

# BAC Weekly Newsletter

March 27, 2024



## Practice Changes

### Wednesday, 3/27

Gold 1: 4-5:30pm at Rocky

### Thursday, 3/28

Gold 1: 5:30-7pm at Rocky

### Friday, 3/29

Gold AM Practice Canceled

### Tues, 4/2 - Thurs, 4/4

Gold AM Practice Canceled 4/3

Gold 1, Gold 2, Silver: 3:45-5:15pm at MSUB

Bronze, Jr Stingrays: 5:15-6:15pm at MSUB

Future Stingrays: 5:30-6:15pm at MSUB (Tues & Thurs Only)

## Upcoming Events

### Senior Short Course Zones

April 3-6th (St. George, UT)

\*Finalized Entries Posted!

### Spring Chicken Meet

April 19-21st (Bozeman)

1st Long Course Meet of the Year

### BSSG/Sprint Meet

April 28th (MSUB)

Sign Up Through BAC Website!

### BAC Meet

May 17-19th at MSUB

[Long Course Schedule Online](#)

## Congrats at SWAGR!

Congrats to Isabel Cancro, Josie Cancro, Alexa Githens, Addison Hale, Robert Hasiak, Sophia Hasiak, Hayden Jakub, Jonas Johnson, Liam Knight, Alivia Schmalz, Jonah Schmalz, Vanessa Sheridan and James Wild on fighting through the elements in Clovis, California last weekend and finishing 10th overall (and the top Montana Team)!!!

**Josie Cancro** broke the 13-14 MONTANA STATE RECORD in the 500 Free (5:05.42) as well as the BAC Team Records in the 500, and the 200 Free (1:56.46)!!!

**Hayden Jakub** broke the 9-10 BAC Team Record in the 100 Fly (1:08.52) and had an awesome last 25 to win the event!

**Alexa Githens** qualified for her 1st Senior Sectionals Meet and picked up her Age Group Zones cut in the Mile (18:19)!!

**Sophia Hasiak** qualified for her 1st Senior Zones Champ Meet in the 400 IM (4:48.2) and 200 IM (2:16.6) and is just off her Age Group Zones cut!

The 13-14 Girls broke 2 BAC Relay Records! The 400 Medley Relay Team of **Alexa Githens, Sophia Hasiak, Vanessa Sheridan and Josie Cancro** broke the previous record by over 3 seconds! The 400 Free Relay Team of **Alexa Githens, Josie Cancro, Vanessa Sheridan and Addison Hale** continued the record-breaking streak! Both records had stood since 1999!

Another 13-14 BAC Boys Relay Team Record was broke this championship season! This time the 400 Medley Relay Team of **Jonas Johnson, Jonah Schmalz, Liam Knight and James Wild** broke the record that had stood for 26 years!

### Top 10 Finishes

**Josie Cancro:** 1st (200 Free, 1000, 500, 100 Free), 3rd (400 IM, 50 Free)

**Vanessa Sheridan:** 1st (Mile, 200 Fly, 1000, 500), 4th (100 Fly), 7th (400 IM)

**Alexa Githens:** 3rd (Mile, 200 Back), 5th (100 Back, 1000, 500)

**Robert Hasiak:** 4th (Mile, 1000)

**Sophia Hasiak:** 3rd (200 IM), 5th (400 IM), 10th (1000)

**Hayden Jakub:** 1st (100 Fly), 3rd (200 IM), 5th (500), 9th (200 Free)

**Jonas Johnson:** 1st (200 Back), 3rd (100 Back), 7th (400 IM, 50 Free), 9th (200 Free)

**Liam Knight:** 7th (200 Fly)

**Alivia Schmalz:** 4th (1000), 9th (Mile)

13-14 Girls Relays: 1st (400 Free), 5th (400 Medley), 8th (200 Free)

13-14 Boys Relays: 2nd (400 Medley), 4th (200 Medley), 6th (400 Free), 7th (200 Free)

Remind App:

Gold: @BACGO

Silver: @BACSI

Bronze & Jrs: @BACBRO

## Summer Schedule Begins June 3rd, 2024

### Future Stingrays

Tues & Thurs: 4:45-5:30pm at Rocky

### Jr Stingrays

Monday - Thursday: 4:45-5:45pm at Rocky

### Bronze

Monday: 4:15-5:45pm at Rocky\*

Tuesday: 8:30-10am at Rose Park

Wednesday: 4:15-5:45pm at Rocky\*

Thursday: 8:30-10am at Rose Park

Friday: 8:30-10am at Rose Park

\*\*Mon & Weds: first 15 minutes will be dryland. Please bring athletic shoes\*\*

### Silver

Monday - Friday: 8:30-10am at Rose Park

Saturday: 8-10am at Rose Park

### Gold 1

Monday - Thursday: 7-8:30am at Rose Park

### Gold 2

Monday-Friday: 6-8:30am at Rose Park

Saturday: 8-10am at Rose Park

\*\*Additional Doubles: Mon-Thurs 3-4:30pm at Rocky\*\*

## Congrats Omar Shahin!

Congrats to Omar on being selected to represent Montana Swimming at the 2024 Western Zone DEI camp in Indianapolis June 17-20!!

The camp will be exciting, and he'll have the opportunity to meet and train with 40 other athletes from across the Western Zone. Plus, he will attend finals of the Olympic Trials on the evening of June 19!

## Good Luck at Senior Zones!

Good Luck to the Stingray Swimmers headed to St George, Utah next week to race at the Short Course Senior Zones Championship!

The Psych Sheet is attached to the newsletter!

Go Stingrays!!

## Spring Practice Schedule February 12th - Beginning of June

### Future Stingrays

Tues & Thurs: 5:45-6:30pm at Rocky

### Jr Stingrays

Mon: 5:15-6:15pm at MSUB  
Tues: 5:15-6:15pm at MSUB  
Weds: 5:15-6:15pm at MSUB  
Thurs: 5:15-6:15pm at MSUB

### Bronze

Mon: 3:45-5:15pm at MSUB  
Tues: 3:45-5:15pm at MSUB  
Weds: 3:45-5:15pm at MSUB  
Thurs: 3:45-5:15pm at MSUB  
Frid: 3:45-5:15pm at MSUB

### Silver

Mon: 3:45-5:15pm at MSUB  
Tues: 5:30-7pm at Rocky  
Weds: 3:45-5:15pm at MSUB  
Thurs: 5:30-7pm at Rocky  
Fri: 3:45-5:15pm at MSUB  
Sat: 7-9am at Rocky

### Gold 1

Mon-Thurs: 7-8:30pm at Rocky

### Gold 2

Mon-Fri: 3:30-5:30pm at Rocky  
Sat: 7-9am at Rocky  
\*AM Practice MWF 5:30-7am at Rocky

Go Stingrays! BE A CHAMPION!