



September 10, 2023

BK Swimmers & Parents,

Congrats on a great meet yesterday! We put you in your "off" events and everyone stepped up to the challenge. And more importantly, BK was the best TEAM on the pool deck yesterday--your support of each other was exemplary and the genuine fun that you exuded at the meet makes coaching you all so very easy. Thanks for being awesome!

Kudos:

- Women beat Borah 114-53 and Kuna 136-27
- Men beat Borah 124-35 and Kuna 127-34
- Kevin Martinez (Fr) picked up his first High School Dual Meet Victory in the 200 Free
- Hadley Dermott (So) and Mercedes Russell (Jr) also crushed their 200 freestyles
- Cameron Schaurer (So) & Adam Hanson (Sr) both picked up best times in the 200 IM
- Gianna Tudor (So) went under 30. in the 50 free for the first time going 29.9
- Easton Michaud (Jr) had a great 50 free while simultaneously trying to avoid a wardrobe malfunction!
- Sofia Guzman (So) had a beautiful 100 free and dropped 7 seconds off her best time.
- Heidi Hatten (Fr) swam a great 100 free and was 4 seconds faster than two weeks ago.
- 500 Swimmers: Shae Stratton (Sr), Spencer Bradburn (Fr), Jack Kartel (Jr), Anja Mueller (So), Corina Bell (Jr), and Lillian Brady (Fr) were all exceptional and had very solid mid-season swims.
- Lucy Penna (Jr.) rolled to the fastest time in the state in the 100 backstroke (her new favorite event)
- Seoyoon Song (So) dropped 19 seconds in her 100 breaststroke!
- And more.... we'll recognize more great swims on Monday.

Meet Awards:

- Best come from behind victory: Corina in the 400 free relay (teammates: Lucy, Amelia & Sofia)
- Best Underwaters: Seyoon & Hoyoon executed beautiful turns and underwaters
- Iron Woman: Ash crushed the 100 fly / 100 free back-to-back double
- Frosh Power: Greta & Stephen always stepping up and giving 100%

Meet Wrap-up:

Yesterday gave us an opportunity to try different things and will help the coaches work through different relay combinations as the balance of the season heads toward the championship meets. Be prepared to continue trying new events and stepping up in

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1. State Champions
2. Positive Attitudes
3. Family



various relay roles. Most importantly, keep the TEAM momentum rolling as it feeds the beast! Full results are attached.

Our next meet is Tuesday, September 19th at the West Y.

Weekly Reminders:

Monday thru Friday: Practice 3:30-5:00pm

Tuesday & Thursday: OTF Strength Training 5:00-6:00pm

Monday, Wednesday & Friday: Team Time 5:00-5:15pm

Friday - We'll do a brief mid-season team meeting before practice on Friday. Please do your best to attend.

THANK YOUs!

- Kim Tobler for providing Friday's Carbo Load!
- Meet Volunteers - Thank you for stepping up to help everything run smoothly
- Clean-up Crew - Thanks to all those that stayed and helped us clean the facility and put away the meet equipment.
- Apparel - HUGE thank you to Yolanda Hanson for coordinating the team uniforms with the captains. We looked fantastic yesterday!

Parent Apparel:

Yolanda is working with Riverside Embroidery to create an online store that will allow you to place individual orders. We'll have a couple order windows and will give you all a heads up and send a link when this is ready.

Communications:

Thank you all for doing much better this past week with communicating with the coaches. As a reminder, student-athlete related issues should be handled by the student-athlete, if possible. Chelsea and I can be reached anytime by phone or email...

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Please enjoy the balance of your weekend and we look forward to seeing you all on Monday afternoon!

Go Knights!
Coach Ryan

Faith Academics Motivation Inspire Leadership Your Success

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