

Dear Boars Head Families,

With the start of the swim season just around the corner, I want to welcome any new families and those returning. I also want to set the goal of continuing the culture of “ohana”. Fostering meaningful connections between the coaching staff and the swimmers will be crucial in creating an environment where everyone feels like a family. I believe that for any athlete, finding enjoyment in their sport starts with a strong and healthy relationship with the coaching staff. When working to find coaching staff, I kept this goal in mind, putting together a group of coaches that I believe will strive to create the environment of Ohana while forming connections with the athletes. In addition to the idea of ohana, we want to help grow swimmers as people and athletes while finding a balance between working hard and playing hard.

I am pleased to announce that our summer season will start on time, Monday, May 20th, with the completion of the new pool! We will hold a pool opening ceremony at 3:00 PM on Monday, May 20th, with light refreshments to celebrate the first practice in our new pool.

Since the pool was recently completed, it can only be heated to 75 degrees for the first two weeks of practice. This temperature is slightly cooler than normal, but manageable for swimmers. For comparison, my college pool is kept at 78 degrees, and in high school, I sometimes swam in a pool as cold as 72 degrees. We will monitor the health and safety of swimmers with the colder pool temperatures. On the bright side, to help keep athletes warm in the slightly colder water, we will do lots of kicking!

Heading into the summer, I would like to bring a few important dates to everyone's attention:

- Sunday, May 19 from 4:30 - 7 p.m.: Summer Swim Info Meeting (5:00 pm) and Suit Fitting (4:30 pm) **in the ballroom adjacent to the Inn** (more info below)
- Monday, May 20: First Day of Practice
- Tuesday, June 10: Registration Deadline
- July 26 and 27: JSL Champs

Typically, each new 8-and-under swimmer would have a 10-minute evaluation with the coaches prior to the first practice to determine the best practice group. However, with the pool opening on the first day of practice, we will adjust this procedure. **Without formal 8-and-under evaluations, I ask that all 8-and-unders start in the same group as last summer.** During the first week of practice, we will conduct a hybrid of practice and evaluations for new 8-and-under swimmers during their regular scheduled practice times (4:30 - 5:00 PM for the Green group and 5:00 - 5:45 PM for the Blue group). **All new 8 and under swimmers should come to the Green group for evaluations.** Returning athletes will be evaluated during their first few days of practice, and families will be informed of any practice adjustments. For more information about green versus blue groups, please visit [this link](#).

While swimmers tend to make rapid improvements on the team, the swim team cannot replace beginner swim lessons for those not yet ready to participate in full practices. Beginner swimmers should instead join our Learn to Swim program and may join the swim team later once their skills have improved. Many of our own coaches provide lessons through this program!

I want to emphasize that all families are welcome at the Summer Swim Info Meeting on Sunday, May 19th in the Ballroom. Starting at 5:00 pm, I will present a brief overview of the season at the beginning, followed by an informal opportunity to meet the coaching staff and ask

questions, coinciding with our suit fitting time slot, which starts at 4:30 pm. Additionally, there will be pizza and possible raffle prizes from our suit vendor and the sports club!

I will send out more information in the coming weeks, but if you are wondering about the current roster of coaches, please visit the BHSC website [here](#). If you would like to know about the meet schedule for the summer, visit [here](#). What is the practice schedule for the summer? Visit [here](#)! Note that the practice schedule page also has information about our game days, which happen Thursdays after meets and information about drylands for older swimmers! Additionally, team registration is now open and can be accessed on the team website [here](#).

The BHSC website: <https://www.swimbhsc.com/>, will contain most of the information needed for the summer swim seasons, so please feel free to look around. The website will shortly be updated to include more information about volunteering, team gear, jsl ads, and much more, so keep an eye out for updates on the website. Additionally, I will keep a list of important upcoming dates on the team website.

If you have any questions or concerns, please feel free to send me an email. Looking forward to a wonderful summer with everyone!

Go boarfish  
Noah