



Swim Seasons

BASS operates year-round through four structured swim seasons designed to support athlete development, technical progression, and competitive success at every level. Each season provides targeted training opportunities and competition experiences appropriate for swimmers' age, skill level, and commitment.

Fall Season (September–November)

The fall season focuses on rebuilding training consistency, refining technique, and preparing for the short-course competition season. Swimmers work on stroke development, starts and turns, aerobic conditioning, and race fundamentals following the summer break.

The competitive schedule typically includes a September meet, an October meet, and concludes with two key November competitions: the Commonwealth Cup (only 13+ swimmers with qualifying times) and the BASS-hosted Turkey Classic, which is open to all age groups.

Winter Season (December–February)

Winter is one of the team's primary competitive seasons and overlaps with the high school swim season. Developmental and age-group swimmers continue to focus on technical improvement while senior and pre-senior athletes will have more emphasis on endurance and championship race preparation.

The season begins with a December invitational, continues with a January competition, and concludes with short-course championship meets in February.

Spring Season (March–May)

The spring season emphasizes technical refinement and preparation for upcoming long-course and summer league seasons. Swimmers continue building endurance and racing skills while transitioning training toward long-course strategy and seasonal goals.

The meet schedule typically includes two long-course meets: an April competition and the BASS-hosted Jim Frye Memorial Meet in May.

Summer Season (June–July)

Summer serves as the team's second major competitive season and runs alongside the JSL summer league season. Younger swimmers continue developing technique and racing confidence, while senior and pre-senior athletes focus on conditioning, long-course racing, and championship preparation.

The season begins with the Commonwealth Games meet in early June and concludes with championship competitions in late June and early July.