



August 25, 2025

BK Swimmers & Parents,

It's been a great couple of opening weeks and we have appreciated everyone's hard work and communication. Now that school has started and you have more obligations in front of you, please stay organized, keep an eye on your calendars, and continue to let your coaches know if you have any practice conflicts.

Intrasquad Meet – Next Wednesday:

The revised schedule (posted on the team website) eliminated our first meet. To replace this, we will be running an Intrasquad meet next Wednesday (9/3) during our normal practice time. We'll operate this like any normal dual meet and give everyone a chance to swim a couple individual events and one relay. We'll need 3-4 parents that can help. No formal sign up needed—just join us for practice that day and we'll put you to work as a timer or runner. Warm-ups will be at 4:00 and we'll start the intrasquad at 4:20.

We'll be using this Intrasquad meet to finalize our travel roster for Lake City. Please do everything you can to attend. If you have a conflict that cannot be cleared, please let me know ASAP.

Parent Volunteer Sign-Up:

We are finalizing the sign-up sheet for our various volunteer needs and will send that out later this week. Thank you to Sarah Lynch for keeping us organized! We will need four total Chaperones for the Lake City trip and we are asking those parents to drive separately so we can spare every seat on the bus for as many swimmers as possible. Parents can travel together, and we will be covering the cost of your hotel rooms. We'll need one male chaperone and three female chaperones. If you have any questions on this, reach out to either Sarah or I anytime.

September Calendar:

- Intrasquad Meet: 9/3
- Lake City Trip 9/12 – 9/13
- Dual Meet at ICAC: 9/20
- Brave-Knights Invite 9/26 – 9/27

Starting next week, our schedule starts to get very busy. Let's get ready to have fun and compete to the best of our abilities! As always, if you have any questions, please reach out anytime!

Go Knights!
Coach Ryan

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