

ISSUE

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# BAC Times

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April 9, 2017

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.



## Winter Wrap-Up Newsletter

We're currently really excited about the start of a brand-new session! Spring session started this week and that means the return of many familiar faces, many swimmers acclimating to new groups, and even some new faces joining BAC for the first time! And while the winter season may have ended a long time ago for most folks (Regionals was almost 6 weeks ago!), the 'official' end of our SCY season was only two weeks ago when about a dozen of our athletes competed at Junior Nationals in Orlando.

Now that the season is officially over, we wanted to put together a newsletter that celebrated all of the accomplishments of a great SCY season!

### BAC Success in Wisconsin

We had another successful season competing against the best teams from around the state of Wisconsin. In our first 'season-ending' meet we took home our 18th consecutive Regional Championship! It's always awesome to have a great Regional Championship Meet because we feel that it sets the tone for the rest of our season-ending meets, and this year we didn't disappoint with close to 70% lifetime bests! Regionals is also

our biggest meet at the end of the season, with 317 different BAC athletes competing this year.

We kept the ball rolling the following two weekends at our State Championship Meets. We placed third overall at the 12-Under Championship and first overall at the 13-Over State Meet. Between the two meets we had 138 different BAC athletes participate, almost 30% of our team. BAC athletes appeared



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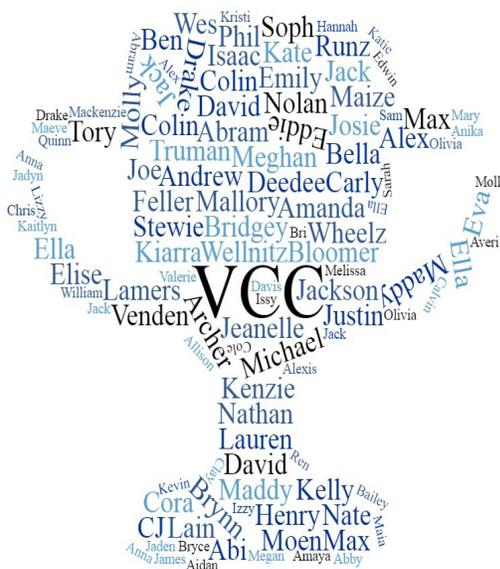
on the podium in the majority of events, took home several individual state championships, a number of relay state championships, and set 5 new state records. (Congratulations to Michael Draves, Charlie Feller, Nate Frucht, Drake Horton, Nathan Kim, Nate Lamers, Ben McDade, Alex Moen, and Lain Weaver!) We had a ton of kids place in the top-10 for their overall highpoint, and our 13-14 and Senior boys ran away with their age groups. Overall, our combined score (adding the two meets together) was more than 500 points ahead of the next best team!

## BAC with National Success

Measuring BAC against other teams around the country can be tricky, but USA Swimming provides us with a tool called the Virtual Club Championship (VCC) that takes all of team's swims done within a season, assigns them point values, and determines your best overall 'line up' of 2 swimmers per event. It's what we've always identified as the best way to measure our overall success and strength as a club, especially against teams we'll never see in an actual meet. The VCC score is truly a whole-team effort and we want to celebrate everyone who contributed. Listing all 117 names would be a little much, so check out

the 'VCC word cloud' included in the newsletter to look for familiar names!

Our preseason goal was to break 210,000 VCC points for the first time ever, and we successfully ended the season with a total of 211,445 points! Not only is this our highest score ever, but it currently ranks us as the top team in Wisconsin, the 8th best team in the Midwest and the 58th best team nationally. (For some perspective the second best WI team is 155th nationally and there are only 5 total WI teams in the national Top 200.) We're excited to reach even higher in 2018 with a goal of cracking the Top 50 nationally!



## Practice Calendars

Make sure you're checking the BAC website frequently for the most up-to-date information on practices. Each group has a dedicated practice calendar where you'll see the default schedule as well as any changes.



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## Rewriting the History Books

In addition to our state relay records, we also had a successful season when it comes to breaking BAC records, and we'd like to acknowledge swimmers that broke a team record this season.

**Kenzie Zuehl:** 11-12 50 free, 11-12 100 free, 11-12 100 IM

**Alex Anagnostopoulos:** 13-14 50 breast, 13-14 100 breast, 13-14 200 breast

**Ella DeFever:** 13-14 100 Fly

**Tory Center:** 15-18 50 Free

**Nate Lamers:** 13-14 50 Free, 13-14 100 Free, 13-14 100 Fly

**Nathan Kim:** 13-14 200 IM

**Ben McDade:** 15-18 200 Free, 15-18 500 Free, 15-18 1000 Free, 15-18 1650 Free, 15-18 400 IM

**Lain Weaver:** 15-18 200 Fly

11-12 200 Free Relay: **Abby Reid, Bella Granetzke, Brynn Stacey, Mackenzie Zuehl**

13-14 200 Free Relay: **Bailey Felsheim, Ella DeFever, Maeve O'Driscoll, Bridget Sullivan**

13-14 200 Medley Relay: **Ella DeFever, Alex Anagnostopoulos, Bailey Felsheim, Maeve O'Driscoll**

Senior 200 Free Relay: **CJ Hippen, Kelly Rodriguez, Cora Mack, Tory Center**

13-14 200 Free Relay: **Alex Moen, Nate Lamers, Charlie Feller, Nate Frucht**

13-14 200 Medley Relay: **Nathan Kim, Charlie Feller, Nate Lamers, Nate Frucht**

13-14 400 Medley Relay: **Alex Moen, Charlie Feller, Nate Lamers, Nathan Kim**

Senior 400 Free Relay: **Drake Horton, Michael Draves, Lain Weaver, Ben McDade**

Senior 800 Free Relay: **Drake Horton, Lain Weaver, Michael Draves, Ben McDade**

Senior 400 Medley Relay: **Wes Jekel, Henry Miller, Michael Draves, Ben McDade**

Beyond just tracking records, one of the cool things we're able to do through USA Swimming is to track our 'All-Time Top 10' lists for every event. While this obviously includes folks that set new team records, it also celebrates swimmers that might have come up a little short but still swam historically impressive times for BAC. Check out the 'Top 10' word cloud to see how many names you recognize. Overall we had 62 different swimmers achieve almost 200 top times!

## Verona Referendum

Last week we sent an email asking for support with a Verona referendum to include a pool with their new high school building. We're pleased to let you know that the referendum passed on Tuesday, and we want to thank everyone who expressed support. We especially wanted to thank BAC Coach Eric Knight and BAC Board Member Rick Zuehl (both Verona residents!), who have been very involved with this process from the beginning.



# BAC Times

## Great Meets, Great Parents and an Awesome Club Culture!

The end of the winter session is always the time of year when we lean most heavily on our parents. The two most important meets that we host – the Regional Championship and the 12-Under State Championship – are on consecutive weekends in February. Nearly every BAC family worked a shift both weekends, with many of you working multiple shifts each meet. We can't thank you enough for the job that you do, and please realize that it doesn't go unnoticed or unappreciated by folks outside of the club as well. Our parent volunteers are a big part of the reason that BAC has fostered a reputation across Wisconsin as a premier meet host, and many folks were saddened to hear that we won't be able to host another 12-under meet at the Nat.

Our parents were also great ambassadors for the club in other ways. Most notably, we love to see so many parents wearing BAC clothing and other gear at our meets, and we especially love seeing BAC apparel in the stands at away meets! Our hopes and goals for BAC go beyond making swimmers faster – we want to create a positive and supportive team culture and getting parents to 'buy in' and support the club is part of that. It's awesome and humbling to see how much our swimmers – particularly those that have been with the club for a number of years – value their participation with BAC and how much being a part of BAC is an important part of who they are.

Congrats to everyone on a great 2016-17 SCY season, and good luck with an even better LCM season this summer!

Go BAC!

## Communication

Good communication is important, especially with a large team like BAC. Expect to see weekly emails from your swimmer's lead coach, and coaches are generally available 15 minutes before and after each practice. Feel free to email your lead coach or Jacob with any questions!



**Badger Aquatics Club**