMAC
24 End of the year Banquet! 3pm @ NBRC	25	26 Year End Meeting 6pm @ Coal Creek Coaches Only	27	28	29	30

Regular Season Practice Schedule

May 31st-July 15th @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
15-18	7:15am	8:45am
13-14	7:15am	8:45am
11-12	7:15am	8:30am
9-10	8:30am	9:30am
8 & Under	8:45am	9:30am

No Practice: 5/30, 6/21 and 7/4

All Age Group Practice (7:30-8:30am): 7/22

Pre Season Practice Schedule

May 16th- May 27th @ South Boulder Rec Center

Age Group	Practice Start Time	Practice End Time
15-18	4:30pm	6:00pm
13-14	4:30pm	6:00pm
11-12	5:00pm	6:00pm
9-10	4:00pm	5:00pm
8 & Under	4:00pm	4:30pm

All Age Group Practice (4:30-6:00pm): 5/27

Pre Team Practice Schedule

Every Monday, Wednesday, Friday

May 31st-July 15th @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
Pre Team	9:30am	10:00am

No Practice: 6/21 and 7/4

Afternoon Practice Schedule

Every Monday and Wednesday

June 1st- July 18th @ Spruce Pool

Age Group	Practice Start Time	Practice End Time
All Ages	6:00pm	7:00pm

Social Gatherings

Times and place are subject to change. Coaches will have the most up-to-date information

Friday, May 27th Time: Team Barbecue @ SBRC

Water World Tuesday, June 21st: We will meet outside the gates of Water World at 10am. Hope to see you there! www.waterworldcolorado.com

- Information on tickets will be announced when available.
- Kids 10 and under need a designated chaperone.
- Coaches are not chaperones.

Age Group Party

- Age Group Parties are a great way for swimmers to make friends in their age group
- Coaches will be present to provide fun games and activities for swimmers
- Parent participation is crucial! Coaches will give out more information.
 - All Ages: Thursday, June 16th 2-4pm @ Scott Carpenter Pool

Team Dinner Sunday, July 17th Time: 5:30 – 7:00pm @ Boulder Reservoir

- Coaches will be giving out more information as the date nears

Friday Night Club, 7pm @ Spruce Pool

- The night before home meets we will make posters and chalk the deck to welcome to opposing team!
 - June 3rd, June 24th, July 8th

End of Year Banquet Sunday, July 24th Time: 3:00pm @ NBRC Multipurpose Room

- Please join us to celebrate our accomplishments for the season
- Desserts will be provided by the team
- Swimmers will be recognized individually
- Parent Volunteer needed to create a 2016 season slide show
- More information will be given by coaches as event nears

Team Suits

TBD

Please go to **Colorado Swim Shop** for fitting and ordering team suits.

Colorado Swim Shop

2525 Arapahoe Ave C4
In the Village shopping center
303-545-2090

Hours

M-F: 10am-6pm

Sat: 10am-5pm

Sun: Closed