



## **BAC Welcome Packet 2022-2023**

Welcome to Billings Aquatic Club! We are so excited that your swimmer is a Stingray!

As one of the largest and best swim teams in Montana and across the Western Zone, Billings Aquatic Club has had a multitude of achievements in its history. Our current Coaching Staff with Head Coach Sean Marshall and Head Age Group Coach Jessica Marshall have been a part of BAC's success over the last 7 years which include:

8 Consecutive Montana State Team Championship Titles,

2 2020 Olympic Trial Qualifiers,

6 Junior National Qualifiers,

2 USA Swimming National Junior Team Members,

86 Montana State Records,

100's of BAC Team Records across all age groups

And so much more!

Using a coaching style and progression of skills that are consistent across all levels, BAC continues to grow on these successes as we strive to carry on a tradition of excellence! At every practice swimmers can expect: high quality stroke technique feedback from coaches, a safe and positive atmosphere and having fun while working hard!

Go Stingrays!



## New Stingray FAQ 2021-2022

**Who do I contact if I have questions about billing, practice schedules, or general questions about BAC?** The first person to contact with any of these questions is your swimmer's coach. The best way to do this is by emailing them directly at:

Head Coach Sean Marshall: [bacstingrays@gmail.com](mailto:bacstingrays@gmail.com)

Head Age Group Coach Jessica Marshall: [coachjessicamarshall@gmail.com](mailto:coachjessicamarshall@gmail.com)

Coaches are also available before and after practices (but never during practices) for any questions.

**Can I watch my swimmer's practice?** Yes for practices at MSUB and Rocky. Please see the following for Spectator Policies for each location.

**Rocky:** Each practice is limited to 3 On Deck Spectators, as long as the capacity of the pool area is 49 people or less. Seating will be limited to the chairs by the main entrance to the pool. Spectators can also watch from upstairs windows.

**MSUB:** The balcony will be open for spectators. The only entrance for spectators is through the south pool door.

**Yellowstone Fitness:** This pool does not have the capacity to allow for BAC spectators as the area is very limited and there must be room for their members using the facility.

- Spectators must remain in designated areas during practices.
- Coaching is to be left to the coaches, parent interference is not allowed during practices.
- Coaches are available for questions before or after each practice.

**How many practices a week should my swimmer attend?** BAC Coaches are flexible with how many practices swimmers attend each week. Each group has a recommended number of practices (found on our website under group descriptions) that will be the most beneficial for your swimmer's progress on our team.



**Are Swim Meets required?** Swim meets are not required but are highly encouraged for all our swimmers besides our pre-comp group. All our swimmers will be ready for their first swim meet after only a few weeks of being on the teams. Swim Meets are a great time for swimmers to meet more of their Stingray teammates and competing is why our swimmers train. Coaches design training philosophy and practices around all swimmers competing in swim meets. Swimmers are more likely to continue with the sport if they are attending practices and swim meets. Younger swimmers may be nervous to compete, and this is where trusting their coaches comes into things – have your swimmer talk to their coach about meets and if they are ready to compete! Not all meets require you to travel, BAC is lucky to have a full staff of meet officials and equipment to host our own meets in town!

**Does BAC have a website?** Yes! Our website is [bacstingrays.com](http://bacstingrays.com) and has resources for new and returning parents such as: Team Policies, BAC Team Records, Meet Signups, Past and Current Newsletters, Coach Bio and Contact Information, and so much more. Be sure to take the time to explore the website.

**Is BAC on Social Media?** Of course!

Instagram: [billingsaquaticclub](https://www.instagram.com/billingsaquaticclub)  
Facebook: BAC Stingrays (Public)  
Facebook: Billings Aquatic Club (Private)

For our Facebook pages: BAC Stingrays is our Public Page that we use for marketing, and Billings Aquatic Club is a private group that we ask all our current members to join. On the private page, we post meet accomplishments, last minute practice changes and it's a place for our parents to connect.

**Where can I purchase Gear or BAC Apparel?** Some gear can be purchased by emailing Coach Jessica. We usually have a stock of kickboards, paddles and pull buoys as well as Speedo Backpacks, practice swimsuits for girls and boys and goggles to purchase. For BAC Apparel, we have a swim store that opens 3 or 4 times a year that has shirts, sweatshirts, hats, towels, parkas, and so much more!



**Is there a newsletter?** BAC sends out a weekly newsletter (usually on Wednesdays) with practice changes, swim meet information, swimmer accomplishments, board meeting dates, sign up deadlines, plus more! Be sure to read this each week to stay in the loop! Past newsletters can also be found under the News section of the website.

Also we utilize the **Remind App** to send out announcements as well. Each group can be found under:

Gold: @bacgo

Silver: @bacsi

Bronze and Jrs: @bacbro

**What about Fundraising, Corporate Sponsors and Volunteer Hours?** Fundraising allows BAC (a 501c3 nonprofit organization) to keep our dues lower than most teams! We host a variety of fundraisers throughout the year but another way to cover this requirement is through Corporate Sponsors. We accept Corporate Sponsors anytime of the year but our main push for them is in the Fall. We offer different Sponsorship Levels including their logo being featured on our team shirt! Be sure to check the newsletter for updates on fundraising and volunteer opportunities!