



August 18, 2024

BK Swimmers & Parents,

Great first week! I hope everyone is easing back into the swing of things. We'll be taking a few weeks to slowly increase yardage. The goal for the first month is to get everyone back into shape and build an aerobic base. We'll shift gears and add intensity to our workouts as we get closer to mid-September.

## Notes, Updates & Reminders

### **Off The Field:**

Our strength training program begins this week. Every Tuesday and Thursday, swimmers have the opportunity to receive first-class personal training. The program is optional, but highly recommended. This is not something that swimmers should do every so often; we are asking those that are interested to make a commitment at the beginning of the season to stick with the program. The long-term benefit for your season will be remarkable.

On Tuesdays & Thursdays, our pool workout will end around 5:00pm and we will be dressed and ready for OTF by 5:15pm. Swimmers need t-shirt, shorts and closed-toe shoes. OTF trains athletes of all ages and abilities, from younger kids to NFL players—take advantage of this amazing resource and tool to increase your performance this year.

### **Team Retreat:**

We have been forced to change our team retreat. The camp is still under an evacuation “watch” and we decided it was best to change gears and do something local. We will have all swimmers meet at Barber Park on Saturday 10:00am. We have a full day of activities planned and parents can plan to pick-up their athletes at 5:00pm at Ann Morrison Park. We will be floating the river, working on team building and goal setting, and enjoying a team dinner in the park.

### **Team Gear:**

I am in the process of ordering team gear, which will consist of a team jersey and team sweatshirt. In addition, we should have a team store open and running by the end of the week via Riverside Embroidery. The team store is for parents (and swimmers) to buy additional BK Swimming gear.

### **Practices & Excused Absences:**

As a reminder, our team policy is that we expect everyone to attend practice daily. If you are a club swimmer or participate in another BK activity, we mandate that each swimmer attend at least two BK practices each week. Otherwise, all absences need to be communicated in advance

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by the swimmer to the coach via email. Unexcused absences can result in loss of participation opportunities or varsity letters. Please be proactive and keep your coaches in tune with your schedules!

## **Team & Program Fees:**

As mentioned during the parent night, you will notice two fees invoiced through your TADS account. The first is a \$150 program fee. This is assessed to all athletes for each sport they participate in. The second will be a \$105 spirit pack fee. This fee is designed to cover the cost of team gear and supplies.

## **Calendar Reminders:**

August 19-23	@ 4:00pm – Regular Practice
August 20 & 22	@ 5:15pm – Off The Field
August 24	@ 10:00am – Swimmers report to Barber Park for Team Retreat
September 7	@ 9:30am - First Dual Meet

As always, if you have any questions, please reach out anytime!

Go Knights!  
Coach Ryan