



September 24, 2023

BK Swimmers & Parents,

Really great week! This was the response we needed after our meeting a week ago. Thanks to everyone for recommitting to the team and our process. We had two tremendous meets this week with some great mid-season performances.

Our training will change a bit as we move forward. We will have three good training days this week and then Thursday will be a day to sharpen turns and starts. Beginning next week, we'll begin focusing more on speed and tempo. We've had a few health and injury issues—please take care of yourselves and we head toward the championship stretch. Let the coaches know of anything that we need to consider during practice and meets.

Brave-Knights Invite:

We have a really fun opportunity ahead of this week. BK and Boise High have joined forces to create an invitational meet for any school that would like to attend. Entries were due tonight and we have 12 teams and about 300 athletes committed to the meet this weekend. The meet is formatted similar to State. There will be a preliminary session on Friday afternoon. The top 24 swimmers for each event on Friday will then swim in the championship heats on Saturday morning.

Warm-ups on Friday are at 2:00 and the meet starts at 3:00. We will do an early release at 1:00pm and everyone needs to be at the pool no later than 1:45pm. On Saturday, warm-ups are at 9:00am and the meet starts at 10:00am. You will need to be at the pool no later than 8:45am on Saturday. All swimmers need to plan to attend the Saturday session, even if they do not qualify for the championship heats.

Our entries are attached. Relays are subject to change. A complete timeline and heat sheet should be available for us to send out tomorrow.

Communications:

You have all done a much better job emailing coaches about conflicts or schedule items. Please keep this up and remember to copy parents on all coach emails or texts.

Team Goals:

1. State Champions
2. Positive Attitudes
3. Family



Balance of Season Schedule:

1. Mass on 9/25
2. Brave-Knights Invite on 9/29-9/30
3. Mass on 10/2
4. Meet at ICAC on 10/7
5. Mass on 10/9
6. Meet at ICAC on 10/14
7. Team Dinner (swimmers only) on 10/20 at HCC
8. Mass on 10/23
9. Districts at ICAC on 10/26
10. Mass on 10/30
11. State at West Y on 11/3-11/4
12. Team Banquet (swimmers & parents) on 11/17 at HCC

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Countdown:

We have 3 meets, Districts and State in the next 5 weeks. 32 days until District. 40 days until State.

Let's get to work...

Go Knights!
Coach Ryan

Faith **A**cademics **M**otivation **I**nspire **L**eadership **Y**our Success

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