



**June 2, 2025**

BK Swimmers & Parents,

Hello returning Knights and Incoming Freshman! Coach Chelsea Johnston and I are very excited for the upcoming season. We will again be competing as a 6A school next season, but this time as reigning state champs! We will need to rise to the challenge and defend our title while swimming against the biggest schools in the state.

We are still a few months out from the start of our season, but Chelsea and I are starting to work on our schedule, including the tryout week, our annual retreat, and some potential summer activities. I'll be doing my best to send regular updates between now and the start of the season. For now, I have a few notes to share and a couple items to get on your calendars.

### **Practice Schedule & Location:**

We will be practicing at the Idaho Central Aquatic Center (ICAC). ICAC is located at 3575 S. Findley Ave. Practices will be Monday through Friday, from 4:00 to 5:30pm. On Tuesdays and Thursdays, we will be doing strength training with Off The Field. This will be done at the aquatic center and will probably run from 5:15 to 6:00ish. This is optional, but highly recommended.

### **Tryout Week:**

The first week of practice will be the week of August 11th – 15th and will be a busy one. This is a week later than we have started in the past and school also starts at the tail end of this first week. This is considered our “tryout” week. Tryout week is designed for you to decide if you are a good fit for the program. It also gives coaches a chance to evaluate the team and help determine practice groups and lanes. We will have some basic minimum standards this year to be able to participate. They are as follows:

1. All swimmers must be able to do legal freestyle and legal backstroke.
2. All swimmers must be able to swim continuously for 300 yards (basic daily warmup).
3. Women must swim a 50 yard freestyle in under 38 seconds.
4. Men must swim a 50 yard freestyle in under 35 seconds.

If anyone has questions or concerns about these standards, please reach out anytime. We will do whatever is possible to make sure everyone can meet these basic requirements. They are not designed to prohibit participation, but instead help keep everyone together as a group during team practices.

### **Retreat:**

Coach Chelsea is working on our annual team retreat, which is currently scheduled for August 23-24<sup>th</sup> in Stanley, Idaho. We will provide additional details as soon as possible. Participation in the team retreat is optional and the cost will be approximately \$150 (includes, camp, meals & transportation).



## **Sports Registration and Physicals:**

All swimmers must complete the athletic registration process by following the instructions on the BK Athletics website (<https://www.bkathletics.org/forms>). I cannot help with this process in any way. If you have questions or concerns, you should direct them to David Redinger (phone and email on the website).

**IMPORTANT: ATHLETES ARE NOT ALLOWED TO PARTICIPATE IN ANY BK ATHLETIC ACTIVITY UNTIL PARTICIPATION AND HEALTH EXAMINATION AND CONSENT FORMS ARE COMPLETED AND SIGNED OFF BY THE SPORTS MEDICINE COORDINATOR.**

## **Varsity Travel Trip:**

We are very excited to be taking a trip north this year to swim against Lake City in Coeur d'Alene. This trip will only be for our athletes competing at the Varsity level. We will be driving to Coeur d'Alene on September 12, practicing with the Lake City team that afternoon, and the competing in a Dual meet on Saturday, September 13. We'll return to Boise when the meet concludes. The team will travel together and be housed at a team hotel.

## **Information Meeting:**

We will hold an information meeting for swimmers and parents on Monday, June 16 at 3:00pm at ICAC. This is not required, but I'm encouraging all of you to attend so we can all connect and get ready for another great season.

## **Information & Contact Details:**

You can always reach me by email ([rstratton@bk.org](mailto:rstratton@bk.org)) or on my cell (208-409-2293). You can also find up-to-date information on the team website: <https://www.bkathletics.org/page/show/8517170-swim-team-2024-?subseason=924748> Currently, the site has information from last season, but we will update this as the summer progresses.

## **Team Gear:**

We are working on getting a team store posted online. The store will have a variety of items for swimmers and parents to purchase. There will be 2-3 items that will be mandatory for swimmers to purchase as part of the team "uniform". We'll send info out on the store once it is up and running.

## **Contacts:**

Head Coach: Ryan Stratton ([rstratton@bk.org](mailto:rstratton@bk.org))  
Asst. Coach: Chelsea Johnston ([chelsea@icacenter.com](mailto:chelsea@icacenter.com))



## Calendar Reminders:

- Information Meeting: 6/16 @ 3:00pm @ ICAC
- BK Registration Forms Due: 7/31
- First day of practice: 8/11
- Retreat: 8/23 - 8/24
- Fall Sports Meeting: 8/20 (Tentative Date / Parents Only)
- First Meet: 9/2

## Meet Schedule:

The schedule is attached. We have five local meets and our meet against Lake City (the Lake City meet is not on the schedule). Meets are at both the West Y and ICAC. The location of the District meet has NOT been finalized by the conference athletic directors, but it is scheduled for October 28. The State meet will be held at the West Y on November 7 & 8.

## Summary:

We're looking forward to another great season and I'll be continuing to provide updates as we approach the season. Please plan on attending our information meeting on June 16<sup>th</sup> and reach out anytime with questions!

Go Knights!  
Coach Ryan