



July 19, 2023

Swimmers & Parents,

I just have a few updates and a couple reminders for you this week... First, thank you to the BK swimmers that came by to help at the Speedo Sectional swim meet this past weekend. Your assistance was greatly appreciated and I hope you were able to enjoy some really fast swimming. On Sunday, a team from Swim Neptune (Phoenix) set a National Age Group Record in the 400m Medley Relay. It was amazing to watch!

We have another meet coming up (August 2-5) for age group swimmers and I will need some volunteer help, including some golf cart drivers... If you have time to volunteer and are willing to help out, we'd love to have you!

On to the updates...

Practice Schedule (at ICAC):

SWIM - Monday-Friday - 3:30-5:00. This means you should arrive by 3:30 and we are in the water at 3:40.

STRENGTH TRAINING - Tuesday-Thursday - 5:00-6:00. This will be with Off The Field at ICAC (more info below).

Team Info Request:

All swimmers need to complete the team info request. The link is on the team website and available here (<https://forms.gle/nbUc2RE2LHZTvYok9>). If you have not completed this form, please do so ASAP. This form also asks for shirt and pant sizes so that we can order team uniforms. Please respond to this form no later than next Wednesday, July 26.

Retreat:

We will be doing our team retreat at Horsethief Reservoir this year on Monday, August 14th and Tuesday, August 15th. This is an important opportunity for team building and comradery. The cost of the retreat will be \$105 per swimmer and I'll have you remit payment by venmo (@Ryan-Stratton-9). If you do not have Venmo, call or email and we'll work out an alternative. In order to secure the camp, we need to have commitments by the end of next week. Please remit your BK Waiver to me no later than Friday, July 28th. The BK Waiver is attached. The camp will require us to do a separate camp waiver and we will send that out once we have a final camp roster.

Physicals:

Please remember that you must complete the BK Medical Clearance process prior to our first practice. Info can be found here: <https://www.bkathletics.org/forms>



Off The Field:

OTF is a private strength training program that provides individual and group strength training sessions. They work with all sports and athletes from age 6 to NFL professional athletes. A number of West Ada schools have used their services over the years and BK has brought them on board to work with the football team. They just opened a satellite location at ICAC and we have arranged to have them work with our swimmers. This will NOT be heavy weight lifting... instead, this will be swimming-centric and will include coordination, agility, core strength and swim-related exercises. It should be a great supplement to the program and an amazing opportunity for the team to work with them. There will be no additional cost for this--we will be using a portion of our team budget for this resource. It is not required.

That should be enough for now! Parents should be watching for information from Cari Schauer regarding volunteer opportunities at our high school meets and with other team activities. Swimmers should be doing their best to prepare for the first week of practice. Remember, Monday, August 7th is Day 1 of the 2023 season!

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

Go Knights,
Coach Ryan