

# BAC Weekly Newsletter

April 3, 2024



## Practice Changes

### 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)

### Friday, 4/5 & Sat, 4/6

**All Practices Canceled**

## Upcoming Events

### Senior Short Course Zones

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

### Spring Chicken Meet

April 19-21st (Bozeman)

Long Course Meet. Jr Stingrays check with Coach Jessica if this meet is right for you

### BSSG/Sprint Meet

April 28th (MSUB)

Sign Up Through BAC Website!

### BAC Meet

May 17-19th at MSUB

[Long Course Schedule Online](#)

## Good Luck at Senior Zones!

Good Luck to Crystal Benjamin, Ava Cancro, Kelly Early, Myrka Hardy, Adrienne Hasiak, Ella Klies, Julia Lund, Abbey Nynas, Sy Pizzolato, Bennett Seitz, Dylan Shelton and Ty Zarbock who are competing at Senior Zones this week in St George, Utah!

Go Stingrays!

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## Summer Practice 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\*\*

This Schedule is Subject to Change as we get closer to Summer.

**Remind App:**

**Gold:** @BACGO

**Silver:** @BACSI

**Bronze & Jrs:** @BACBRO

## Practice Changes Communication

As always, we will do our best to have practice changes for the upcoming week on the newsletter. But if there are ever last-minute cancelations they will be sent out as soon as possible and by:

**Email:** Team Unify only allows 1 email per account.

**Remind App:** the remind app sends like text message and an alert can pop up when messages are sent out. Swimmers can also add themselves to these groups.

Gold Group: @BACGO

Silver Group: @BACSI

Bronze, Jr Stingrays and Future Stingrays: @BACBRO

**Facebook (private group):** on Facebook BAC has a Public Page (BAC Stingrays) that is used for marketing, but we also have the private page (Billings Aquatic Club). To join the group, you have to answer a few questions. The private group is where last minute changes are posted.

\*\*As a reminder of USA Swimming's MAAPP Policy - if swimmers are communicating electronically with coaches, they must include their parent on the communication\*\*

## Summer Employment Opportunities

For Swimmers looking for Summer Employment - both Rocky and Billings Park and Rec are looking for lifeguards and swim instructors. Both facilities also train and certify lifeguards.

For Rocky - Contact Gail Nutting at [guttingg@rocky.edu](mailto:guttingg@rocky.edu)

For Billings Park and Rec - Contact Dawn Marie at the Parks and Rec Office 406-657-8371 or find more info online at [billingsparks.org](http://billingsparks.org)



Stingrays at SWAGR



## 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!