

ISSUE

68

BAC Times

April 15, 2018

Weekly Updates and Reminders for BAC swimmers, parents and coaches

This Issue

- Welcome to Spring 1
- Spring and Summer Meets 1-2
- Alumhi Corner 3
- Swimming in College 4
- Outside the Lanes 4

Quest for 1000 Follow BAC on Social Media

Follow BAC on FB (Badger Aquatics Swim Club), Twitter (@SwimBac) and Instagram (badger_aquatics). This spring we'll be posting pictures of the kids enjoying being 'BAC' in the water, pictures (hopefully) of outside dryland activities, and stuff from our upcoming LCM and SCY meets! We're shooting for 1,000 Instagram followers by the end of the spring session, so please follow BAC!

Meet Reminders and Sign-Up Deadlines

There's something new we're doing to remind everyone of upcoming meets and deadlines. You may notice some different colored 'signs' as you scroll through the pictures on the front of the web. Anything in orange means we have an upcoming meet deadline less than a week away!

Welcome to Spring!

This is our first newsletter of the spring session! Veteran BAC families are familiar with these occasional newsletters that we use as another way to communicate things happening with BAC. Our weekly emails are intended for just one practice group and we send team-wide emails for things like meet deadlines; these newsletters come more irregularly and generally highlight or celebrate some recent BAC accomplishments or news.

For example, most of you received our 'winter wrap up' email last month. If you missed it or want to check out any of our old archived newsletters, you can find them under the 'Newsletter' tab of the website!

Spring and Summer Meets

If this is your first spring or spring/summer with BAC, you should know that the meet schedule is set up a little differently than it was in the fall/winter. In the winter, our presumption is that everyone on the team is gearing up for a 'season-ending' meet (Regionals, State, etc.) and we prepare the kids accordingly. Many of our spring swimmers are only around for 8 weeks and are getting ready for their summer rec league seasons. Many other swimmers plan to participate with BAC in the summer as well and are gearing up for Long Course Meter (LCM) meets. Either way, we have meet opportunities this spring/summer for every level of swimmer.

For our summer swimmers, we highly recommend sitting down now with your calendar and checking on meet dates. We warn folks about this every year, and every year people are surprised at how soon those June and July meets arrive! Also, many of the summer meets are going to have very early registration dates, so plan ahead now!



BAC Times

Spring and Summer Meets

Here are the meets BAC is planning to attend this spring/summer, along with a quick explanation of each meet. Feel free to reach out to your swimmer's lead coach if you have questions about which meet might be best for your swimmer.

LFSC @ RecPlex; May 5th-6th
MOHO @ Middleton; May 12th
Schroeder Distance; May 19th
Purdue Boilermaker; May 18-20th
SWAT vs BAC; May 20th
SHOR @ Schrodeder; June 8-10th
Open Water Zones; June 15th
Rochester Bus Trip; ??
SEA @ RecPlex; June 23-24th
Open Water State; June 28th
Bird Bath; July 6-8th
WGLO; July 6-8th
Speedo Sectionals; July 18-21st
Silver State; July 20-22nd
12-Under State; July 27-29th
13-Over State; August 2-5th
USA Junior Nationals; July 31-Aug 4th
NCSA Juniors; August 2-5th
Central Zones; August 3-6th

A good early-season LCM tune up, especially for summer BACers
The only SCY meet on the schedule – perfect for spring BACers!
A LCM meet with moderate standards – we swim Saturday.
Time standard meet for limited older swimmers
LCM dual meet at SW outdoor. Fun chance to try LCM!
Mid-season LCM meet – great to try new/'other' events
Time standard 'Team Wisconsin' (not BAC) meet in Lake Andrea
Mid-week bus trip – tentatively June 20-21st. More info soon!
Another mid-season LCM, only 4-5 weeks before season's end!
Another 'open water' meet on a weekday afternoon/evening
SAME WEEKEND - BAC will attend both. WGLO has time standards, Bird Bath does not. Quasi-mandatory meets
High level time standard meet for our older athletes
Like a summer version of Regionals, held SCY at Waukesha
Time standard, season-ending LCM state meet
Time standard, season-ending LCM state meet
National-level time standards
High level time standards for our older athletes
Time standard 'Team Wisconsin' (not BAC) meet

Spring and Summer Info in Old Newsletters

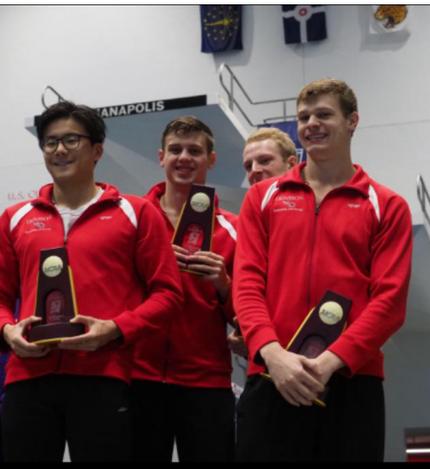
As we already mentioned, our old newsletters are all archived on the web. This time of year, there are a couple in particular that folks may want to pay attention to. Both the May 2016 and May 2017 newsletters talk about the differences between SCY and LCM, and the 2017 issue discusses open water swimming. Both newsletters also talk about the great opportunities provided by swimming with BAC in the summer – we still have spots available for our foundational (Ribbon, Trophy) and Quarterly (Bronze, Silver, Gold) Groups!



BAC Times

Alumni Corner

Often in this space we feature a brief 'interview' with a BAC alumni, typically someone now swimming in college. But we're taking a bit of a different tack this month. As the BAC season wrapped up in February and March, college teams also had their season-ending meets. Lots of BAC alumni got to compete at difference conference or national meets, but we wanted to look at the Men's DIII National Championship. On Saturday night of that meet, two different BAC



alumni – Drake Horton (Denison – 800 Free Relay) and Sage Ono (Emory – 100 Back) – were crowned National Champions! Many of you might recognize Drake's name – he and his sister Tori swam for BAC and Hawks Landing for over a decade, and his parents still officiate a lot in the area. Sage was

a BACer until about 11 or 12 when his family moved to Atlanta.

In our previous issue, we talked about having pride in BAC and our history of developing athletes that continue to improve as they get older and as they leave our program. And while some of the same stuff applies to Drake, we wanted to highlight these swims to illustrate another point – that you don't have to be the world's greatest 10-year-old to turn into a great swimmer! Both Drake and Sage were strong 10 year olds (about a dozen state cuts between the two of them) but neither were what you would consider 'elite'.

Neither placed top 8 in any individual events and they swam together on both of the BAC 'B' relays (they're



the two on the left, along with current BACers Wes and Roark).

As Sage and Drake grew in the sport they started to see more success, kept improving relative to their peers, became contributors on their college teams, and then became national champions! Of course, most 10-under swimmers aren't yet at the state level, but if these boys can go from 'state cuts' at 10 to 'Junior National cuts' in high school to DIII Champions, what's to stop a developing swimmer from reaching that state cut level, becoming a varsity contributor in HS, or achieving any number of other goals in our sport! Congrats Drake and Sage!



(Interestingly enough, there were some other great examples from that 2010 state meet. BACer Ben McDade – who currently holds 8 different state records – was on our C relays and finished 20th in high point as a 10 year old. And McFarland swimmer Daniel Krueger – whose 19.48 is the 4th fastest 18-u 50 Free in the country – was ninth in that event!)



BAC Times

Swimming in College

Sometime in June you can expect to see another newsletter with our 'Class of 2018' presentation. Each of the past several years we've sent about a dozen athletes off to swim in college, and we'll have a similar number this spring.

In reaching out to the Onos and Hortons, they both mentioned how great DIII swimming has been for their boys. It was a good reminder about options available to our kids and about some of the resources we have on our web about preparing to swim in college. First, you can check out our June 2016 newsletter. It has essentially a synopsis of a power point presentation on college swimming that you can also find on our web under the 'more info' tab. (Thanks to UW Whitewater coach Joel Rollings for allowing us to post that.) Any of our current 8th grade and older swimmers that are considering college swimming down the road should give it a read!

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'.



Meg in 'Curtains'

Gold swimmer Meg recently took part in the JMM production of the musical 'Curtains'. Check her out in full costume!

Finn and Resi on the Slopes

Resi and Finn swim in Ribbon and Trophy, but took a break this winter to do some ski racing! Check them both out on the first place podium!

