



June 11, 2023

BK Swimmers & Parents,

Hello returning Knights and Incoming Freshman! I've been meaning to get an update out for quite some time but have been tied up working on the opening of the new Idaho Central Aquatic Center. I'm excited to share that we are officially open, and it has been great to see many of our swimmers practicing with their club teams.

We are now a couple months out from the start of our season. I'll be doing my best to send regular updates between now and the start of the season. For now, I have a few notes to share and a couple items to get on your calendars.

Practice Schedule & Location:

We will be practicing at the Idaho Central Aquatic Center (ICAC). Practices will be Monday through Friday, with the time to be determined. Tentatively, we are scheduled for 3:45 to 5:15pm. The time could change to a later block—I'll keep you posted. ICAC is located at 3575 S. Findley Ave. This is just off Federal Way and is about 10 minutes from school.

Tryout Week:

The first week of practice will be a busy one. This is considered our "tryout" week. Tryout week is designed for you to decide if you are a good fit for the program. It also gives coaches a chance to evaluate the team and help determine practice groups and lanes. So long as you can swim the length of the pool and back without stopping, we'll find a place for you on the team.

We will also be embarking on our team retreat during this week. We'll post a sign-up sheet for the retreat in the coming weeks, along with details and cost information.

Sports Registration and Physicals:

All swimmers must complete the athletic registration process by following the instructions on the BK Athletics website (<https://www.bkathletics.org/forms>). I cannot help with this process in any way. If you have questions or concerns, you should direct them to David Redinger (phone and email on the website).

IMPORTANT: ATHLETES ARE NOT ALLOWED TO PARTICIPATE IN ANY BK ATHLETIC ACTIVITY UNTIL PARTICIPATION AND HEALTH EXAMINATION AND CONSENT FORMS ARE COMPLETED AND SIGNED OFF BY THE SPORTS MEDICINE COORDINATOR.

Information Meeting:

We will hold an information meeting for swimmers and parents on Wednesday, June 21 at 3:00pm at ICAC. This is not required, but I'm encouraging all of you to attend so we can all connect and get ready for another great season.



Information & Contact Details:

You can always reach me by email (rstratton@bk.org) or on my cell (208-409-2293). You can also find up-to-date information on the team website: <https://www.bkathletics.org/page/show/7199737-swim-team-2022->

Team Gear:

We're going to try something new this year. I'll be working with our team captains (Sofia Kartel, Lucy Penna, Shae Stratton & Adam Hanson) to decide on our team "uniform" and then we'll provide order details to everyone. We'll get this out this summer in the hopes of having everything ready by the start of the season. If there is a parent that would like to help quarterback the team apparel, it would be greatly appreciated. Please just email me if you are interested.

Contacts:

Head Coach:	Ryan Stratton (rstratton@bk.org)
Asst. Coach:	Chelsea Johnston (campolochick88@gmail.com)
Parent Coordinator:	Cari Schauer (carischauer7@gmail.com)

Calendar Reminders:

- Information Meeting: 6/21 @ 3:00pm @ ICAC
- BK Registration Forms Due: 7/31
- First day of practice: 8/7
- Retreat: 8/9 - 8/10 (Tentative)
- Fall Sports Meeting: 8/16 (Parents Only)
- First Meet: 8/26

Meet Schedule:

I'm attaching a draft of the meet schedule. This is still subject to change, but the schedule should remain pretty much as is. Most of our meets will be on Saturdays at ICAC.

Summary:

We're looking forward to another great season and I'll be continuing to provide updates as we approach the season. Please plan on attending our information meeting on June 21st and reach out anytime with questions!

Go Knights!
Coach Ryan