

ISSUE

56

BAC Times

This Issue

BAC Year in Review 1-3

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Weekly Updates and Reminders for BAC swimmers, parents and coaches

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BAC Year in Review

Hey BACers,

As the calendar turns another year forward, we thought it might be appropriate to send a newsletter highlighting both the current state of the club as well as the numerous accomplishments of our team and individuals over the past year. Here is our BAC 2016 – year in review!

There are a lot of different ways to define a 'successful' swim club. Looking back on 2016, it was a great year for BAC - arguably one of our very best since the club formed in the fall of 1999. We were as competitive as we've ever been at the local and state level, saw increased performance on a national scale, and continued to see successful BAC alumnus go on to 'bigger and better things' after leaving the club. In addition to success in the pool, we also had a great year on the 'business side' of things, with healthy numbers throughout the program and from

one season to the next, competitive fees much lower than comparable clubs in the area, and an ever-growing reputation as hosting the best meets in the state, thanks in large part to our parent volunteers.

BAC had a very good year at the local and state level, especially during our last full 'championship season' last February and March. In addition to winning our 17th consecutive Regional Championship Meet, we also performed very well at both the 12-Under and 13-Over State Championships. We've often had success at both meets over the past decade, winning the mythical 'combined' state meet several times, but for the first time ever we placed first overall in BOTH the 12-under and 13-over meets. A performance like this is truly due to having a successful program from top to bottom, across all of our groups!



Badger Aquatics Club

BAC Times

Our swimmers have also had a lot of success in the state while competing outside of USA Swimming. This past summer it was amazing to see how many All-City finalists were kids with a BAC background. Our area HS teams have also had a ton of success in the past year, again thanks in large part to the efforts of BACers in the pool.

Being the best club in the state is certainly a great accomplishment, but we also like to look at our success beyond our borders. One of the main tools that we use to compare ourselves to other clubs around the country is USA Swimming's Virtual Club Championship (VCC) score. The VCC score is a tool that assigns a point value to every swim (based on age, gender and time) and then determines the best possible 'team score' from all of a team's individual swims. Overall, there are 344 different times that make up the score (a minimum of 86 different athletes chipping in), so it's another measure of a team's success at every age and it's depth, rather than celebrating a few individuals. At BAC, we've seen our VCC score rise steadily since the 08-09 season, and last year's score and rank of 65th Nationally was our highest in a while. For the 2016-17 we're already 'on pace' to eclipse last year's total in the hopes of cracking the top 50 nationally by 2020.

While sustained team success on a national scale is always going to be one goal, we're also proud of our highest-achieving individuals. At various points in the this season, we've had about a dozen BACers ranked in the top 20 nationally in various individual events. Our relay teams also had a lot of success and national acclaim in 2016, capped off by our performance on Friday night of the WGLO meet. Within a span of about 15 minutes, our 11-12 girls, 13-14 girls, and Senior girls all

crushed our team records in their 200 freestyle relays. All 3 were ranked top 5 nationally the following week!

Some of the 'success' in the pool that we're most proud of are achievements extending after BAC. One of the most important aspects of our club philosophy is to promote incremental improvement in a way that allows a swimmer to be successful throughout their time in our program and beyond. Every year we send 8 to 12 of our senior athletes off to swim in college. Some end up competing for some of the premier programs around the country, qualify for the NCAA championship meet, or participate in Olympic Trials. Others attend smaller or DIII schools but view swimming with the same passion and importance as their DI counterparts. Either way, we're incredibly happy that so many BAC alumni so appreciate their participation in this great sport that they continue swimming beyond their time with us.

None of this success in the pool would be possible without success on the 'dry side' of the club as well. One of the most humbling things over the past 5-10 years has been the huge increase in interest in joining BAC, along with the enviable retention numbers we've seen within the club. This tells us that not only do we have a strong reputation amongst folks looking to join a USA Swimming Club, but more importantly that folks who do join value their experience with BAC and choose to come back next year at a rate MUCH higher than the national or state average. Obviously this level of interest has led to healthy numbers across all of our groups. We're particularly enthused about the numbers this fall for our ES programming – as large as they've ever been in the 10 years since it was added.



BAC Times

However, we've also come to realize that bigger isn't always better, and that sometimes adding another swimmer or three can take away from the group. We had a few groups in the past where we set the capacity numbers a little too high. This can be difficult not only for that group that season, but also as those swimmers move through our program. This fall we felt that we struck our best balance yet, that our groups are able to service a high number of athletes while at the same time providing the quality experience they need to improve.

One of the major parental complaints across all levels of youth sports is the cost. As youth sports and youth sport programs have seen a change from being more recreational based to more focused on competition, fees and costs have risen as well. At BAC we make an effort to be aware and respectful of the amount of time and resources that many of you are putting into activities for your swimmer. Every club is set up a little differently (for example, many smaller 'local' teams or Y teams get free pool rent), but we're pleased to offer an outstanding product at fees that are much lower than other options in the area and around the state.

BAC has always done an exceptional job hosting meets, and we're proud that we continued that tradition in 2016. We hosted 8 different meets in 2016 (more if you count intrasquad events), including our first-ever LCM meet last May. Last February we hosted our 17th consecutive Regional Championship Meet, and our 7th 12-under State Championship in the past 9 years. Both of these meets are determined by vote, so the fact that we've hosted a state-wide competi-

tion so regularly speaks to the impression that teams from across Wisconsin have about BAC. And while Sherry, Janice, Drew, and our stellar officials do most of the background organizing of every meet, none of it would be remotely possible without the help of our legion of parent volunteers. We're truly blessed with the amount of knowledge, skill, and energy provided by all of you!

As we say goodbye to 2016, we also look forward to an equally successful 2017. One of our goals for 2017 is to finally crack 210,000 point in our VCC score, after topping out at 206,000 last year. If we're fortunate enough to win the 12-under State Championship this year it will be 10 in a row, something that hasn't happened in Wisconsin in a very long time. We've also got the opportunity to repeat in both meets, something that would really be incredible. Our biggest obstacle towards achieving that end might actually be our own success. Right now we have over a dozen of our older athletes qualified for the 'NCSA Junior National' meet down in Orlando in mid-March. While we've always sent swimmers down to this meet, we typically focus on performing at state first, and then NCSA's as well. This year's group is excited at their prospects in Florida, and may focus on performing at that larger stage instead of state. Either way, we have exciting opportunities ahead for all of our swimmers!

Thank you to everyone for making 2016 a great year for BAC, and good luck in 2017!

GO BAC!



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