



July 29, 2025

BK Swimmers & Parents,

Happy Tuesday! It's hard to believe that the season is just around the corner. That leaves just a couple weeks to tackle a few tasks and be ready to launch on August 11th. We have made some schedule changes due to some conflict and cost issues. I've highlighted those below...

Calendar Reminders:

- BK Registration Forms Due: 7/31
- First day of practice: 8/11
- Retreat - *UPDATED*: 8/13 at 4:00pm in Boise (details below)
- Fall Sports Meeting: 8/19 at 6:30pm (Parents-only meeting at BK)
- First Meet: 9/2
- Lake City Trip 9/12 – 9/13
- Brave-Knights Invite 9/26 – 9/27

Tasks:

- **Registration:** For all swimmers, returning and incoming, please complete the registration form accessed via this [LINK](#). It is also available on the team website. This will ensure we have all current information for all swimmers.
- **Retreat:** We've had to make some changes to our schedule, which includes the retreat. Due to some budget constraints and a schedule conflict for some of our athletes, we are no longer going to be travelling to Stanley on 8/23-8/24. While this is a bit of a disappointment for us, we are instead planning a "retreat" on Wednesday, August 13th during our normal practice time. We are planning team activities and dinner, so please plan on being occupied from 4:00pm to 8:00pm on the 13th. Coach Chelsea is working on details...
- **Sports Registration and Physicals:** BK Athletics website - <https://www.bkathletics.org/forms>
- **ICAC Waiver:** Each swimmer (and parent if under 18) is required to complete the ICAC waiver for use of the aquatic center. I'm attaching a copy of the waiver to this update. Please complete the form and either email to me in advance or bring with you on the first day of practice.

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- **Team Store:** We are partnering with the new owners of Greenwoods Ski House for team apparel. They have added a competitive swim gear division and will be providing us with team gear. We have a store established. BK will be billing each member a \$150 “spirit pack” that will include team shirt, team sweatshirt and team backpack. Everyone must log into the team store to select sizes and personalize their backpack. In addition, if additional items would like to be purchased, there is a variety of items to choose from. The store can be found here: <https://greenwoodsskihaus.itemorder.com/> (the access code is HZU43). To date, only a few swimmers have logged in to take care of this, so please be sure to jump on and order your spirit pack and any other items you’d like.
- **Swim Across America:** There is a local fundraiser happening at the Idaho Central Aquatic Center to benefit St. Lukes and Cancer research. The event is Saturday, August 16. Team Captain, Spencer Bradburn, is coordinating an effort to have BK represented at this great event.

We’ll have additional volunteer roles for parents as work through the details of our trip to Coeur d’Alene. We’ll need 3-4 chaperones to join us on the trip—cost of your transportation, lodging and food will be covered. Once details have been finalized, we’ll push out a request via our volunteer Coordinator, Sarah Lynch.

Finally, best of luck (and congrats) to many of our swimmers that are competing in championship meets this week:

- Brayleigh Hoisington – Finalist at USA Swimming Futures Championships last week!
- Sedona Stratton – Finalist at USA Swimming Futures Championships last week and competing at USA Swimming Junior Nationals this week!
- Anja Mueller – Competing at Western Zone Senior LCM Championships this week
- Anna Beelaert - Competing at Western Zone Senior LCM Championships this week
- Madeline Weak - Competing at Western Zone Senior LCM Championships this week
- Katelyn Giffen - Competing at Western Zone Senior LCM Championships this week
- Yeven Smith-Sanchez - Competing at Western Zone Senior LCM Championships this week

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

Go Knights!
Coach Ryan

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