



## **2024 BAC SHARK TEAM HANDBOOK**

Welcome to BAC Sharks Swim Team! Established in 1967, the Sharks have helped thousands of children of any skill level develop into confident and skilled swimmers. Summer swim is a sport like no other. Your child will have memories and friendships that will last them a lifetime. We offer various programs where any child of any age and any skill can participate and have a blast! We are looking forward to a fun and exciting swim season. Please use this handbook as a helpful resource throughout the summer. If at any time, you should have questions and/or concerns, please reach out. We are here to help. Let's make it a fun 2024 season. Go Sharks!

### **BAC SHARKS TEAM MISSION**

Our goal is to offer various programs where any child of any age and any skill can participate and have a great summer. At the same time, we want to be a competitive swim team in MICSA (Michigan Inter-Club Swimming Association) and win championships. We will accomplish this goal by challenging your children to be better swimmers, better teammates, and better members of our community. This is a philosophy supported by the board of directors and the swim committee.

### **SWIM CHAIRS**

**Alyson Lauer:** Mom to Brooke (10), Paige (8) and Ainsley (6). Alyson will be the face on the pool deck at practices. If you have in-person questions or needs, she's your go-to.

**Katie Sullivan:** Mom to Paige (10) and Kenzie (8). Katie will be a little more behind the scenes and can be reached electronically. For email questions, she's your go-to.

**Gretchen Marsh:** Mom to George (17), Harper (14), and Baxter (12). Gretchen is the BAC Board Liaison for the Swim team.

**Email:** [swimteam@bacmi.net](mailto:swimteam@bacmi.net)

### **COACHING STAFF**

**Head Coach: Paul Ellis**

**Assistant Coaches: Bill Thompson, Dani Tews**

**Head of Athletics: Julian Wellings**

## **COACH BIOS**

### **Paul Ellis**

Coach Paul has been the head coach of the BAC since 2023 and has been involved in the sport of swimming since he was 6 years old. He began his swimming career at Oakland Hills where he was a MICSA champion and record holder. Paul attended Lahser High School where he was a three sport athlete and captain of the swim team. Following high school, he attended Kalamazoo College where he swam and played baseball. He was elected captain of the swim team his senior year, was the MIAA MVP his junior and senior year, and he was a national champion and national record holder in the 100 backstroke.

His coaching career began when he was 18 at Oakland Hills as an assistant coach. Since then, he has coached all levels of athletes from the learn to swim level through Olympic gold medalists. Coach Paul spent several summers at Auburn working with their professional team that consisted of two Olympic gold medal swimmers. He coached at Washing and Lee University, a division three school, where he produced several All-Americans. His coaching career at the high school level includes time at his alma mater, Lahser High School, Bloomfield Hills High School, and currently Cranbrook Kingswood. During his high school tenure, his swimmers went on to swim at NCAA Division 1,2, & 3 schools including the University of Michigan, Ohio State University, Northwestern University, Miami University, Oakland University, Miami of Ohio, Washington and Lee University, Kalamazoo College, University of Chicago, Case Western Reserve, and many more. He produced numerous All-Americans and won state championships with both the boys and girls teams at Cranbrook Kingswood. He was voted the Division 3 Coach of the Year in 2023.

Coach Paul is looking to continue the tradition of excellence at the BAC and produce a top tier MICSA team year in and year out. Following the culture produced by Coach Bill, Paul believes in the 'Shark Family' attitude. Our foundation is based in doing what is right, being a team player, and challenging everyone to be the best version of themselves each day. SHARKS ROCK!

### **Bill Thompson**

Coach Bill has been a swim coach for over 37 years. He has been a coach of the BAC Sharks for over 20 years. Coach Bill has coached all levels of athletes, from the novice/learn-to-swim level, through the Junior National, Senior National and Olympic Team Trial Qualifier level.

Athletes that have trained with Coach Bill have continued their swimming careers at numerous NCAA Division 1, 2 & 3 colleges and universities, including the University of Michigan, Michigan

State University, the University of Connecticut, Harvard, Yale, the University of Chicago, Washington University, Denison, Stanford and the University of Florida.

Coach Bill also has an "in-water" swimming background, as he swam at Groves High School where he set several team records and was elected captain his senior year. He then moved on to Eastern Michigan University where he also set several team records and was elected captain his senior year. During his college years Coach Bill also played water polo, and was a starter on a team that placed second at the Junior National Tournament. He also was a member of the Midwest Team that competed in the Olympic Sports Festival in Colorado Springs, Colorado.

Coach Bill obtained his law degree from the University of Wyoming where, in his spare time, he was the head coach of the Laramie Swim Club and led the team to several state championships. After moving back to Michigan, Coach Bill continued coaching while practicing law. In addition to being the head coach of Motor City Aquatics and the Bloomfield Hills High School Men's Swim & Dive Team, Coach Bill was the head swim coach at the BAC, home of the 2014 and 2015 MICSA League Champion SHARKS!

## **2024 BAC SHARK SWIMS SEASON**

### **SWIM PRACTICE**

- Swimmers are encouraged to attend scheduled practices when possible. Your swimmer will benefit from attending practice regularly. If you will be on vacation or at camp for an extended period of time, please communicate this to Coach Paul in advance.
- Please arrive 15 minutes before your scheduled start time for both dry land exercises and to ensure you are ready to go in the water at practice start time.
- Practice will be canceled if weather does not permit swimming. If practice is canceled, an email/text alert will be sent to the cell phone/email address we have on file. If weather appears to be questionable, it is advisable to check prior to leaving your house for practice.
- Please bring the following equipment to each practice: Swimsuit, Cap, Goggles, Towel, Water bottle. Tigersharks, Hammerheads and Jaws need sneakers in which they can do dry lands before practices.

### **BAC Practice Groupings: Jaws, Hammerheads, Tigersharks, Fins, and Pre-Team**

**\*\*We offer practice groupings for all ages and skill levels. Please reach out to Coach Paul if you have questions or concerns.**

### **BAC Shark Group Requirements**

#### **Pre-Team**

The Shark pre-team is geared for children who are interested in the swim team but do not possess the skills required for Fins. There are no set practice times for pre-team. There will be lesson packages that can be scheduled with coaches during the summer season.

Requirement(s):

Ability to float on stomach and back in a streamline

### **Fins**

Fins is designed for children interested in developing beginner level skills in the water. Swimmers should be water safe and have experience with swim lessons. Practices are offered 3 times per week, 30 minutes each.

Fins compete at all home meets.

Requirement(s):

Ability to complete two widths of the diving well, one on stomach (freestyle) and one on back (backstroke) without any assistance

### **Tigersharks**

Tigersharks is designed for children with some swimming background.

Swimmers should be proficient in freestyle and backstroke and have had exposure to butterfly and breaststroke. Practices are offered 6 times per week, 75 minutes each. Tigersharks compete in all meets.

Requirement(s):

4 x 25 @ 1:00, swim, 2 freestyle, 2 backstroke

4 x 25 @ 1:00, kick

Ability to read the clock for the above requirement

### **Hammerheads**

Hammerheads is designed for children to continue develop technique for all 4 competitive strokes and racing skills. Practices are offered 6 times per week, 90 minutes each. Hammerheads compete in all meets.

Requirement(s):

8 x 25 @ :45, swim, 200 IM Order

4 x 50 @ 1:15, swim, freestyle

4 x 50 @ 1:20, kick, freestyle

### **Jaws**

Jaws is designed for older swimmers to further their swimming ability in all 4 competitive strokes, strength and fitness, and racing skills. Practice sessions are offered 6 times per week, 90-120 minutes each. Jaws compete in all meets.

Requirement(s): Ages 12-17

6 x 100 @ 2:00, swim, freestyle

For ALL groups, meet performance has NO influence on practice group placement. The ability to swim one race well has no correlation with the ability to maintain practice standards for a particular group.

Group placements must either be met by group standards or at coaches' discretion. If the swimmer or parent would like a group evaluation, a

conversation with coaching staff, parent, and swimmer shall take place before or after scheduled practice times set up by meeting.

## **PRACTICE SCHEDULE**

**Jaws** M,W,F,Sat 8-9.30 and T,Th 7.30-9.30

**HH** M,T,W,Th,F,Sat 9.15-10.30

**TS** M,T,W,Th,F,Sat 10.30-11.30

**Fins 1** M,W,F 11-11.30

**Fins 2** T,Th,Sat 11-11.30

## **SPRING TUNE UP - MAY 13 START**

Spring tune up is the opportunity for Sharks to get in the water before season starts June 1<sup>st</sup>. We offer practices M-Th and Sa mornings. Times are TBD until enrollment is complete.

### **Tentative Schedule**

Jaws/Hammers – 5:00-6:15

Tigersharks 5:30-6:30

Fins 6:00-6:30

Saturdays

Jaws 8-9:30

Hammerheads 9:15-10:30

Tigersharks 10:30-11:30

Fins 11:00-11:30

## **STROKE CLINICS**

Stroke Clinics give swimmers an opportunity to get more personalized help on their stroke technique with a 5:1 athlete to coach ratio max. Cost is \$25/session.

### **Tentative Schedule**

**M-Thu, 12-12:30 and 12:30-1p**

**M- Free/Starts**

**T – Back/Flip Turns**

**W – Breast/Open Turns**

**Th – Fly/Free**

## **PANCAKE BREAKFAST**

A fun way for swimmers to bond outside the pool is to stay Wednesdays after practice for pancake breakfast in the Shark Tank. Chef serves pancakes and bacon. We highly encourage swimmers to attend and spend time with the team outside of the pool.

### **APPAREL**

More info to come soon on how to purchase swimsuits and BAC Sharks gear. First look and online ordering will be on April 23 at the kick off event.

### **TEAM PHOTOS**

Team photos will take place on the morning of Wednesday, June 19 with team breakfast to follow. Links will be provided to purchase individual and team photos.

### **BAC SHARKS MEET OVERVIEW**

Dual Meet Overview for Newbies or People Needing a Refresher

### **DUAL MEETS**

A dual meet is BAC vs. one other MICSA team in our league. Warmup schedule for HOME MEETS (please ensure your swimmer is ready to be in the water at the respective time below). For AWAY MEETS, we have a bus transport the kids TO the meet. Parents are responsible for rides home afterwards. Keep in mind that all swimmers are expected to arrive 15 minutes before scheduled time. Coaches philosophy is early is on-time and on-time is late.

Jaws: 3:15-4:00

Hammerheads: 3:15-4:00

Tiger Sharks: 4:00-4:30

Fins: 4:15-4:30

Swimmers will set up their gear along the fence behind the diving well and grass area behind the starting block end of the pool. Feel free to help set up your child for the meet, but then parents are expected to exit swimmers' areas. Coaches are responsible for getting Fins and Tigersharks to their events. Behind the blocks is meant for swimmers, coaches and timers only.

During the meet swimmers are expected to be present and cheer for their teammates. Please do not have your swimmer watch the meet with you, rather encourage them to hang and cheer with the team. The baby pool is considered off limits during the meet. Please have your swimmer wait to change for the party until after the coaches meeting after the meet.

Heat Sheets will be digital this year.

June 1 - Blue and White Meet 7a-11a (BAC practice meet "scrimmage")

June 18 - CCD @ BAC

June 25 - LOCHMOOR @ BAC

June 27 - BAC @ GREAT OAKS\*

July 2 - BAC @ RED RUN\*

July 9 - GPYC @ BAC  
July 11 - BAC @ DGC\*

\*Fins do not attend away meets

## **UNDERSTANDING THE MEET LINEUP**

Each event, except those deemed exhibition, will have only one heat. All non-exhibition heats will count for points. In these heats, there may be up to 3 swimmers from each team competing. If your child is not swimming 'for points', their races still matter! If your swimmer posts a time that is fast enough, they will earn the opportunity to swim for points at a future meet. The meet lineups can change from meet to meet because of this.

Points are scored as follows:

1st: 7pts      2nd: 5pts      3rd: 4pts      4th: 3pts      5th: 2pts      6th: 1pt

Coaches will fill out the best and most competitive lineup based on who we are swimming against. Our goal is to win each and every meet. Swimmers may only swim in their age group or in an older age group (a 9 year old can swim 9-10 or any of the 11&Up age groups). Since every swim scores points, filling every lane is important. There are some age groups where we are light on swimmers. In this case, the coaches will 'swim up' younger swimmers. Coaches put swimmers in these positions to help the team and because they have confidence in the swimmers ability to do their best and compete.

## **INVITATIONAL MEET OVERVIEW**

What are these meets?

Any meet on our schedule that is labeled 'Invitational' is a meet that is not part of our MICSA dual meet schedule. These are additional opportunities for your child to ppst times and race against swimmers we may not normally see during our summer season.

Who can attend?

Generally, these 'invitational' meets are age restricted meets. For example, the Orchard Lake Mini Meet is only for 8 & Unders. Any swimmer 9 and over is not eligible to swim in this meet. The ages of eligible swimmers are listed next to these meets on Team Unify.

These meets are NOT included in your team fees. They come with a charge per swimmer. They are usually \$25-\$50 per swimmer and include a t-shirt and meal after the meet.

### **Invitational Meet Schedule**

13 & Up Pontchartrain Relays: 6/14

BCC Rising Stars 9-10: 6/21

11&12 Firecracker Meet at Plum Hollow: 6/28

Great Oaks Splash Bash 12 & Under: 6/28

OLCC 8&U Meet: 7/12

DYC Mini Meet 10 & Under: 7/19

### **WHAT TO BRING TO A MEET**

- Extra towels (no one likes using soaked towels)
- BAC towels are not available for swim meets
- Garbage bag to keep on reserve in case of rain or soggy conditions
- Snacks and water/hydration drinks
- Sun block
- Sharpie Marker (many kids like to write their events on their hands). Example: Event 5, H1, L3 25 Breaststroke (Event 5, Heat 1, Lane 3, 25 BR)
- Comfies including long sleeve and pants if your swimmer runs cold
- 2 Goggles and cap (extra if possible)
- A nicer outfit to wear to the dinner and dance after the meet
- Swimmers are expected to clean up after themselves

### **AWARD RIBBONS**

Ribbons are provided for places first through sixth in all events for points. All swimmers receive participation ribbons in exhibition events with their name, event and the time swam on the back of the ribbon. Ribbons are historically not available until the end of the meet.

### **AFTER MEET**

After the meet coaches will have a meeting to discuss performance and results. Do not have your child change for dinner until after the team meeting. Dinner is included only for swimmers. Coaches typically hand out a meal ticket to swimmers. All parents, family, siblings and guests will be charged. Parents are encouraged to eat with other parents and not their swimmer. Our goal here is that the whole team eats together outside and the parents eat inside with other parents. This encourages team building and self reliance.

Let's celebrate and have fun!

Actual meets tend to last until 8:00-8:30 with the dinner and dance to follow ending around 10:00 PM.



## **FINALS - 2024 July 26-28 at Grosse Ile Golf & Country Club**

### **Finals Team**

The selections for the MICSA finals team are as follows:

BAC gets 84 entries to split up amongst all age groups for both genders. Coaches then filter through the top times from all 14 teams in the league to determine which events are best for our entries. Entries are then distributed to our team based on placement amongst top times, meet performance, practice performance, and consistency. Finals team members incur a fee for the finals apparel and MICSA Championships.

### **MICSA LEAGUE - Michigan Inter-Club Swimming Association**

The Michigan Inter-Club Swimming Association was formed in 1940 as a result of interest in competitive summer swimming by several area Clubs. The league is comprised of 14 clubs from the Detroit area:

Birmingham Athletic Club, BAC  
Country Club of Detroit, CCD  
Dearborn Country Club, DCC  
Detroit Golf Club, DGC  
Detroit Yacht Club, DYC  
Edgewood Country Club, ECC  
Great Oaks Country Club, GOCC  
Grosse Ile Golf & Country Club, GICC  
Grosse Pointe Yacht Club, GPYC  
Lochmoor Club, LC  
Oakland Hills Country Club, OHCC  
Plum Hollow Country Club, PHCC  
Red Run Golf Club, RRCC  
Western Golf & Country Club, WGCC

### **FINALS PARTY**

ALL swimmers and families are encouraged to attend our annual Finals Party. This party will take place at the BAC on the evening of Sunday, July 28 after Finals concludes. Families are charged per person.

### **TEAM BANQUET**

The official end to our swim season is our banquet to be held at the BAC on August 11, 2024. Please mark your calendars to join us for dinner, awards and hear Coach Paul reflect on the 2024 Shark season. More information to be provided closer to the banquet. Families are charged per person.

## **PARENT SERVICE**

Our swim team can not function without the support of all of our parent volunteers! We greatly appreciate your help in making this swim season a successful and fun one for the Sharks. Each family is required to volunteer for one meet. A parent or family representative must volunteer for the whole meet or the shift can be split between people. Information regarding the various parent service opportunities will be on TeamUnify. While we recognize how busy summer is, we cannot stress enough the importance of each family doing their part. Our swim team (and every swim meet) is run by parent volunteers. Thank you in advance for your support.