



## Important Dates

### Feb 1st

Enterprise 1 Laser Tag  
Reward for Swim-A-Thon

### Feb 11th

BA Board Meeting  
West Lafayette High School

### Feb 15th

BA SafeSport Seminars  
West Lafayette High School

### Feb 16th

Train and Grain Bowl  
West Lafayette High School

### Feb 29th

Developmental Meet #3

### Mar 6-8

Divisional Championships  
Crawfordsville, IN

### Mar 13-15

Senior State  
Championships  
Indianapolis, IN

### Mar 20-22

Age Group State  
Championships  
Indianapolis, IN

### Mar 26-29

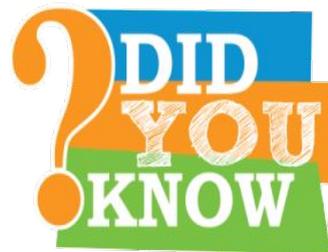
Speedo Sectional  
Championships  
Elkhart, IN

We are in the middle of a fun time of the winter swim season! Athletes have finished the first semester of school and celebrated some major holidays during the break from school. In the pool, the same athletes may have just finished their “first semester” of swimming, and that is an exciting accomplishment, too! Now we get to focus in on the fast-approaching Championship Season!

What is Championship Season for competitive swimming, you ask? Well, it's similar to the NFL's championship tournament which is going on right now! In essence, each athlete's performance throughout the first 5-6 months of this season help them to qualify for other competitions where the stakes are higher and the awards are bigger. We have several levels of championship meets offered during the month of March, and a lot of athletes are qualified to compete with the best in our state and region.

Just before we get to that racing at the end of the season, we have a special competition opportunity that has become one of our premier events. It is our Duel in the Pool with Noblesville Swim Club. This year, we are the host for this event, and we aim to collect the Traveling Trophy from Noblesville (who has won the meet the last 2 years). For this to happen, we are going to need more athlete participation in the event to earn enough points to win the team championship. I am asking for your help and reconsideration to attend this event. If you need some help getting your athlete(s) committed to the event on our website, I am happy to do that for you so WE can defeat the swim team that I graduated from. It's all fun and games, but I want that beautiful big trophy to stay in West Lafayette this year!

**Volunteering** makes our club work! We are so thankful for ALL of our volunteers. And with upcoming hosted events on **February 16th and February 29th**, we've got a few more opportunities for you to commit to helping us run some of the best events in the state!



## By the Numbers: Competition Participation this Season!

These **2 events** featured the largest participation from our team for any event in the last 4 years!!!

### Gold Fever Invitational

- Participation Percentage: 131/196 - 67%
- Best Times: 529
- 33 NEW Divisional Cuts
- 2 NEW State Cuts
- 232 Divisional Qualifying Swims
- 11 State Qualifying Swims
- 937 Events Swum!

### Winter Champions Classic

- Participation Percentage: 131/184 - 71%
- Best Times: 498
- New Events Swum: 83
- 180 Divisional Qualifying Swims
- 35 NEW Divisional Cuts
- 8 NEW State Cuts
- 22 State Qualifying Swims
- 9 New Zone Cuts
- 2 State Qualifying Relays



## SafeSport Spotlight

For the safety of all, we ask that parents **never enter locker rooms unless they have the express permission of a coach or the Safe Sport Coordinator**. With our new venue, parents are often on deck and have easy access to the locker rooms. Please refrain from entering to limit liability for all. As the parent of a very young swimmer, I know there is the temptation to "help" a child move expeditiously in getting dressed after practice. In truth, a child's development relies on he or she having opportunities to be independent and responsible for self-care and with belongings. You may even be familiar with the saying that ***a parent should never do for a child what he she can do for himself (or herself, of course!)***. Please be patient as your young swimmer takes steps to learn to care for themselves at practice so they are prepared to do so at swim meets. Please note that it is imperative that **parents never enter the locker rooms during swim meets at any location**. The reason for this is that there are children from many teams changing- these swimmers are entitled to their privacy and may be uncomfortable in the presence of an unknown adult. Thanks for your understanding. I am always available to discuss Safe Sport concerns with our swim community. [katiedewitt75@gmail.com](mailto:katiedewitt75@gmail.com)

### **A note from Chris Klinge, Coach for Boilermaker Aquatics and the NEW Aquatics Director for West Lafayette High School's Richard Wachs Aquatic Center:**

"I am so excited to have Boilermaker Aquatics at the Richard Wachs Aquatic Center!! It has been so much fun to see all of our athletes in the water in this beautiful facility! With two pools at different temperatures, I know our smallest BA friends are greatly appreciative of the diving well pool! So far the opening has gone very smoothly and I look forward to watching BA swim here for years to come!"

## **IMX Scores. So Far!**

Athletes who have competed in all 5 (or 6 for 13 and Overs) events for their age group. WOW! We are halfway through the season, and these folks have done some serious work! Now, the focus for the next portion of our season is to 1) Get a Score, and 2) Increase Your Score. We haven't had anybody on the team score 4000+ points in the last few years (hint: THERE is A challenge!) Here's your checklist:

- ❑ **400 or 200 Individual Medley (or both if you are 13 and older!)**
- ❑ **200 or 100 Butterfly**
- ❑ **200 or 100 Backstroke**
- ❑ **200 or 100 Breaststroke**
- ❑ **500 or 200 Freestyle**

- **Achieved 3000+ points:** Lauren Fecher
- **Achieved 2000-2999 points:** Matthew Klinge, Ryan Knipp, Sawyer DeWitt, Chloe Chen, Mya Thompson, Madelynn Retzloff, Lucas Arnaldo, Jack Klinge, Anja Owens, Zoey Retzloff, Sean Chutka, Alexandra Evans, Wrede Johnson
- **Achieved 1000-1999 points:** Lauren Salazar, Ricardo Salazar, Zheng-Chi Lee, Nicolas LeDonne, Reno Moriya, Miles Chen, Joshua Kim, Kansas Smith, Isabel Owens, Mei Kihara, Allison Fecher, Lina Idrissi Alami, Madison Klinge, Kaitlyn Manfra, Monica Chen, Samuel Gettings
- **Achieved 1-999 points:** Thomas Glassmaker, Jonathan Yang, Reid Leeper, Vincent Telenko, Myron Miller, Tara Kim, Sophie Kruczanski, William Francis, Juanita Rodriguez-Bravo, Rocco Tajc, Connor Owens, Layla Crowell, Julia Larson, Ediz Guzey, Paige Senasec

## **Demands of Dryland**

Our particular swim program offers an athletic development system which enhances and challenges our youth to be better general athletes. Over the last 4 years, we have seen countless athletes participate in our program and then add running cross country or playing basketball or volleyball to their schedule; these athletes EXCEL in these others sports, and it absolutely relates to the type of conditioning swimming provides as well as our club's attention to what it takes to properly develop young people.

We have a progressive Athletic Development program which begins in the Enterprise 2 group and grows through the different roster groups. At the top end of the program, our Senior athletes complete "Leg Circuit" during specific training cycles, and they need to build up to this volume of work. But, here's what the workout looks like at peak training:

5 Rounds of the following:

- 20 x Squats
- 20 x Lunges (alternate legs)
- 20 x Step-ups (alternate legs on a box)
- 10 x Jump Squats

## Interested in Improvement

“I am a Parent of a Swimmer....How do I know that they are improving?”

The answer to this question varies widely, and for good reason! While swimmers in a particular group have many similarities, each athlete's definition of improvement is not the same. With so many avenues in which young athletes can be improving as a member of BA, we as coaches likely have developmental priorities for your swimmer that may be different than your priorities as parents, and that's why we encourage after practice conversations! We are passionate about the sport of swimming, and would be excited to share our experience with you to help you understand how your child is growing within the sport. Perhaps you aren't sure what to ask the coach, so we put together some questions that we would love to be asked:

- What are the most common mistakes swimmers make in their first year of participating in competition?
- How do you see the next year going for my child?
- How is my child's work ethic?.
- How do they perform when circumstances are challenging?
- Are they resilient?
- Can you push them harder?
- Do they remain positive at the most difficult times?
- Do they complain?
- Do they remain focused and enthusiastic instead of disconnected and uninterested?
- Do they make sacrifices?
- If they are a leader, do they lead in the right direction? If they are a follower, are they following the right people?
- Do they volunteer to help?
- Do they support teammates? Not just their best friends, but everyone?
- How can I support you and the team, in offering this incredible growth opportunity for these children?

Questions like these will help to jumpstart a healthy conversation - One you will likely walk away from feeling informed, happy, and eager to continue helping your athlete get to practice. There is always much more happening behind the times you see on the scoreboard, and that's what we want you to ask us about! If given the opportunity to answer some questions at the end of a practice, we'd love to tell you some stories about our successes and failures.



*Leaders Everywhere*