

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!

Follow BAC on Facebook (Badger Aquatics Swim Club), Instagram (badger\_aquatics) or on Twitter (@SwimBac). If you've got a swimmer practicing with us you'll see some great pics – it's also a great chance to see what we're up to!



## End of Winter Season Schedule

The end of our 12-week winter session is coming up soon. ALL winter swimmers – regardless of group – have their session go through the week of 12-under state, or after the Regional Championship Meet. Always remember to check the practice calendar tab for details, but the general plan is that all groups will have one last 'regular practice' the Monday after Regionals. The remainder of that week will be split between swimmers that are done competing for the season (non-state swimmers), swimmers competing at 12-under state, and swimmers competing at 13-over state and beyond.

- Non-State swimmers will have one last 'Fun & Games' practice on Tuesday. This will be their last practice of the winter session.

- 12-under State swimmers will have practice Tuesday-Thursday of that week. Many of these practices combine roster groups and age groups, so please pay attention to the calendar. ALL 12-under state

swimmers practice at Memorial on Thursday 2/23, with 15 minutes of team meeting between the overlapping groups. Swimmers are encouraged to head to Noodles & Co. on Mineral Point afterward.

- 13-over State swimmers (as well as Speedo or NCSA swimmers) have practices that week and all the way up to their competitions. Again, many of these practices have combined roster groups, so pay attention to the calendar.

Once the winter session ends we feel that it's important for swimmers of all ages to get a break from our great sport, which is why March is pretty low-key by design. One event to put on your calendar is the BAC banquet at Vitense Golf on Tuesday, March 7th. Other than that, March is pretty empty. Some of our older groups will have some informal 'stay in shape' swimming and dryland scheduled, but nothing is on the calendar yet.



Badger Aquatics Club

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## BAC Hosted Meets

We've said this before, but we can't say it enough! THANK YOU for all of the work you've done volunteering to help run the various BAC-hosted meets this year. So far we've had two successful meets at Middleton (the Spooktacular and the Groundhog) and two successful meets at the UW Nat (the Holiday Splash and the January Classic). We've got one more meet at each venue, and sign up so far has gone great. Both of these meets (Regionals and 12-Under State) are LSC Championship Meets, which means that BAC put in a bid to host them and was chosen by vote by teams from across the state. It's certainly an honor to host meets like this, and really speaks to the reputation that BAC has for running quality meets. This reputation was earned by the work of our staff and core group of meet volunteers, but also by the work of all of our parents who chip in to do everything from timing to concessions to meet marshalling!

We had a number of families attend a recent meet hosted by a smaller team that has less experience hosting large events. The feedback that we got from families was that it put in perspective how difficult it really is to have a large, well-run meet like those that BAC hosts. Parents commented that they'd always assumed our 'thank you's' were more of a nicety or formality than a genuine expression of gratitude, but hopefully seeing how difficult it actually is gave folks a better understanding that great volunteering isn't just a given and is truly appreciated. We did, however, have one note that came out of the meet. Parents that are spectating at meets need to appreciate that folks running the meet – timers, scorers, officials – are all volunteers giving their time up to help out. Any time that a parent has a concern or an issue

with any aspect of meet management – including an official's decision – the appropriate response is always to take that issue to a coach on deck and never to the official directly.

You're probably all already aware, but here's one final reminder that we need every family volunteering at the state meet, regardless of if your swimmer is competing. This truly is our highest-profile meet of the year, and does the most to help keep your swimmer's fees down. In addition, this will almost certainly be the last time that this meet will be run at the UW Natatorium. The Nat has been a fixture for Wisconsin swimming for over 50 years, and while we're sad the era is coming to an end we're excited to have been a part of its rich swimming history!

## Spring and Summer Programming

Our spring programming starts on April 3rd, and registration is open now. Here are a few things to know about the spring and spring/summer sessions...

- BAC is so thankful to have such great swimmers and families. We know that some of you likely aren't planning to swim this spring, but we'd definitely love to see every one of you back!

- We want EVERY athlete to check with their current coach on group placement before registering. Please don't register without confirming this first!

- Our spring schedule can be quite different from the winter schedule, so make sure you check out the practice schedule posted online. The spring session runs for 8 weeks and wraps up prior to Memorial Day weekend.



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•We do have some meet opportunities in the spring. For some of our meets – like the Iowa LCM Meet and the LCM dual with SWAT – priority will be given to spring/summer swimmers over spring-only swimmers. A tentative spring/summer meet schedule is posted on the web.

In addition to spring programming, BAC also offers some great summer practice opportunities for most of our groups. By and large, these practices are set up so that they can be a supplement to summer-league practice, and most of our younger summer-BAC kids also compete with their summer-league teams. The summer-league teams in the area are phenomenal for introducing kids to the sport and great at growing their passion for swimming. But, they're also set up to service kids differently than BAC does. Many of our older swimmers have progressed to the point where they are looking for a higher level of training than is typically offered by summer-league teams. Many of our younger swimmers have grown to appreciate the individual technique work that BAC's professional, year-round coaches provide. Some swimmers are interested in training and competing long course meters. Whatever the reason, if you're interested in the consistent improvement that BAC provides or are looking to take your swimming to the next level, please ask about our summer groups!

We always strive to make sure that everyone is on the same page, so the final thing that we'll mention is roster spots given our limited pool time/space, especially in the fall. BAC has always prioritized taking care of swimmers and families that have a history with BAC over families that are new to the team. Thankfully, we were able to accommodate all of our returning athletes this past fall, but there may come a time where the pool space shrinks or the group sizes grow and this is no longer possible. If this did happen, some of the factors we'd look at in awarding spots would be the length of a family's history with BAC as well as the consistency of their participation. Please don't freak out and feel that we're telling you to register for spring or you'll lose your spot next fall, because we aren't. (We sent this exact message to everyone last spring, and we were just fine this fall.) But, if circumstances ever do change to force us to make tough decisions, we just want to be transparent about some of the criteria we would look at.

GO BAC!



**Badger Aquatics Club**