



FALL 2024 “WEEK 0” & PARENT MEETING

INFORMATION ON THE FIRST WEEK OF PRACTICE (“WEEK 0”), THE FALL PARENT MEETING, AND MORE!

We hope that all of you are as excited as our coaching staff is to get the Fall 2024 Season underway!

We have another year with an exciting mix of returning BACers combined with promising new swimmers. We’re coming off of a fantastic summer season where we broke [30 team records](#) – by far our most since COVID – and we’re expecting even bigger things for the coming year!

PRACTICES START SEPTEMBER 9TH WITH “WEEK 0”

The majority of our groups do NOT have practice next week – we start 9/09. (The exception being Madison Junior, JP, Gold, and Senior groups that should have already received an email about some limited practice options this week.) However, given the unusual calendar this year (the season has an ‘extra’ week relative to past years) we’re trying something different. Details will be different for each group and location, but here are the broad strokes of Week 0...

- An abbreviated practice schedule – about half the number of a normal week
- Some social opportunities, either for swimmers, for parents, or both!
- BAC Fall Parent Meeting on Wednesday night

We’ll start our ‘regular’ practice schedule for all groups starting September 16th!

BAC FALL PARENT MEETING

We’ll have our BAC Fall Parent Meeting OVER ZOOM on [Wednesday, September 11th, from 7:00 – 7:45 – 8:30p](#). We ask that EVERY family either attend that night OR you can watch on YouTube at a later date. We’ll run it as a two-part meeting; first we’ll run through some of the basic stuff and highlight what’s new for Fall 2024. After about ~45 minutes we’ll allow ‘experienced’ parents to log off and spend another ~45 minutes on content aimed at families and swimmers that are newer to BAC, followed by some Q&A. We’ll have an agenda and link later this week!

TEAM-WIDE EMAILS ARCHIVED

Any time we sent an ‘extra important’ email out to the whole team, we also ‘archive’ the information by posting it under the ‘Emails and Docs’ tab on the website. Checking that tab now you’ll find this email as well as information about the 2024-25 SCY Meet Schedule (also posted under the ‘meets’ tab). These first few weeks we end up sending and posting a LOT of information, but we promise it’ll slow down once we get into the season! That’s all for now – GO BAC!

REMEMBER! WE LOVE QUESTIONS, SO IF YOU HAVE ANY JUST ASK!