



May 23, 2024

BK Swimmers & Parents,

Congratulations to everyone for finishing another great year of school! I'm sure you all are excited for summer and a few months away from BK. And, hopefully, excited for our first day of practice on August 12th.

Today's update is just to make sure we have some reminders on your calendar for important dates as the summer progresses. We have finalized various in-season events and are looking forward to connecting with everyone on June 12th at our first information meeting.

Calendar Reminders:

- Information Meeting: 6/12 @ 3:00pm @ ICAC
- BK Registration Forms Due: 7/31
- First day of practice: 8/12
- Retreat: 8/23 - 8/24 (Horsethief)
- Fall Sports Meeting: 8/21 (Tentative Date / Parents Only)
- First Meet: 9/7
- Brvae-Knights Invite 9/27-9/28

Quick Info:

- **Practice Schedule & Location:** Idaho Central Aquatic Center (ICAC), M-F 4:00 to 5:30pm.
- **Strength Training:** Tuesdays and Thursdays with Off The Field, 5:15 to 6:00pm
- **Tryout Week:** August 12th – 16th
- **Minimum Requirements:**
 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:** August 23-24th at the Y Camp at Horsethief. Participation in the team retreat is optional and the cost will be approximately \$150 (includes, camp, meals & transportation).
- **Sports Registration and Physicals:** BK Athletics website - <https://www.bkathletics.org/forms>
- **Information Meeting:** Wednesday, June 12 at 3:00pm at ICAC (not required, but encouraged)



- **Contacts:**

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

You can always reach me by email (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.

Chelsea and I are looking forward to a great season and are always here as a resource for you, so please email or call anytime with questions. Stay in shape and make sure you are prepared to get to work on August 12th. Have an amazing summer and we'll see you all soon!

Go Knights!
Coach Ryan