



August 31, 2024

BK Swimmers & Parents,

Happy Labor Day Weekend! It's been a great first three weeks and we are thrilled with how hard the team has been working. We are all settling into our schedule and have adapted well to a few challenges.

Notes, Updates & Reminders

Team Retreat & Team Covenant:

Due to cooler weather, we had to move to Plan C and Coach Chelsea and I appreciated how well we all came together and made the most of a scattered weekend. The photos produced from the scavenger hunt are fantastic and hopefully everyone had a great time.

We spent some time developing a Team Covenant and our Team Goals, both of which turned out amazing. The attached document is the end result and we'll carry these with us throughout the season.

Team Gear:

This has been a two-pronged approach and we have only been 50% successful. All swimmers have received a BK Swimming Sweatshirt and will also be receiving a Team Jersey (hopefully this week). I have not had success with a team store, but will continue to work on it. In the meantime, I encourage parents to hit the BK Spirit Store for some BK gear and hopefully have some swimming gear available soon.

First Meet:

Our first meet is finally approaching! We will swim against Timberline and Boise next Saturday (9/7). We are the first meet of the day, with competition starting at 9:30am. The team needs to arrive at 8:00am—we'll review lineups, prep as a team, and be ready to be in the pool for warmups at 8:30am.

Our lineup is due on Wednesday and I will review with the team on Thursday and Friday. If anyone cannot attend the meet on Saturday, I need to know ASAP.

Volunteers:

Sarah Lynch sent out a volunteer sign-up form for the upcoming meet and all future events. We rely on our parents throughout the season, especially during events. It is a great way to get closer to the action and we greatly appreciate everyone helping out. The Sign-up form can be found here: <https://www.signupgenius.com/go/10C094AA5AD23A31-50858418-bishop/171395865#/>

Coaches:

Ryan Stratton
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Chelsea Johnston
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(208) 869-4861



Team Mass:

We were informed this week that BK is requiring weekly team mass. Swimmers are expected to attend Team Mass every Monday morning at 7:45am. Since this coming Monday is a holiday, the updated Mass schedule will begin on September 9th. I'm attaching an updated calendar as well.

Calendar Reminders:

September 7	@ 9:30am -	First Dual Meet – Timberline & Boise
September 21	@ 5:30pm -	Dual Meet – Nampa & Kuna
September 27	@ 3:00pm -	Brave-Knights Invite (Prelims)
September 28	@ 11:00am -	Brave-Knights Invite (Finals)

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

Go Knights!
Coach Ryan



2024 TEAM COVENANT

- **WE ARE** strategically sophisticated in our success both swimmingly and scholarly.
- **WE WILL** be hard working and strive to achieve inspiring actions filled with integrity in an environment full of spirit.
- **WE ARE** a supportive community that leads by example through every aspect of our lives.
- **WE WILL** put in maximum effort in everything we do.
- **WE ARE** respectful and supportive of all teammates and opponents.
- **WE WILL** bring extraordinary energy and dedication to every practice and create a friendly and cohesive environment for all athletes.
- **WE WILL** motivate, inspire, and be respectful to all surrounding athletes, coaches, and officials.

TEAM GOALS

Women's Team

- (1) Win 6A State Championship
- (2) Academic State Champions
- (3) Be a Team, In and Out of the pool

Men's Team

- (1) Top 3 Finish at 6A State
- (2) Relay Finalists at State
- (3) Academic State Champions

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