



October 22, 2023

BK Swimmers & Parents,

Our Championship Stretch is here! We have a very busy and exciting two weeks ahead. Please do everything you can to be at your best—get enough sleep, drink fluids, eat healthy, etc. You've put in a ton of work the past three months and now it's time to be at your best in the pool, so let's make sure we take care of the things you can control and the rest will take care of itself.

### **District Week Reminders:**

1. Mass tomorrow—please arrive at BK no later than 7:40am.
2. Districts Meet is THURSDAY
  - a. JV meet:
    - i. Arrive at 7:15
    - ii. Enter at 7:30 & Team Meeting
    - iii. Warmups at 8:30 & Meet starts at 9:30
    - iv. Spectators allowed in at 7:30
  - b. Varsity meet:
    - i. Arrive at 1:10
    - ii. Enter at 1:30 & Team Meeting
    - iii. Warmups at 2:30 & Meet starts at 3:30
    - iv. Spectators allowed in at 1:30
3. We will have early release on Thursday. TBD, but should be excused for the day.

### **District Info:**

The meet is a combined 4A and 5A competition, but is scored and placed separately. As we discussed at our team dinner on Friday, both your place and time against 4A competitors will be the determining factor for qualifying for the State Championship Meet. The top two finishers in each race (4A) will be auto qualifiers. In addition, there will be 6 state-wide at-large bids to the top 6 times that were not auto qualifiers. Aside from the auto-bids, we will not know who qualifies until Sunday.

I'm attaching our lineup, the meet timelines and the Psych Sheets. You'll note that each team is labeled as 4A or 5A to help you figure out where you stand in your events. As a team, BK is in great position to qualify a number of athletes, so let's stay focused on our jobs and we'll place ourselves in position to win some state titles.

### **Team Goals:**

1. State Champions
2. Positive Attitudes
3. Family



## **District & State Relays:**

Some very important relay information. First, we cannot false start or get DQ'd. We will be EXTRA safe with our starts at this meet to ensure our teams qualify for state. Second, all relays are subject to change up until the race and the coaches have final say over all relay decisions. And finally, relays will most likely change between the District & State meet. If you are on a qualifying relay, the best way to guarantee your spot on that relay at State is to be fast! Coaches will consider all factors—times, effort, relay history, practice effort, and performance at both the District and State meets.

## **Practices:**

We have our regular practice schedule this week—please arrive focused and ready to prepare for the District meet. Bring great attitudes and let's fun while we gear up for a big day on Thursday!

## **Balance of Season Schedule:**

1. Mass on 10/23
2. Districts at ICAC on 10/26
3. Mass on 10/30
4. State at West Y on 11/3-11/4
5. Team Banquet (swimmers & parents) on 11/17 at Hilcrest CC

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## **Countdown:**

- 4 days until District
- 12 days until State

Let's get to work...

Go Knights!  
Coach Ryan

**F**aith **A**cademics **M**otivation **I**nspire **L**eadership **Y**our Success

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