



September 29, 2024

BK Swimmers & Parents,

**30 Days Until Districts**  
**40 Days Until State Championships**

We are closing in on our championship season and are now just a month away from the District Championships. So, while we briefly pause to celebrate a great weekend at the Brave-Knights Invite, we will change gears quickly and refocus on our season goals, namely those desired results at State. We have a very busy month ahead, with 5 meets over the next 5 weeks.

Training will start to change this week as we calibrate for end-of-season racing and we'll work on fine-tuning the areas of improvement we identified over the course of our two-day meet. Please be ready to re-dedicate yourself to your team and your personal improvement—the finish line is approaching quickly!

**Brave-Knights Invite:** Again, congrats to everyone on an outstanding meet. Everyone should be proud of the way they performed, whether it was a best time, a season best swim, a school record, or simply being the best teammate you could be, we really had a fantastic weekend. Every opportunity to race is important and a chance to improve and it was great to see this team step-up and announce itself to the state. You are now officially the favorites and the ones being chased, so prepare yourself for the exciting challenge ahead!

Thank you again to all of our parent volunteers. This meet is an excellent fundraiser for our program and we appreciate all the time dedicated to make this a great event for teams from around the state.

**Team Mass:** Reminder that we have team mass tomorrow morning. Swimmers are required to attend Team Mass—if you do not attend mass tomorrow, you will NOT swim in the meet on Saturday. Please arrive no later than 7:40am.

**Saturday Meet:** Our next meet is Saturday, 10/5, at 5:30pm. Warm-ups will be at 4:30pm and everyone should arrive at the pool no later than 4:00pm. The meet lineup will be submitted on Wednesday and I'll review with the team later this week. If you cannot attend the meet, I need to know ASAP.

**District Qualifiers:** As you all know, there are qualifying standards for the District meet this year. If you want to confirm whether you are qualified or not, please let me know tomorrow at practice and we'll take a look at your times and the standards. On the women's side, we will be constrained by the allowable number of entries, but we are going to focus on getting everyone qualified for the meet and we are closing in on that objective. We'll spend time discussing District entries in a couple weeks.

Coaches:

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## Calendar Reminders:

September 30	All Day -	Coach Chelsea's Birthday
September 30	@ 7:40am -	Team Mass at BK
October 4	@ 5:15pm -	Carbo Load Dinner at ICAC
October 5	@ 5:30pm -	Dual Meet – Borah (arrive at 4:00)
October 7	@ 7:40am -	Team Mass at BK
October 11	@ 5:15pm -	Carbo Load Dinner at ICAC
October 12	@ 5:30pm -	Dual Meet – Capital & Centennial (arrive at 4:00)

We're looking forward to a great week ahead. 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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