



September 3, 2023

BK Swimmers & Parents,

Hope you are all enjoying a great Labor Day weekend! We have now survived the first month of the season and are one-third of the way towards our championship meets. We'll start to see a difference in our training as we work through September and our meets will become more frequent. Student-athletes need to remember the basics—stay hydrated, eat healthy, get adequate rest, and school comes first!

Notes & Reminders for This Week:

Monday: No school or practice
Tuesday: Practice at 3:30pm; OTF at 5:00pm
Wednesday: Practice at 3:30pm (team time to follow)
Thursday: Practice at 3:30pm; OTF at 5:00pm
Friday: Practice at 3:30pm; Carbo Load Dinner at 5:00pm
Saturday: Meet at ICAC – Warmups at 4:30pm / Meet Starts at 5:30pm

We are starting to rack up quite a few unexcused absences. As a reminder, if you are not going to be at practice due to attending club practices, other activity commitments, homework, or some other legitimate excuse, please email me so I can track your absence accordingly. Do not tell me at practice—you must send me an email. Unexcused absences are definitely considered when we put together meet lineups and will certainly come into play as we get closer to Districts.

Saturday's Meet:

Our second meet is Saturday, September 9th at ICAC. Warm-ups start 4:30pm and the meet will start at 5:30pm. If you are unable to attend, please let me know immediately. We are swimming a completely different event slate this meet, so please be prepared to be a little bit outside of your comfort zone. Regardless of what event you are in, we are constantly evaluating performances for future meets and relay placements, so we expect maximum effort at all times. We have tried to make our relays competitive with one another, which should add some extra competitiveness to the meet. We'll review entries at practice on Tuesday.

Team Goals:

1. State Champions
2. Positive Attitudes
3. Family



Wrap-up:

You guys are doing awesome and we are excited about where we are at. You pushed through a challenging set on Friday and have set yourselves up for an excellent month ahead. We'll be continuing to emphasize fundamentals at practice, while trying to squeeze a little more volume into our time. As we get closer to the end of the month, we'll be changing gears towards more speedwork as we enter into the championship stretch of the season. For now, stay focused on school work and keep finding ways to work as a team and family! Your team goals should help keep us on track as we navigate a busy month ahead!

Go Knights!
Coach Ryan

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

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