



August 27, 2023

BK Swimmers & Parents,

Great job yesterday! The first meet is always a little chaotic as we learn (or re-learn) the ropes of high school swimming. We had some rough patches, but also had some great swims. We'll learn from both our mistakes and successes and spend the next couple weeks working towards our next race opportunities. Boise and Timberline are two of the best teams in the state, regardless of classification, and we competed very well against both. The boys rolled to a victory against Timberline, but lost to Boise; while the girls also lost to Timberline and almost grabbed a victory from Boise in a narrow defeat. Again, great job against two 5A schools....

Some kudos for...

- **Lucy Penna:** Posting two victories and an early season 500 time that was better than her 3rd place finish at state last year!
- **Frankie Cricton:** Freshman stepping up on two A relays and posting great splits!
- **Gianna Tudor & Adam Hanson:** Completing the dreaded 200/500 free double--excellent job by both of you!
- **Shae Stratton & Cameron Schauer:** Posting great times and coming away with a pair of victories, each!
- **Heidi Hatten:** Great relay swim in the 400 free relay after facing a little adversity mid-meet. Nice job!
- **Julien Bernier:** Um...were you wearing fins? HUGE time drops from last year!
- **Corina Bell:** Great 100 breaststroke and relay swim to close her meet!
- **Jack & Ben Rubocki:** Out of a three year retirement and splashing to some personal best times and great relay swims--welcome back!!
- **Sofia Kartel:** Really tough double going back-to-back 100 fly & 100 free!
- **Jack "Steve" Kartel:** Nearly identical 1:02s in the 100 fly and 100 back--you're going under 1:00 in both this year!
- **Kevin Martinez:** Best time in the 100 breaststroke--excellent work!
- **Anja Mueller:** Relay aficionado--three great relay swims, broken arm in tow!
- **Logan Carr:** Got stronger as the meet went on, finishing with a fantastic 400 free relay split!
- **Sofia Guzman:** Some amazing time drops in the first meet!

And there are many more....we'll have some more shout-outs tomorrow at practice as well. Full results are attached and you can always access results using the "Meet Mobile" app. @Parents: If you don't already have Meet Mobile, it is highly recommended to follow your athletes and team.

Team Goals:

1. State Champions
2. Positive Attitudes
3. Family



We are back to work tomorrow afternoon and have a couple weeks before our next meet. Let's stay focused on working hard and being a great team!

Schedule:

Monday thru Friday: 3:40pm to 5:00pm - Swim (plus 15 mins for team time)

Tuesday & Thursday: 5:00pm to 6:00pm - Strength Training w/OTF

Finally...some thank yous... Thank you to all parents that volunteered at the meet yesterday. The meets require a lot of help and work and don't happen without all of your support. And a HUGE thank you to the Kartel's for providing our first Team Carbo Load dinner on Friday!!!

Go Knights!
Coach Ryan

Team Goals:

1. State Champions
2. Positive Attitudes
3. Family