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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!



Welcome

Welcome (or welcome back) to the fall session for the Badger Aquatic Club!

The coaching staff is really excited for this year's team. We've got a great mix of returning swimmers that have been with BAC for years and new swimmers that we're excited are starting with our program. We're coming off of a strong summer season that comes off of our best-ever winter season; double state champions and a top-65 national finish. Should be an awesome season!

At BAC we place a high value on communication; within our staff, between the coaches and swimmers, and between the coaching staff and the parents. One facet of this communication will be 'somewhat-weekly' (probably about 18 times over our 24 week season) newsletters that go out to the whole team. Sometimes these will be used to celebrate team and individual accomplishments, sometimes they'll be a way to get out

consistent information to the whole team, and sometimes they'll be a vehicle for parent and swimmer education.

For the first newsletter of the fall, we'll be talking about some of the basic aspects of being on BAC, both as a reminder to our returning parents, but especially as important info for our new families.

Practice Calendars

The first and best place you should check if you have any questions about when and where practice is for your swimmer is under the 'PRACTICE CALENDAR' tab on the website. There you'll find a drop-down menu with each of our roster groups listed. Each calendar already has the default practices added, as well as potential conflicts like holidays, BAC meets, or HS meets that prevent us from using a pool. Whenever we have these conflicts it forces us to change or cancel practice



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for some of our groups. Anytime that we make one of these changes, it gets posted in red on the calendar, and changes get communicated via email as well.

Also, please be aware that a number of our groups have time for 'dryland training' (work done outside of the pool) built into their weekly schedule. Swimmers should know what days they'll typically have dryland and come prepared.

Communication

You should expect to see an email specific to your swimmer's group nearly every week from the group's lead coach. This is our primary method of communicating group-specific things to our parents. One of the important things to note in the Week 1 email is what equipment is required or suggested for your swimmer, as it varies by group. All of our groups also have some version of a 'Monday Meeting' (occasionally a 'Tuesday talk') where we sit down with the kids and talk about any upcoming practice changes, meet deadlines, special event reminders, and anything else that is important for that week. Please get in the habit of asking your swimmer what was discussed at the Monday Meeting as it helps them take responsibility for some of the communication and for their participation on the team. Communication is obviously a two-way street, so we certainly encourage parents to reach out with any questions, comments, or concerns. Sometimes the best way to reach out

is by replying to a lead coach's email and sometimes it's better to ask in person. Our coaches are generally at the pool 15 minutes prior to practice and for 15 minutes after practice, so these are great times to ask your questions. (Side note: because that's the time staff will be at the pools, we ask that you don't drop kids off any earlier and that every attempt be made to pick them up within 15 minutes as well.) We just ask that you be mindful of the practice environment and not interrupt with a question unless it's urgent.

Pool Rules: Being a Good Guest

BAC uses over a dozen different pools and spaces for practice at different points in the season, and the rules can be different for each one. (If you are not sure about where a building is or where the pool is within the building, there is a link to maps and directions on our website.) Some pools ask that you remove shoes before coming on deck. At some pools we're allowed entry prior to practice, at others we typically wait in the hall. Some have locker rooms that are specific to the pool area while others are much more open. Your swimmer's lead coach will outline the expectations and rules at each of their pools in their Week 1 email and address any issues/reminders that may come up as the season progresses. The one constant at each and every facility and space that we use is that we are GUESTS there and need to



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act accordingly. BAC does not own or operate any of our pools, and our continued good relationships with our facility partners is the lifeblood of our program. We've had several years of great behavior out of our swimmers and parents, but we'll still start the year really hammering that point home. The areas of biggest concern in the past have been locker room behavior, noise or running in the hallway outside of pools, picking up and taking care of equipment, and being respectful to any facility staff.

One last note on our practice pools. Parents are free and welcome to observe any practices they'd like to (although your swimmer may often do better without being 'distracted' by mom and dad). However, it is a USA Swimming insurance requirement that 'members' (coaches and athletes) are in a separate area from 'spectators' (parents and siblings) while a practice is being run. Consequently, all of our pools/practices have designated areas for parents to watch from, typically the bleachers off to the side of the pool.

Coaching Staff

Because we have Wisconsin's largest swim team, we also have a correspondingly large staff! This helps us keep the swimmer to coach ratio low at each practice and gives your swimmer a chance to interact with a number of different coaches. Your Week 1 Group Email will list the coaches you can expect to see working with your swimmer the most often, and they'll

come across other coaches as well at meets, special events, and combined practices.

We've always felt that a strength of BAC is the continuity of our coaching staff. Many of our coaches have been with the program for well over a decade! We're also really excited about some of the new coaches that are joining us this year. If you see a new face on deck (like Amber, Tomer, Maggie, Anna, Nicole, Racheal, or anybody else) please make them feel welcome. We'll have some coach bios and other neat features in future newsletters.

Parent Meeting

Please remember to attend the BAC Parent Meeting on Sunday, September 18th at 11:0am. The meeting is at the Middleton HS in the 'courtyard' (cafeteria) which is to the south (University Ave side) of the pool, on the same side of the building. There's a ton of information to cover at the beginning of the season, and so much of it won't fit in this newsletter. At the parent meeting you'll hear all about how excited the staff is for another season, about our clothing options and clothing order, about meet sign-ups and volunteer requirements, and about anything else you want to know as the season kicks off!

That's all for now – have a great first week.

GO BAC!



Badger Aquatics Club