



BAC NEEDS YOUR HELP!

UPCOMING MEETS ARE POSTED

First, we've posted the next two meets – the BAC 500 Instrasquad (1/28 at Edgewood) and the BAC Groundhog Open (1/29 at Sun Prairie West) to the website.

We have so many swimmers – especially in our Trophy and MS Groups – that wouldn't have thought themselves capable of racing a 500 at the start of this season. But you've all improved so much and we're excited to see a ton of you try it!

The Groundhog Open is the FINAL 'tune-up' meet (other than A+) for swimmers before the season-ending Championship Meets like Regionals, the different state meets, and NCSA Junior Nationals! It's just a single day with pretty short sessions, so it's great for BACers from every group.

THE DEADLINE FOR BOTH IS NEXT THURSDAY, JANUARY 19TH

NEW OFFICIALS NEEDED

We'll start with the bigger – and frankly more important – ask. WE NEED MORE OFFICIALS, especially officials with younger swimmers! If you've looked around on the pool deck at our local meets, you've noticed that a LOT of our officials are..."well-seasoned" or "of a certain vintage" or maybe just "getting older" ;^)

Many of them have had swimmers that have grown out of the age group part of swimming and into the college ranks, or have moved on through the sport completely. Some even have grandchildren in the pool! And while we're obviously tremendously grateful for their continued involvement (we literally couldn't do it without them!), we also need to recruit the next generation of officials.

Officiating can be a great volunteering option

- Prior swimming knowledge is great, but NOT at all required
- Officials get a great view of the meet!
- Becoming an official helps you learn more about the sport your swimmer is passionate about, and gives you a different perspective on swimming.
- Becoming certified to officiate at BAC meets can be a springboard to helping out your summer club teams.
- Officiating is a great way to connect with other volunteers – not just other BAC parents, but veteran officials often get to know other officials from around the area, the state, or even from other parts of the country!
- For those that like to keep busy, officiating is a lot more stimulating than some of the other volunteer positions at a meet
- BAC meets especially have GREAT hospitality – we keep you well fed and taken care of!

If you are interested in becoming an official, you can reply directly to this email, or you can email two of our head referees directly:

Ben Radloff (bradloff5@hotmail.com) and Rick Zuehl (rzuehl@humana.com)

PARENTAL SAFE SPORT TRAINING

'Safe Sport' is the umbrella term for the policies, education, and other steps taken in our sport to make sure that all kids are in safe and supportive environments when they're active in our sport. BAC is a long-time supporter of these efforts and takes our Safe Sport requirements seriously. You can find out more about Safe Sport on the USA Swimming website link below.

[Safe Sport for Parents \(usaswimming.org\)](http://usaswimming.org)

One of the things we would like to do is to become a 'Safe Sport Certified' club. Much of this certification involves outlining and implementing policies and best practices, and we've checked all of those boxes. But the certification also requires a percentage of our parents to have taken a SafeSport parent education course. We'd love to have some folks take it and provide us with feedback – you can register below.

[Meeting Registration - Zoom](#)

Almost to the home stretch - do what you can to keep your swimmer well fed and hydrated and healthy, and support them in getting to practice as often as possible. Go BAC!