



DATES FOR YOUR CALENDAR

- **3/21-3/23** - IN Swimming Age Group State Championships @IU Natatorium

- **3/27-3/30** - Speedo Sectionals @IU Natatorium

- **4/7-4/10** - New Swimmer Evaluations
Please share this link for anyone interested in swimming with BBSC

- **4/11** - New Parent Meeting

- **4/13** - End of Short Course Season AND Beginning Long Course Season Banquet
1pm at BHS Cafeteria - Enter Door 6 - Please RSVP
Please RSVP Here for Accurate Attendance Numbers

- **4/13** - Butterbraids Fundraiser Begins

- **4/14** - First Day of Practice for Long Course Season

Summer Meet Dates are Posted on the BBSC Website Calendar



Coach Matt's Corner

How to prepare your swimmer for a long meet.



Dear BBSC parents and families,

We are halfway through the championship season and I wanted to review best practices to prepare your swimmer for these long meet weekends.

First, pack lots of snacks and drinks. Swim meet sessions can last upwards of 4 hours. Often times swimmers are in the pool racing, warming up, or cooling down. This means on an average meet day the swimmer is swimming more than an average practice. Make sure your swimmer is staying hydrated through the meet session and has plenty of snacks to keep them energized.

Second, make sure to have warm clothes on deck, but most importantly shoes! We want to make sure that after your swimmer warms up to swim that they stay warm. They should try to have some warm athletic gear to put on in between swims. If your swimmer gets too cold on deck it will effect their circulation, which can affect how well they feel swimming. Also, a pair of shoes, preferably sneakers and socks are the secret that most professional swimmers will vouch for. Keeping your feet warm will help keep the rest of the swimmer warm, but also having proper arch support on a slippery and uneven floor will decrease tension and muscle soreness. Shoes are a must have on deck if you want your swimmer at their best.

Finally, try to talk to your swimmer about limiting time on their phones at the meet. Spending some time watching their teammates race will not only help them focus on swimming but makes it more fun for their teammate. The coaches know it's a long session and breaks from the meet are needed, but your swimmer will have a better time on deck getting involved with their teammates.

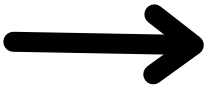
Go Dogs!
-Coach Matt



Subscribe to the Calendar 



How to Sign Up for a Meet? 



2024-2025 Swim Season Info 

Parent Communication "BAND" App Link

