



October 13, 2024

BK Swimmers & Parents,

**16 Days Until Districts**  
**26 Days Until State Championships**

What a busy 10 days!! We just had another great meet yesterday with amazing swims whole honoring our 10 senior student-athletes. On Tuesday, we head to the West Y for another dual meet, and then we have our last dual meet of the season the following Tuesday. But, more importantly, we are now just 16 days from District Champs and 26 days from State!

**Saturday's Meet:** Congratulations to our 10 seniors! The class of 2025 is an amazing group of people and it continues to be a great pleasure to coach you all every day. The team honored you well with resounding wins last night and there were some awesome swims to be proud of:

- Seoyoon Song with a District qualifying time in the 50 Free!
- Beck & Anja Mueller with solid sibling 200 Ims
- Addison Lopez with a great 200 & 500 Double and a win in the 500
- Jillian Majewski with a fantastic finish to her 500.
- Lucy Penna with a great in-season 50 free!
- Spencer Bradburn and Julien Bernier with lifetime bests in the 100 Fly
- Ash Christie with a season-best 100 Free
- Abigail Lynch with a best time in the 100 Back
- The trio of Frankie Crichton, Anna Beelaert, and Katherine Druist with awesome 100 breast swims
- Logan Carr & Stephen Druist with best times in their 100 breaststrokes.
- And many, many more!

**Team Mass:** Reminder that we have team mass tomorrow morning. Swimmers are required to attend Team Mass—if you do not attend mass tomorrow, you will NOT swim in the meet on Tuesday. Please arrive no later than 7:40am. If there are circumstances that will prevent you from attending, please let me know ASAP and we will make accommodations for an alternative option.

**Tuesday Meet:** Our next meet is Tuesday, 10/15, at 5:30pm. We are tentatively planning on an early release on Tuesday at 1:30. We will load team buses and travel to a pre-meet team activity. Warm-ups are scheduled for 4:30pm. The meet lineup has been submitted and is attached.

Coaches:

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Chelsea Johnston  
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After the meet, swimmers can be released to their own parents only. All others will load the team bus and head back to BK. Due to the late start time of the meet, we will be encouraging parents to take their kids from the meet and head home. Please plan accordingly so you do not have vehicles left at BK. If this schedule changes, we will notify everyone by Monday evening.

**District Qualifiers:** We continue to achieve first-time District Qualifying time, which is absolutely awesome! On the women's side, we will be constrained by the allowable number of entries, but we are going to focus on getting everyone qualified for the meet and we are closing in on that objective. We'll spend time discussing District over the next couple weeks.

### Calendar Reminders:

October 14	@ 7:40am -	Team Mass at BK
October 14	@ 5:15pm -	Carbo Load at ICAC
October 15	@ 5:30pm -	Dual Meet – Eagle & Centennial
October 21	@ 7:40am -	Team Mass at BK
October 21	@ 5:15pm -	Carbo Load Dinner at ICAC
October 22	@ 5:30pm -	Dual Meet – Rocky Mountain & Centennial
October 28	@ 7:40am -	Team Mass at BK
October 28	@ 5:15pm -	Carbo Load Dinner at ICAC
October 29	@ 9:00am -	JV District Champs at West Y
October 29	@ 3:00pm -	Varsity District Champs at West Y

We're looking forward to a great week ahead. As always, if you have any questions, please reach out anytime!

Go Knights!  
Coach Ryan



## 2024 TEAM COVENANT

- **WE ARE** strategically sophisticated in our success both swimmingly and scholarly.
- **WE WILL** be hard working and strive to achieve inspiring actions filled with integrity in an environment full of spirit.
- **WE ARE** a supportive community that leads by example through every aspect of our lives.
- **WE WILL** put in maximum effort in everything we do.
- **WE ARE** respectful and supportive of all teammates and opponents.
- **WE WILL** bring extraordinary energy and dedication to every practice and create a friendly and cohesive environment for all athletes.
- **WE WILL** motivate, inspire, and be respectful to all surrounding athletes, coaches, and officials.

## TEAM GOALS

### Women's Team

- (1) Win 6A State Championship
- (2) Academic State Champions
- (3) Be a Team, In and Out of the pool

### Men's Team

- (1) Top 3 Finish at 6A State
- (2) Relay Finalists at State
- (3) Academic State Champions

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