



August 19, 2023

BK Swimmers & Parents,

Congratulations on finishing the first two weeks of practice! I think we are on track to have a great season and we'll continue to build on the success we had these past couple weeks as we work towards our individual and team goals. For those of you that attended the retreat, Chelsea and I hope it was a positive experience. It has been great to watch this group come together as a team and prepare for the upcoming season.

As mentioned a few times throughout the week, Varsity and JV teams will be pretty fluid this year. Based on our numbers, everyone will likely have a chance to compete at a varsity dual meet and potentially Varsity Districts. We will be constantly evaluating what will be best for both the team and the individual swimmers.

I'm attaching our initial roster (alphabetical by last name). You'll note a few names that are floating between columns... In order to be fair to each of you, it is important to know exactly where you stand as of today. There is plenty of time to work towards sliding your name firmly over to the Varsity column. Coach Chelsea and I will work with everyone with the goal of having everyone compete at the Varsity level. If your name has an asterisk next to it, you need to attend most, if not all, practices this week to be eligible to compete on Saturday (this is a state eligibility rule that requires at least 10 practices).

### **Team Goals:**

The team put together three excellent goals for the season at our retreat. We'll do everything we can to put the team in a position to accomplish these and hold everyone accountable to daily, weekly and season tasks. We will achieve the following:

1. We will be Men's & Women's State Champions.
2. Our Positive Attitudes will be contagious and our Spirit second to none.
3. We will be a Family.

Team Goals:  
1. State Champions  
2. Positive Attitudes  
3. Family



## Schedule This Week:

Monday:	Team Mass (Required) – 7:40am at BK
Monday – Friday:	Practice at ICAC – 3:30pm to 5:15pm
Tuesday & Thursday:	Dryland Training with OTF at ICAC – 5:00pm to 6:00pm
Saturday:	Dual Meets vs. Boise & Timberline at ICAC – 7:30am

## Team Mass:

As discussed at practice, we will be having Team Mass every week that we compete. This will be pretty much every week, but days are identified on the calendar posted on the team website. Mass is required. If you do not attend mass, you will not compete in the meet. Mass begins at 7:45am at BK, so please arrive no later than 7:40. Since we have a meet next Saturday, attendance at Mass on Monday is required.

## Off The Field:

We are starting our strength training program on Tuesday. Please make sure you have a pair of tennis shoes with you. This program is optional, but will be a great benefit to your swim season. As a reminder, this will not be heavy weight lifting. The program will be designed to focus on core strength, agility and flexibility.

## Team Contact List:

See attached.

## Team Goals:

1. State Champions
2. Positive Attitudes
3. Family



## Bishop Kelly Swimming Team Roster - 8-19-23

Women	
Varsity	JV
Bell, Corina	
Brady, Lillian	
Christie, Ash	
Crawford, Amelia	
Crichton, Frankie*	
Dermott, Hadley	
	Druist, Elizabeth
	Druist, Katherine
Giffen, Katelyn	
	Guzman, Sofia
Hatten, Heidi	
Hicks, Ellie	
Kartel, Sofia	
	Knox, Alenna
Mueller, Anja	
Penna, Lucy	
Russell, Mercedes	
Song, Seoyoon	
Tobler, Greta	
Tudor, Gianna	

Men	
Varsity	JV
Barbeau, Jack	Amestoy, Ryder*
Bernier, Julien*	Bockenstette, Tyler*
Bradburn, Spencer*	Chilton, Matthew*
Carr, Logan	Michaud, Easton
Druist, Stephen	
Hanson, Adam	
Hoffman, Chris	
Kartel, Jack	
Martinez, Kevin	
ORourke, Zachary	
Rubocki, Ben	
Rubocki, Jack	
Schauer, Cameron	
Song, Hoyoon	
Stratton, Shae	
Tudor, Marcus*	

### Team Goals:

1. State Champions
2. Positive Attitudes
3. Family