



July 11, 2025

BK Swimmers & Parents,

Happy Friday! We hope everyone is having a fantastic summer. We are looking forward to the start of our season, which is just one month away. This is just a quick update with a few reminders and tasks for the weeks ahead.

Calendar Reminders:

- BK Registration Forms Due: 7/31
- First day of practice: 8/11
- Retreat: 8/23 - 8/24 (Stanley)
- Fall Sports Meeting: 8/21 (Tentative Date / Parents Only)
- 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:** 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 Camp Perkins in Stanley, ID. 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.
- **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

Coaches:

Ryan Stratton
rstratton@bk.org
(208) 409-2293

Chelsea Johnston
chelsea@icacenter.com
(208) 869-4861



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

- **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, will be reaching out to the team via email to coordinate an effort to have BK represented at this great event.

As many of you know, the West Y aquatic center is currently closed for repairs and is expected to be closed through September. This will most certainly change our meet schedule, but we do not yet know how it will affect us. As soon as more information is available, we'll get it sent out!

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

Go Knights!
Coach Ryan

Coaches:

Ryan Stratton
rstratton@bk.org
(208) 409-2293

Chelsea Johnston
chelsea@icacenter.com
(208) 869-4861