| Upcoming Club MeetsBAC Home Meet 6/9/18* AB Modified AG Meet 6/15-6/17
* Firecracker 6/29-7/1

Please sign up for these swim meets as registration deadlines are approaching! **Upcoming Rec meets*** Wasco “B” 6/5
* Shafter “A” 6/9
* Taft Tigersharks “A” 6/16
* Taft Tigersharks “B” 6/19
* Lakeside 6/23
* RBG 6/30

**Swimmer of the month**Senior Elite – Qualley VegaAge Group Elite – Alexandra OstromAge Group Black – Corbon Lawrence Age Group Red – Lauren MartinezJr. Age Group Development – Arya Crow Jr. Orcas – Levi Salazar | **More News Here**Frugattis Fundraiser, BAC Home MEET, AND Staying Hydrated * Please bring money from the Frugattis fundraiser to coaches, or VP Jon Malamma on deck 6/4
* Please sign up for a job for our upcoming home meet. If you have any questions, please talk to a board member.
* Please make sure you children are coming to practice with plenty of water! BAC does not have access to cold filtered water yet.

**Does your child have a championship cut time? Click on this link and find out!**Summer Junior Olympics - [https://www.teamunify.com/ccbac/UserFiles/File/2018%20lc%20jo%20standard%20list(1).pdf](https://www.teamunify.com/ccbac/UserFiles/File/2018%20lc%20jo%20standard%20list%281%29.pdf)  |  |  |
| --- | --- | --- | --- |

|  |  |
| --- | --- |
| **Western Zone Age Group Championships information! If cut times, or are coming close to one, please talk to Coach Cristian!**<https://www.teamunify.com/ccbac/UserFiles/File/2018%20Age%20Group%20Western%20Zone%20Times.pdf> | Nutrition and Performance Tips for Swimmers? Click on this link for more info! https://www.usaswimming.org/docs/default-source/camps/national-select-camp/home-coach-presentations--boy's-camp-2017/nutrition--christina-deehl.pdf |



# **“Empowering young people to pursue excellence and develop character through competitive swimming.”**