Bakersfield Aquatics Club

Upcoming Events

Upcoming USA Club Meets:

- May 24-26 @ Santa Clarita
- June 8-9 @ Bakersfield

Upcoming Rec Meets:

- June 1st @ Wasco, More info to come on the rec season!

Important Dates:

- Deadline for Santa Clarita meet on May 6th
- Deadline for Bakersfield Meet will be announced soon.
- May Board Meeting will be on May 14th

Visit our website for any other information! Click here

Schedule Changes by Group

April 14, 2019

NOTES FOR ALL Groups

- Long Course Meet Schedule is available on our website. Click here to view.
- The Summer Recreational Schedule is now up, click here to view.
- BAC will have normal practice hours during spring break.

Jr. Orcas (Coach Esteban)

- Normal practice time, no changes
- Wednesday and Thursday will be covered by Coach Kaytlin
- We would like to shoot at least a 50% attendance this week, so please have your child attend at least 2 practices this upcoming week.

Jr. Age Group Development (Coach Kaytlin)

- Normal practice time, no changes
- Please bring appropriate dry land attire for days TBD by Coach.
- We would like to shoot for at least 60% attendance this week, so please have your child attend at least 3 practices this upcoming week.

Age Group Elite (Coach Cristian)

- Normal practice schedule, no changes
- We would like to shoot for at least 80% attendance this week, so please have your child attend at least 4 practices this upcoming week.

Senior Elite (Coach Matt)

- Normal practice time, no changes
- We would like to shoot for at least 80% attendance this week, so please have your child attend at least 4 practices this upcoming week.

Nutrition for Swimmers!

- **Click this link to read the article! Please share with your children.**

An important note from the Head Coach—Cristan Serrato

- **Dear BAC,**

The third long course of the meet at Santa Clarita is right around the corner, please sign up as soon as possible. Also, I strongly suggest to start thinking about making hotel reservations for Santa Clarita and Firecracker in July! The dates for these two meets have historically been known to fill up fast, so please do not wait until last minute.

If you have any questions for us coaches, please contact us.

GO BAC!!

Contact a Coach?

- ***Click this link to find the email addresses of all coaches.***

Purchase appropriate training equipment/swimwear

- ***Click here for girl swimwear and here for boy swimwear***
- ***Click this link to find the list of equipment needed for each training group***
- ***Note to make is that you DO NOT need to purchase "zoomer style fins", instead buy other brand name fins like speedo or Finis.***
- ***Click here for appropriate goggle wear***

Meet Information

Canyons Memorial Day Meet—May 24-26th @ Santa Clarita

- Members of all groups are invited to participate in this sanctioned short course meet.
- Location: Santa Clarita Aquatic Center 20850 Centre Pointe Parkway
- MEET START TIME: Friday – 4:00 pm, Sat/Sun 9:00 am
- WARM UP TIME: Friday – 2:30 pm, Sat/Sun – 7:30 am

"You can't put a limit on anything"

- Michael Phelps

Have Questions?

Contact Us:

Bakersfield Aquatics Club

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