

ISSUE

65

BAC Times

This Issue

11-Under State Champs! 1

Kelly Rodriguez at Junior Nationals 1

BAC Earns Bronze-Medal Status 2

VCC Update 2

Outside the Lanes 2

Alumni Corner 3

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Weekly Updates and Reminders for BAC swimmers, parents and coaches

Season-Ending Meets are Coming up!!!

If you're a new family looking to understand the different season-ending meets (the Regional Championship Meet can be especially confusing to new folks) or just looking for a reminder, please check out our archived newsletter from last January. (The dates/locations have changed, but the basic info is still good!)



You should all have gotten some information on the 2018 Swim-A-Thon in a recent email. In case you needed a reminder, we've attached the informational flyer.

Go BAC!



Hey BACers - Happy New Year! We're only a few weeks past the halfway point of the season, but we've already had some really great accomplishments that we wanted to celebrate!

11-Under State Champs!

You may have already seen this on the front of the website - but we're state champions! This year the Wisconsin LSC added a brand-new championship meet - an 11-under single age state championship. (The idea behind the meet was two-fold; to get younger swimmers excited about competing on the state-wide scale and to provide a championship meet in a part of the season where we previously haven't had anything.) Our goal going in was to be the team to win this first-ever meet, and we did it! Our score of 2174 was about 150 points ahead of Schroeder and over 500 points ahead of the third-place team. Congratulations to not just the 55 swimmers that qualified and competed, but to the entire BAC team!

Kelly Rodriguez at Junior Nationals



The Speedo Junior National Championships is THE highest level of 18-under competition sponsored by USA Swimming, and this year's meet was held in early December in Iowa City. While BAC had about a half-dozen individual qualifiers, due to the timing of the meet only Kelly opted to attend. She competed in the 50, 100, and 200 free as well as the 200 IM. She had several mid-season best times - particularly impressive considering it was her third 'taper meet' in 5 weeks!

BAC Times

BAC Earns Bronze-Medal Status

Another recent indicator of the success we're having with BAC! This is actually a LCM award dating back to this past summer season, but we just received the congratulatory email this month. Being awarded Bronze Medal status is part of USA

Swimming's 'Club Excellence' program, which "identifies clubs that execute strong, well-rounded programs to produce elite 18-under athletes."

BAC joins OZ, EBSC, and MSS as the only WI clubs to be recognized this year. Go BAC!



VCC Update

While the Club Excellence program evaluates a club's success based on their few highest-performing senior athletes, the VCC (Virtual Club Championship) is an evaluation that looks at a team's depth for every age from 11 to 17-18. At BAC, we've always felt that this metric is the best tool to evaluate our club on a national scale. (If you want more details on what VCC is and how it works, you can check out our archived newsletter from April 2017.) Right now our VCC is slightly ahead of this point last year, we're top 100 nationally, and we're #1 in Wisconsin! If you want to check out all of our VCC contributors, you can find information on the USA Swimming website under the 'times' tab.

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'.



Cerise in Madison Ballet's Nutcracker

Cerise is a current WS Trophy Swimmer who has been with BAC for 5 years. She's also in her 5th year playing the part of a 'Scottish Party Girl' in Madison Ballet's Nutcracker. Way to go Cerise!



Jackson – Football State Champion!

Jackson (#48) is a senior at Waunakee. He's not only a tremendous swimmer in the BAC Senior Group (defending state champ in the 200 back!) but he's also a linebacker for the Warriors DII State Champion Football team!

BAC Times

Alumni Corner

One of the best things about practice over a Holiday Break is having our current college swimmers and BAC Alumni back home and practicing. We didn't keep an official tally, but we had over a dozen of them with us at different times over the past couple of weeks.

In order to keep in touch with our swimmers that have (mostly) moved on from BAC, we like to feature them once and a while in the 'Alumni Corner'. For this newsletter we've got Tori Horton, who swam with BAC for over 10 years and is currently a school record holder at Butler University!



Tell us a little bit about your swimming background in general and with BAC. I've swam for BAC since I was about 7 years old through to when I graduated high school.

What are you doing now – swimming, school, etc?

Now I'm a junior at Butler University (in Indianapolis) where I swim and am studying finance with a healthcare management minor.

Brag a little bit about your post-high school swimming!

In my first year at Butler I was freshman swimmer of the year and was a part of 3 Butler school record breaking relays. I had a great time meeting and competing with all my incredible teammates. Last year (my sophomore year) I was again part of 2 school record breaking relays, and broke the school record in the 100 backstroke making the A final at conference. This year, I have made a full recovery from shoulder surgery and again have been part of a school record breaking relay. The relays have been my favorite part of college swimming being able to celebrate with my teammates when we all do well.

What about BAC prepared you to swim in college?

BAC prepared me for college swimming in the way of staying committed to swimming and learning how to work hard, as well as basic things like practice and meets.

What about college swimming has been the most different than BAC?

The most different things about college swimming include the intensity of dryland and lifting workouts along with the time spent swimming and swimming related activities, it takes a lot to balance it with classes.

Any advice for our high school kids looking to swim collegiately?

My advice would be to reach out to coaches as early as possible, just let them know you're interested, this will invite them to continue to watch you.

What is your funniest or best BAC memory?

My funniest/ best BAC memory was at my final meet and after my final race as a BAC swimmer, Coach Eric had a Culvers concrete mixer waiting for me when I was done, it was a great way to end my BAC career not to mention delicious haha...

