

ISSUE

50

# BAC Times

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April 24, 2016

Weekly Updates and Reminders for BAC swimmers, parents and coaches

## Practice Calendars

Practices for the spring session start on April 4th! For those of you swimming this spring, you should see an email sometime this week from your swimmer's lead coach. If you have any questions about the spring session, please contact Jacob

## Follow BAC on Social Media!

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## Early Season Training

It's that time of year again, time to hop back into the pool and shake off a few weeks of rust! The beginning of a new season can be full of excitement. Maybe you've transitioned to a new group or you've gained some new group-mates. Maybe you're excited about gearing up for a season of LCM competition, or maybe you're just excited about all of the possibilities and challenges that come with a fresh start. Either way the first few weeks of a new season have a feel that's different than the pressure-filled taper time at the end of the year or the grind of training in mid-season.

The first few weeks of a season also have a different feel and a different focus than other parts of a season. Generally speaking, there are 4 different aspects of practice that mark early-season training.

### BACK-TO-BASICS:

Regardless of the age of the swimmer, the first few weeks of a season are a great time to refocus on the skill work and the details that it takes to be a successful swimmer. For some ages, this might mean spending those weeks learning new skills or refining others. For older swimmers it's simply a chance to spend time revisiting skills and drills before the volume of practice starts to ramp up.

### SETTING THE TONE:

Just as the early season is a great time to set the tone physically with work on streamlines, underwater work, etc., it's also a great time to establish the overall culture of a successful practice group. For younger swimmers this might mean working on listening and attention skills; for older swimmers it might mean working to develop a sense of camaraderie and hard work. Regardless of the age of the swimmer, the first



Badger Aquatics Club

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## Early Season Training Continued

few weeks are a great time for social games to help the swimmers become comfortable with one another.

### **TONS OF KICK:**

One of the best ways to train early in a season is to put a lot of emphasis on developing a strong kick. Not only does this 'save the shoulders', but it gives swimmers a head start on a critical element of successful swimming – a strong kick. For the SCY season, developing a fast underwater kick off the walls is crucial. For the LCM season the underwater work becomes less critical, but swimmers need a developed kick to push through to the finish on longer races.

### **GRADUALLY 'RAMPING IT UP':**

The above 3 aspects of early-season training combine to give the early part of the season a 'slow start' when you're talking about yardage and intensity. That's okay! A typical USA Swimming SCY season lasts well over 20 weeks and a LCM season just under 20. Your 'big meets' likely aren't for at least a month (or more!) into the season. Given all the benefits (skill work, kick development, fun!) and all the risks ('burn-out', injury), it only makes sense that many coaches and programs look at those first few weeks as a chance to 'settle in' and set the tone for what's sure to be a great season!

## Spring and Spring/Summer Meet Planning

There are a lot of aspects about BAC in the spring that are different than our fall programming. Our groups are typically smaller, our practices are often earlier, and when the weather cooperates we actually get to head outside for games or dry-land!

But one of the other aspects that's quite a bit different is our meet schedule and meet participation. We wanted all of our spring swimmers to be aware of the club's 'expectations' or philosophy in providing meet opportunities for all of our swimmers. Please read whichever section below applies to your athletes, and be sure to ask your swimmer's coach if you have any questions about meets!

### **SPRING-ONLY SWIMMERS:**

Our spring-only athletes have only signed up for the 8-week spring session that runs from early April through to Memorial Day weekend. Many of these swimmers are involved with BAC in the spring because they love the club and the sport, miss their 'swim friends' all March, and are looking to get themselves ready for a summer-league season. In the past, there haven't been a lot of great meet opportunities for these athletes. (For those that aren't aware, the 'summer season' for USA Swimming is primarily done in long-course meter pools – like the Olympics – and not many

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## Spring and Spring/Summer Meet Planning Cont.

meets are held in the Madison area.) We've always felt that it was sort of silly to work hard for weeks without ever getting to see the payoff in a meet!

Previously, we've filled this 'need' for a short-course meet by hosting an intrasquad meet sometime toward the end of the spring session. However, this year we're super excited to be hosting our first-ever 'BAC SPRING OPEN', a one-day SCY meet hosted at Middleton HS on May 21st. Like most of our hosted meets, this is a highly encouraged meet for all spring-only swimmers. We realize that people have other events this time of year, but if your swimmer doesn't have a good excuse to not attend, we'd definitely like to see them there! Sign-up for this meet is already on the web and is due by May 12th.

In addition to the BAC Spring Open, we'll also be hosting a LCM Intrasquad Meet the following day (Sunday, May 22nd) at the Shorewood Hills outdoor pool. While this meet is primarily intended for our spring-summer swimmers, it isn't exclusively for them. If your swimmer is interested in seeing what an LCM meet is all about, check with their coach and sign up! We still have spots open for several of our summer season groups. In addition to other LCM meet opportunities, swimming with BAC in the summer is a great way to continue to get individualized technique work and instruction from our profes-

sional, year-round coaches! Please email Jacob if you're interested in finding out more information.

### **SPRING-SUMMER SWIMMERS:**

For our spring-summer athletes, the focus is all about competing in some LCM meets, and representing BAC at one of the end-of-season USA Swimming options. Many swimmers are already signed up for our first LCM meet, the IFLY Bus Trip! One of the big differences between the winter and summer season is that the shorter summer season tends to fill up and go by incredibly fast. Combine that with the fact that many of the LCM meets that we attend have very early sign-up deadlines, and it becomes critical to get your calendar out and plan ahead regarding which meets your swimmer will be attending this year.

Our summer meet schedule is available on the website, but for most (younger) swimmers the meets that we're talking about are:

### ***BAC Intrasquad, May 22nd at Shorewood Hills:***

This meet is essentially required for all summer BAC swimmers. We offer the 50-100-200 of each stroke, along with some distance free events. For any swimmer looking to either qualify for or compete at state in a distance free event, this is one of your few opportunities before the end of the season.

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### **SHOR Meet, June 10th – 12th at Schroeder:**

This is a pretty 'regular' meet (standard events, indoors, no qualifying times, etc.) open to any summer BAC swimmer.

### **Summer WGLO, June 24th – 26th at Schroeder:**

While this meet does have time standards, it's a great competition for those that qualify and is highly encouraged for every summer BAC swimmer with appropriate cuts.

### **Bird Bath, July 8th – 10th at Erb Park,**

#### **Appleton:**

**\*\*NOTE THAT THIS MEET REPLACES THE PALATINE MEET THAT WAS PREVIOUSLY ON THE SCHEDULE\*\***

Bird Bath is an outdoor LCM meet held at a unique facility in Appleton and is open to any summer BAC swimmer.

### **'Silver Time Trial', July 22nd – 24th at**

#### **Waukesha South:**

The summer-season equivalent of a Regional Meet (both a season-ending non-state meet and a 'last-chance' qualifier) is called a Silver State Championship Meet. This year the two 'Silver Meets' are both being held LCM in Fond Du Lac and at the RecPlex. We felt that these two options didn't quite fit the needs of our athletes as well as the 'Silver Time Trial' meet being held SCY that same weekend in Waukesha. We'll have more information on this meet as it draws nearer.

### **12-Under State Championship, July 29th – 31st at Schroeder:**

The second 'season-ending' USA Swimming Meet on our schedule has the 11-12's competing on Friday, Saturday, and Sunday while the 10-unders compete only on Saturday and Sunday.

### **13-Over State Championship, August 4th – 7th at the RecPlex:**

The format for this 4-day meet is similar to the winter meet, but we'll have the exact meet information soon.

### **14-Under Mega Zones, August 4th – 7th at IUPUI in Indianapolis:**

The 'Zone Meet' requires USA AAA times and

represents the highest level of competition available to USA Swimmer Age Group Swimmers. This year's meets will be a raucous affair, with twice as many LSCs competing in one of the country's premiere aquatic facilities. Sign up for Zones is not done through BAC but rather through WI Swimming, and anyone with questions about this meet should ask Jacob.

(Other meets on the schedule include a LCM Time Trial at Schroeder, the Speedo Championship Meet, Olympic Trials, USA Futures, and the NCSA Summer Meet. These meets are primarily for our Senior swimmers and anyone with questions about them should contact Drew.)

**\*\*As many of you may have already heard or noticed, the Madison All-City Meet conflicts this summer with the 12-Under State Championship, as opposed to the 13-over Meet. Additionally, the MegaZone Meet conflicts with our 13-over LSC Championship.**

This further highlights the need to plan ahead. While 13-14 swimmers will have to choose between State and Zones, it seems that most 12-under swimmers are planning/hoping to compete at All-City as well as State. Many 11-12 swimmers could compete at Schroeder on Friday and/or Sunday, while our 10-under swimmers can at least do Sunday events for State. Ultimately, these meet decisions are family ones – we just ask that you start thinking about the possibilities ahead of time and reach out to your swimmer's coaches if you have any questions.

**START PLANNING TODAY!** Start by determining which season-ending meet(s) – Silver, 12-Under, All-City, 13-Over, Zones – your swimmer is likely to compete in and work backward from there. Remember, if you have any questions or want any advice about which meets are best for your swimmer – JUST ASK!

