



**August 13, 2023**

Swimmers & Parents,

We survived the first week! We are trying to ease into things in the pool, so please expect practices to get more difficult as we progress through the first couple weeks. If you were “trying out” this week, please make sure to consider your willingness to commit to the season and your ability to complete five practices each week.

We have another busy week ahead, with our retreat, school starting, and the Fall Sports Parent Meeting. Reminders for the week are as follows:

Practice Schedule (at ICAC):

**SWIM –**

Monday – 6:15am to 7:45am

Tuesday – NO Practice

Wednesday thru Friday - 3:30-5:00pm

**STRENGTH TRAINING** – This will begin Tuesday, August 22<sup>nd</sup> and will be every Tuesday and Thursday - 5:00-6:00. This will be with Off The Field at ICAC (more info below). This is optional, but highly recommended. Again, this is not heavy weight lifting; rather, this is a focus on core strength, agility and flexibility.

Retreat:

We leave for the retreat tomorrow morning at 8:30am from BK. We’ll meet at the football field and load onto the bus at 8:15am. I’m attaching a list of those that have registered for the retreat. We are completely full at this point, so only those that have registered can attend. We should be returning to BK on Tuesday at 3:30pm. If that schedule changes, I’ll send an update email and a message through the Remind app.

Captains have asked that you try to pack a white t-shirt and a black t-shirt for various team activities. In addition, here is a general packing list to make sure you are prepared:

- Sleeping bag or linens (bed/mattress provided in the cabins)
- Sweatshirt & pants for cool evening activities
- Shirts & shorts for hot daytime activities
- Swimsuit/trunks for water activities
- Water bottle
- Toiletries
- Tennis shoes
- Flip flops



Fall Sports Meeting:

Parents—the Fall Sports Meeting is scheduled for this **Wednesday at 6:30pm**. Parents should plan to attend and should meet in the Carley Center at 6:30. After the general meeting, we will break into sport-specific groups and will have a chance to review our season with all of you.

As always, if you have any questions, email or call anytime.

Go Knights,  
Coach Ryan