| 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 Vega  Age Group Elite – Alexandra Ostrom  Age Group Black – Corbon Lawrence  Age Group Red – Lauren Martinez  Jr. 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> |  |  |
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| **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.”**