



July 28, 2024

BK Swimmers & Parents,

We are now just a couple weeks away from the start of High School Swimming! Enjoy the last few weeks of your summer and get ready for a fun season. Below are a few reminders—both dates and requirements. Please read through everything and make sure to respond to the registration links if you have not already done so.

### Calendar Reminders:

- BK Registration Forms Due: 7/31
- First day of practice: 8/12 @ 4:00pm (arrive no later than 3:45pm)
- Second day of Practice: 8/13 @ 2:00pm (arrive no later than 1:45pm)
- REQUIRED Hazing Class: 8/13 @ 4:00pm at BK
- Fall Sports Meeting: 8/14 @ 6:30pm (PARENTS ONLY)
- Retreat: 8/23 - 8/24 (Horsethief)
- First Meet: 9/7
- Brave-Knights Invite 9/27-9/28

### 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:** Sign up for the team Retreat! Please confirm you plan to join us on the team retreat—here is a direct [LINK](#) to the sign-up form, or you can find on the team website. The retreat will be August 23-24th at the Y Camp at Horsethief. Participation in the team retreat is optional and the cost will be approximately \$150 (includes, camp, meals & transportation).
- **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.

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

Go Knights!  
Coach Ryan

### Coaches:

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