

ISSUE

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BAC Times

Weekly Updates and Reminders for BAC swimmers, parents and coaches

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Hey BACers,

Been a while since we've done one of our 'monthly' newsletters. We'll consider this one a January newsletter (I know, it's February) and then we'll try to get on track for the rest of the year! If you ever have any feedback on these, suggestions for content, or submissions for our 'Outside the Lanes' feature, please don't hesitate to reach out to Jacob.

Swim-a-Thon Wrap-Up

We'd like to send out a HUGE thank you to everyone who participated in or raised money for our 2020 Swim A Thon. In addition to the 150+ swimmers at Middleton, we also had a good number of swimmers participate at our Baraboo site and our HS girls swam at Edgewood.

The final numbers are in, and we SMASHED our SAT record this year. Together, we raised over \$45,000 dollars – incredible! As promised, we're working on getting some information on the UW Alzheimer's research project out to everyone, so we can all get educated and celebrate the good work the money goes towards.



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Outside the Lanes

At BAC, we're obviously proud of everything our swimmers do in the pool. But we're also frequently impressed and amazed by how multi-talented some of our swimmers are, and this section highlights their achievements 'outside the lanes'. This submission is from this past fall.

Morgan and Siobahn (both WS Trophy) have been involved in karate for a number of years. This past fall, they worked through a SIX HOUR test and both of them earned their black belts! Way to go guys :^)

Parent Education - Season Ending Meets

We wrote extensively about this in our [JANUARY 2019 NEWSLETTER](#), so no need to rehash everything again. If you're new to BAC it's worth your read (dates/locations may be different obviously) and make sure to connect with a coach with any questions.

This is also a good reminder that we have a lot of good information posted on our archived newsletter. Some of it was of course only relevant at the time, but there's also a lot of 'evergreen' information for curious swim parents.

New for Regionals

Besides the information presented in last year's newsletter, we wanted to highlight a couple of things that are different for this year's Regional Championship.

First, we're still finalizing all of the details, but we're really excited to be offering REGIONAL T-SHIRTS for sale at the meet! Simply Swimming will be there one day of the meet. We'll offer a 'main' t-shirt of white or gray, and then we'll have a more limited supply of some other colors. Should be a great way to commemorate the season-ending meet for over half of our swimmers!



New for Regionals continued

Second, a new wrinkle to add excitement for our 12-Under swimmers – a new “win and you're in” rule. Basically, for any '10-Under' or '11-12' event, the winner of the event qualifies for state, regardless of if they achieved the qualifying time or not. Here's the exact language...

Any 12-Under swimmer competing and winning a 10-Under or 11-12 designated event, regardless of whether they achieved a Wisconsin State Cut, will be qualified to compete in that event during the 2020 Wisconsin Swimming's SCY State Championships. Swimmers will be seeded at the slowest SCY Time Standard the following weekend.

Finally, a new wrinkle to add excitement for the older swimmers. We've added the 50's of stroke and the 100 IM to the meet! It's a chance for those 'big kids' to relive the glory days of short races :^)

New State Records

At the end of the season, we always highlight any new broken records and top times in a newsletter. But we wanted to give a shout out to a couple of STATE RECORDS that we broke this past fall.

The first was at the WGLO Meet in November. We broke the WI State Record in the Girls 17-18 200 Free Relay. Our time of 1:34.64 smashed the record 1:35.50, set way back in 2007. Congratulations to Sara Stewart, Ella DeFever, DeeDee Walker, and Maeve O'Driscoll!

The second was the 11-12 Boys 200 Medley Relay, which we broke at the December Single Age State Meet. Our time of 1:50.33 shaved a few tenths off of the old record, which was also held by BACers. Congratulations to Hayden McGlynn, Sam Wolf, Caden Van Buren, and Easton Wolfram!



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Reminders on Performing Your Best

Finally, some thoughts on performing your best as we get to the end of this season from Coach Brenda!

EVERY PRACTICE MATTERS: Come to practice ready to work. The only way to improve your swimming is to be in the water and working hard. Excuses do not improve technique or endurance. Push yourself out of your comfort zone

DRYLAND MATTERS: If you have big goals you will not accomplish them by only doing swim workouts. To reach a high level of big accomplishments you need to be working out and building strength outside of the pool. Do the work IN and OUT of the pool.

THOUGHTS AND WORDS MATTER: The neck down behaves and acts according to what the neck up decides. What have your thoughts been? What are your thoughts at practice? What are your thoughts right before or after a race? Do not worry and complain about what you cannot control. You CAN control your thoughts and words. Ever hear the saying, "sports are 10% physical and 90% mental." How strong are you MENTALLY?

MENTAL IMAGERY MATTERS: Lay flat on your back somewhere quiet. Choose one of your important races. Close your eyes. Imagine (thinking and seeing) the race from waiting behind the blocks, getting up to the blocks, start, race-every part of the race including underwaters, breakout, stroke, turn, underwaters, breakout, etc. and finish. DO NOT imagine doing it wrong. Why would we fill our head with mistakes? Imagine your race swam perfectly from beginning to end. If you start to imagine mistakes, then imagine yourself fixing them. The goal is to imagine a perfect race. Mental imagery takes hard work and lots of practice. You control your thoughts and mental imagery will help your thoughts get stronger and help you swim better! Athletes need to be strong physically AND mentally.

YOU MATTER: Everyone on the team is important and that starts with you believing that you matter. Control how you practice, how your workout, how you think and talk, and how strong you are physically and mentally. Practice the above so you are mentally stronger than you have ever been before! "I am confident. I am strong. This is MY race."

PARENTS, YOUR WORDS MATTER: Build your swimmer up with positive words and acceptance. Encourage and remind your swimmer to work hard out of the pool, including dryland, homework, chores, healthy eating, drinking water, and getting enough sleep. The most important things you can say for racing are "GOOD LUCK", "YOU CAN DO IT", "GREAT JOB", "I COULD TELL YOU REALLY WORKED HARD", and "I LOVE YOU".

