

ISSUE

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# BAC Times

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Weekly Updates and Reminders for BAC swimmers, parents and coaches

## Follow BAC on Social Media!

Keep up with the latest news and pics by following us on Instagram (badger\_aquatics), Twitter (@SwimBac) and Facebook (Badger Aquatics Swim Club). It's a great way to see cool pics from practices and meets as well as keep up with the team during off seasons.



## Pool Rules: Being a Good Guest

BAC uses over a dozen different pools and spaces for practice at different points in the season, and the rules can be different for each one. (If you are not sure about where a building is or where the pool is within the building, there is a link to maps and directions on our website.) Some pools ask that you remove shoes before coming on deck. At some pools we're allowed entry prior to practice, at others we typically wait in the hall. Some have locker rooms that are specific to the pool area while others are much more open. Your swimmer's lead coach will outline the expectations and rules at each of their pools to the swimmers and address any issues/reminders that may come up as the season progresses.

The one constant at each and every facility and space that we use is that we are GUESTS there and need to act accordingly. BAC does not own or operate any of our pools, and our continued good relationships with

our facility partners is the lifeblood of our program. We've had several years of great behavior out of our swimmers and parents, but we still start the year really hammering that point home. The areas of biggest concern in the past have been locker room behavior, noise or running in the hallway outside of pools, picking up and taking care of equipment, and being respectful to any facility staff. One last note on our practice pools. Parents are free and welcome to observe any practices they'd like to (although your swimmer may often do better without being 'distracted' by mom and dad). However, it is a USA Swimming insurance requirement that 'members' (coaches and athletes) are in a separate area from 'spectators' (parents and siblings) while a practice is being run. Consequently, all of our pools/practices have designated areas for parents to watch from, typically the bleachers off to the side of the pool.

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## Parent Meeting Recap

Thanks to all of you that attended the parent meeting! Hopefully you agreed that the tweaks to the format made it a little quicker and more efficient while still providing good information for veteran and beginner families alike.

If you missed the parent meeting, here are the highlights of what you missed!

- Introduction of the BAC Board and Board President Rick Zuehl.
- Introduction of the BAC coaching staff (bios for everyone are on the web!)
- Reminders on the different ways BAC and the coaches communicate; team-wide emails, weekly group emails, meeting in person with coaches, social media, and these newsletters.
- The importance of our relationship with Speedo and with Simply Swimming. Both groups do a tremendous job getting us excellent pricing on suits and apparel, outfitting our coaching staff and national athletes, donating to the annual BAC swim-a-thon, and providing great customer service. **BUY YOUR SPEEDO GEAR FROM SIMPLY SWIMMING!**
- A reminder that **MEET DEADLINES ARE FIRM** as well as an explanation on the basics of signing up for a meet.
- Beth Chorlton (BAC mom and UW Health Physical Therapist) talked about the importance of training and conditioning outside of the pool, both from a performance and an injury prevention standpoint.

Remember, any time that you have any questions about BAC, don't hesitate to ask!



## Outside the Lanes

Every newsletter we try to take the time to recognize and celebrate the accomplishments of some of our swimmers that take place outside of the pool! USA Swimming recently came out with the list of honorees for their 2016-17 Scholastic All-American list. This recognition is available to HS sophomores, juniors, and seniors who have achieved a minimum 3.5 GPA as well as a time equal to a 2016 Winter Junior Nationals qualifying time. (For reference, the time standards for the 50 free are 23.49 (girls) and 20.49 (boys) – only about 1% of all USA Swimming athletes ever achieve a Junior National qualifying time.) BAC officially had 2 athletes recognized as Scholastic All-Americans. Congratulations to (now former BACer) Tory Center and to BAC senior Ben McDade. This is the first time that Ben has received this honor, while it's the third time for Tory, who now swims at Brown University. In addition to Ben and Tory, Kelly Rodriguez also achieved All American GPA and swim standards, but was not submitted in time. Congratulations to Tory, Ben, and Kelly, and to all of the other scholar-athletes out there competing for BAC!

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## USA Swimming 'Convention' and the WI LSC

Recently Coach Jacob was able to attend the USA Swimming Convention – our sport's annual business meeting – in Dallas. Jacob went not as a BAC coach, but as a representative of the Wisconsin LSC in his capacity as the 'Vice Admin Chair' of Wisconsin. BAC has always had people play an active role in the governance and administration of the sport in our state; Jacob has also been tech planning chair, Ben Radloff is the current head of the officials committee, and Drew has been active with the board numerous times, including over a decade as the General Chair. Being involved with the sport not only keeps our professional staff current, it also helps make sure that swimming in Wisconsin continues to be strong.



## Parent Education Corner

In the future our parent education section will highlight specific articles or points that we feel might help make folks happier swim parents. For this issue we just want to draw folks attention to a few websites that might be helpful.

**Our Website!** ([www.badgeraquatics.com](http://www.badgeraquatics.com)) The web has a lot more features than just signing up for meets. Through the BAC web parents can access their swimmer's results history, learn more about our coaching staff, and access old newsletters and other information

**Wisconsin LSC web** ([www.wisconsinswimming.org](http://www.wisconsinswimming.org)) This is the official website for the LSC. It's currently pretty limited for 'parent education' materials, but it has info on all the meets run in the state, as well as various camp and clinic opportunities.

**USA Swimming** ([www.usaswimming.org](http://www.usaswimming.org)) Last year USA Swimming went through a massive overhaul of their website. The 'new web' is busting with content, so much so that it can be a little daunting trying to figure out everything that they have. We encourage you to take some time with your swimmer and surf a little bit to see what's out there. The swimmers may especially like some of the videos and athlete bios or interviews. Parents can find out more about what's happening within USA Swimming as well as tips on things like parenting an athlete and nutrition.

GO BAC!

