

# PRESEASON SPRING '22

## GENERAL EMAIL



Hey BACers - This email is going out to everyone registered for the spring session, including all of our Baraboo, Sauk, ES Madison, and WS Madison groups.

We hope everyone is excited for the 2022 spring session starting on Monday! We wanted to send a general 'Welcome Letter' to all of the groups to get everyone ready for a great session and to get everyone on the same page about a couple of things. Read through this email, keep an eye out for 'group specific' emails later this weekend, and don't hesitate to reach out if you have any questions!

### COMMUNICATION

Great communication is essential for any youth sports team, and that's especially true for a larger organization like BAC. We try to be really proactive with our communication to get ahead of most questions and situations, and our coaches are always available if you have any questions.

Each practice group has a 'lead coach' and you should expect to see an email from the lead coach to start each week. It'll outline the plan for the week, mention any practice changes and any upcoming meet deadlines.

We'll also send some occasional 'mass emails' like this one to the whole team or at least a big portion of it. Whenever we do that, we typically also post the email under the 'Emails and Docs' tab on the web.

One other aspect of communication is that our coaches should never be communicating electronically directly with just an athlete – another adult should always be included. So if your swimmer (especially older swimmers) ever have occasion to email or text a coach we ask that they include a parent as well so that the coach can easily 'reply all' and be in compliance.

### CALENDARS – **NEW FOR EVEN RETURNING BACERS!**

Something new (for most of you at least) that we're doing this spring is that we've finally moved away from the old calendars completely. (Team Unify is a great platform overall and does a really good job with a few things like meet entries and billing, but their calendar was NOT great, especially after an 'update' they made a few years ago.) Last winter we tried out Google calendars for our Senior group and our Sauk groups and they worked much better. So, this year we're going that route completely – you should be able to find the calendars and links (so you can subscribe to the calendar) by either clicking on or hovering over the 'Practice Calendar' tab on the web.

### EQUIPMENT & SWIM GEAR

Lead coaches will likely let you know what equipment you'll need for each practice group. At the minimum we usually ask swimmers to get fins and to bring water bottles to practice. Some of our older groups require a little more equipment and if the weather ever gets nice some groups might actually get to go outside for a little dryland training!

Established BAC families now about our great relationship with Simply Swimming, but we always remind our new families to go there first for any swim gear needs. It's invaluable to have such an awesome partner and to have a brick and mortar business right in our area! We have a link on the front of our website that will take you directly to the 'team page' for BAC on the Simply Swimming website.

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## **MEETS AND MEET SIGN UP**

You can sign up for meets by clicking on the 'Meets' tab to the far right on the web. Right now, we don't have any of the upcoming meets 'activated' but that should change in the next week or so. Once a meet is active, you'll see things like a general description, a posted pdf of the meet info, and the sign-up deadline. You can find our planned meet schedule for the spring and summer (including the FIRST EVER USA Swimming meet at the new UW pool!) as well as some FAQs on meets that might be helpful for the new families by hovering over the meets tab. Which meets and what events might be best for your swimmer is going to be highly individualized, so feel free to look things over and then reach out to your swimmer's coach for more direction.

## **'BAC' TO BASICS**

Some of our spring swimmers are brand new to BAC or haven't been with us in a while, some are in new groups, and nearly all are starting up after a few week break. It would be really, really, dumb to start Week 1 with the hardest and most challenging sets of the session (and we aren't really, really dumb!). Instead, we start with 'BAC to basics' – an emphasis on proper technique, good habits, and the importance of fundamentals. The emphasis at this point isn't on 'doing everything' it's on 'doing everything well'. Sometimes swimmers (and some parents TBH) miss the point of this and come back to report that practice was 'too easy'. And while some swimmers might need to shuffle groups the first week, most of the time swimmers and parents find that the placement is appropriately challenging.

Hopefully that answers some of the general questions out there and gets everybody on the same page moving forward. Look for the email from your swimmer's lead coach that has more group-specific information, and let us know if you have any questions.

**LOOKING FORWARD TO AN AWESOME SEASON – GO BAC!**