

Weekly Updates and Reminders for BAC swimmers, parents and coaches

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VCC Update - #1 Team in Wisconsin!

The SCY Virtual Club Championship season is basically wrapped up all around the country, and BAC once again had an awesome finish! As of now, we're ranked #63 nationally – our highest ranking in a decade! We're also 10th in the 'Central Zone' (Midwest plus) and the **TOP RANKED TEAM IN WISCONSIN!** You can read more about the VCC [HERE](#), but one of the reasons we've always liked this measurement so much is that it measures the success of a large team as a whole. In fact, this year we had over 120 different swimmers from a bunch of different groups contribute to our VCC score. Odds are that you or someone you swim with helped boost that awesome national ranking!

Our Winter SCY Season is All Done

Over the last month we've had a series of meets to wrap up a great 2018-19 SCY season! We'll list a few of the highlights below.

We had the pleasure to host – and win – our 20th consecutive Regional Championship at Middleton! The meet was full of smiles, new state cuts, and plenty of lifetime best times. Way to go BAC!

The following weekend we slugged it out in one of the closest 12-Under Meets in state history, coming in second by 24.5 points. Congratulations to MAC on a great meet. Our runner-up finish was a huge improvement from last year, and we're looking forward to a great and competitive meet next year as well!

We also came in second at the new-format 13-Over State Championship. The meet overall was a great success, with a lot of fast times, a lot of swimmers qualifying for finals under the new, more restrictive format, and even some new records. The meet ended on about as high a note as possible. The last event was the men's 400 Medley Relay. We split our boys with an attempt to go after the state records in the 15-16 and 17-18 age groups, and we **BROKE BOTH RECORDS!** It was truly a historic finish to a great meet!



BAC Times

BAC Times

This year BAC had a ton of swimmers at two different meets with qualification standards above and beyond our state meets. First, we had a huge crew at the 2019 Speedo Sectional Meet in Rochester, Minnesota. In a first for BAC, we attended this meet in full force with over 40 athletes competing. (Compared to the other 'large' teams at the meet that typically had 15-20 athletes.) We made it a fun and special event by doing 'team travel', going up to the meet and back and forth on a rented coach bus. Our swimmers comported themselves wonderfully, with no issues for the coach chaperones. And the kids loved the 'specialness' of rooming together and having a little bit more freedom and independence. Overall our team did great, and our girls were the top-placing Midwest team!



The highest level meet we attend every spring is the NCSA Junior National Championship, held in Orlando. With so many swimmers at Speedos, we had a smaller crew, but they competed really well. Highlights included finals appearances by Wes Jekel, Nathan Kim, Aidan Lohr, and Truman teDuits. Wes had some top-5 finishes, including 5th in the 100 back, 3rd in the 100 Fly, and 3rd in the 50 Back! Our boys overall placed in the top-20 – best from Wisconsin!



Interested in College Swimming?

This spring we'll celebrate the accomplishments and graduation of dozens of BAC seniors, many of whom are headed off to swim in college.

We'll have a complete list of our graduates in a newsletter later this spring. Any underclassmen considering college swimming should start looking at the process. One great resource is a power point on our web, under 'Parent Handbook' and 'Other Resources'. Check it out and connect with our staff if you have any questions!

Social Media

Follow BAC on Instagram, Twitter, and Facebook! We recently posted pictures and video from all of our season-ending meets as well as #BAConBreak pics from BACers traveling. Each of these three social media outlets post different content, so check out all three!

Registration Reminder

Spring registration is closed and the session started April 1st! If that news sends you into a panic because you forgot to register, email Jacob ASAP. If you're new to BAC, welcome to the family! And if you're taking the spring/summer off, be sure to follow us on social media and we'll look forward to seeing you again in the fall!

SAT Survey

For those of you that were with BAC this past winter, you know that one of our major teams events every year is the Swim-A-Thon. We use this fundraiser as an opportunity to support not only BAC (iPads) and our facilities (UV filters, sound systems), but also a charitable cause. This year we were able to raise \$7500 for Alzheimer's research in honor of former BAC Coach Jack Pettinger who suffered from the disease before passing last summer. The 2019 SAT was a huge success, with a record number of swimmers participating, and a record amount of money raised. But, because this event is so important to us financially and philanthropically, we want to make sure we're making it the best event we can. With that in mind, we've set up a VERY short (2-3 minutes) survey. We appreciate all of our winter swimmers completing the survey, REGARDLESS OF YOUR LEVEL OF PARTICIPATION. You can find the survey [HERE](#).



BAC Times

BAC Times

BAC Core Values on Display

At BAC, we obviously take a lot of pride when our top performing athletes reach into the upper echelons of our sport. But while we celebrate these high-achieving athletes, we're also very aware of everything else youth sports can do. Swimming can build confidence, friendships, or a lifelong love of fitness. It can teach life lessons of hard work and struggle, and foster pride in self-improvement. And it can serve as a vehicle for learning so many of the life lessons kids need to be taught as they progress to adulthood. In short, we love it when our swimmers excel in the pool but also demonstrate good character and values. We see examples of this in our athletes all the time, but we wanted to call some special attention to something that happened at Regionals this past winter. Andrew Martin is a lifelong BACer and a senior at Middleton who'll be swimming for Xavier next fall. He recently won the WIAA Division 1 State Championship in the 500 Free, and then showed up at Regionals the next day. He wasn't there to swim, but he was there to cheer on his sister and teammates. He stuck around for 30 minutes after the end of the meet to help pick up tables and folding chairs. A great example of a great BAC kid exemplifying the sorts of values we try to teach to our swimmers. Way to go Andrew!

Team Records / Top 10s

Finally, we wanted to finish by acknowledging the BAC swamilly members that worked toward rewriting the record book this past season. All total, we had 22 individual team records broken – amazing job!

- Alex Anagnostopoulos – 17-18 100 Breast, 200 Breast
- Wes Jekel – 17-18 50 Free, 50 Back, 100 Back, 100 Fly, 200 IM
- Nathan Kim – 17-18 200 Fly
- Nate Lamers – 15-16 50 Fly
- Aidan Lohr – 15-16 100 Fly, 50 Breast, 50 Back, 100 Free
- Hannah Mello – 13-14 50 Fly
- Janelle Schulz – 15-16 100 IM
- Sara Stewart – 15-16 50 Back, 100 Back
- Anna teDuits – 15-16 LCM 100 Back
- Truman teDuits – 17-18 50 Breast
- Caden Van Buren – 10-Under 50 Fly
- Sam Wolf – 11-12 50 Breast, 100 Breast

At BAC we also like to go beyond just the record-breakers and also celebrate swimmers that had awesome swims that fell just short of 'best all time'. To do this we look at our 'all time Top 10' list. This year we rewrote over 10% of the list – not bad for a 20 year-old team! Check out the picture below to see if you recognize any names. Go BAC!



Advice from Coach Connie

Ever wonder if you're doing everything possible to be the very best that you can be? This might include giving %100 during each practice, getting enough rest time for recovery (sleep) and putting the best fuel for your body in your system. These are all things that we can control.

As part of our BAC family philosophy, we strive to bring you the very best education with up-to-date coaching, dryland and nutrition facts and tips for swimming. This month, I will be sharing information from a book I bought called "Cook to Thrive", written by Natalie Coughlin, a 12 time Olympic Medalist and World Champion Swimmer.

We all want to know how to feel better by eating better, not only for performance, but just in general. Listed below are ten quick tips from Natalie to help you stick to good eating habits for life.

- 1.) Make healthy eating a lifetime habit. Be consistent and try to stick with it. It can be tough at first.
- 2.) Focus on the positives and not the negatives. Meaning, instead of thinking about all the things you can't have, think about all the good things you can put into your body for good health and performance.
- 3.) Listen to your body. How do you feel after eating? Do you feel satisfied, sluggish or energized?
- 4.) It's alright to indulge from time to time.
- 5.) Setting up a meal plan for the week or maybe even the weekend swim meet.
- 6.) An organized and tidy kitchen will help keep the stress level down when cooking.
- 7.) Stay hydrated. How much water should you drink? Depending on your weight and activity level and even how much food you consume with water in it, a rough estimate would be your weight divided in half in ounces.
- 8.) Be prepared when you are on the road. Pack healthy snacks to stay on track.
- 9.) Get your vitamins from a daily smoothie.
- 10.) Pack in the protein .Protein helps to support muscle growth, maintenance and repair. Try to have protein throughout the entire day.



BAC Times

Monthly Recipe

This month's recipe from Natalie is packed with protein, fiber, healthy fats and minerals. It can be taken anywhere and eaten before, during and after a swim workout.

Peanut Butter Energy Bites –

1/2c natural raw almonds

1/2c old fashioned oats

4 pitted dates

1/2c smooth natural peanut butter

1 tbs honey

1 tbs ground flax seed

1 tbs ground cinnamon

½ tps pink Himalayan salt (I'm sure you can just use regular)

1/2c popped crushed cereal or sesame seeds

1.) In a food processor, process almonds for 30 seconds (until it looks like sand). Add 1 cup of oats and pulse together 8-10 pulses. Add the remaining oats and pulse a few more times. Add the dates, peanut butter, honey, flax seed, cinnamon and salt. Pulse until well combined. Add ½ cup water and process until it becomes like sticky dough.

2.) Place the popped crushed cereal or sesame seeds in a medium bowl. Roll the dough into balls and coat them with the cereal or seeds (or whatever you like). The snack balls will keep in a container in the fridge for one week.

