



September 17, 2023

BK Swimmers & Parents,

We are officially at the halfway point of the season. We had a good team meeting on Friday and addressed some attendance, work ethic, and communication issues. Monday is the start of the team's recommitment to the program and our goals and we are looking forward to a busy, fun, and successful six weeks ahead.

### **Mid-Season Recommitment:**

For those of you that were unable to attend our meeting on Friday, the attached document outlines the important part of our discussion. Each swimmer must review and sign the mid-season commitment. Please bring this with you to the pool as you must hand this in before your next practice.

Bottom line: Nothing has changed with our schedule flexibility, but you must communicate in advance and when you are at practice, we expect you to practice like state champions. Anything short of that will be addressed by teammates and coaches.

### **Upcoming Week:**

We have a very busy week. We start tomorrow with REQUIRED mass. Please arrive at BK no later than 7:40am so you are one time. Swimmers should sit on the left hand side of the chapel.

We have our third meet on Tuesday at the West Y. For parents, warm-ups are at 4:30 and the meet starts at 5:15pm. For swimmers, we will be travelling to the meet as a team. After school on Tuesday, please meet by the Carly Center and we will load two buses for the commute to the West Y. We will depart BK at 3:15pm. After the meet, it is preferred that you travel back with the team (to celebrate our victories together), but you can be released to your parent(s) if that is a better option for you. I'm attaching our meet lineup and our heat sheets for the meet. We are swimming Meridian and Centennial. The meet will be more competitive than the last one.

Practice schedule will remain the same for Monday, Wednesday, Thursday and Friday.

And then we have our fourth meet on Saturday at ICAC. We are the last meet of the day, with warmups slated to start at 4:30 and the meet starting at 5:30pm. We'll submit lineups for this meet on Wednesday and will review as a team on Thursday.

### Team Goals:

1. State Champions
2. Positive Attitudes
3. Family



## Balance of Season Schedule:

1. Mass on 9/18
2. Meet at West Y on 9/19
3. Meet at ICAC on 9/23
4. Mass on 9/25
5. Brave-Knights Invite on 9/29-9/30
6. Mass on 10/2
7. Meet at ICAC on 10/7
8. Mass on 10/9
9. Meet at ICAC on 10/14
10. Team Dinner (swimmers only) on 10/20 at HCC
11. Mass on 10/23
12. Districts at ICAC on 10/26
13. Mass on 10/30
14. State at West Y on 11/3-11/4
15. Team Banquet (swimmers & parents) on 11/17 at HCC

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We have 5 meets, Districts and State in the next 6 weeks. Let's be prepared to be successful and have as much fun as possible along the way. Student-athletes need to stay focused on academics and working hard in the pool. As always, if you have any questions or issues, please reach out to Chelsea or I anytime.

Let's get to work...

Go Knights!  
Coach Ryan

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

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