

On Deck: BBST News & Events

Bellingham Bay Swim Team

Edition: 8

News From the Desk

2017-2018 Registration

Registration for returning members is not complete until payment is received. BBST has a waitlist and registration will open to new members on the list in August. Places will not be held for unpaid accounts.

WorkShare Wrap-up

Check your Workshare hours in your account and contact Meredith at bbstblackfishoffice@gmail.com if your account is missing any hours. Any unfulfilled hours will be billed in August.



Mandatory

Back to the Pool Meeting

There will be a mandatory meeting for all swimmers and a parent or guardian in the building at Bloedel Donovan Park on Sunday, August 27 in the afternoon, time TBA. Code of conduct and WorkShare contracts to sign, the only day the new team gear offerings will be available to try-on, and more... plus everyone who attends will have earned their first two WorkShare hours for the new season (one for attending and the other for

turning in ALL completed documents before you leave the meeting). Please mark your calendars now, so you save the date!



Practice at Lake Padden

While Arne Hanna is closed August 21-25 a general workout for all swimmers will be held at Lake Padden, not in Anacortes. The workout will take place at the west entrance from 4:15 – 5:45pm. While City of Bellingham lifeguards have been reserved there is a recommended swimmer to parent ratio of 1:1 and **parents must provide supervision for their own swimmer**. Bring your paddle boards and kayaks!



"Champs in the Ham"

BBST is hosting the "Champs in the Ham" Summer League Meet



Upcoming Events



**"Champs in the Ham"
Summer League Meet**
August 5

**NO PRACTICE
(All training groups)
BBST Summer Break**
August 6 – 20

**Practice at Padden
(All training groups)**
August 21 – 25

**MANDATORY
Back to Pool Meeting**
Sunday, August 27

**Practice Resumes at
Arne Hanna with new
training schedule**
Monday, August 28

at Arne Hanna Saturday, August 5 from 7:00 to 11:00 am.

Parent volunteers will be needed to help run the timing system, etc. and will receive service hours for participation. Job sign up will be available soon.

Summer League is natural starting point for many swimmers across the country. It is seasonal and recreational, similar to High School swimming. We are working on revitalizing the Summer League system in Bellingham. Coach Hans and Coach Heather are both heading a Summer League Team this year. Although small in numbers now, we hope to gain participation from other Summer League programs in town and build upon this every year to revitalize Bellingham's Summer League Swimming.

We want the "Champs in the Ham" meet to become *the* Summer League Championship Meet for all future Bellingham Summer League Programs and we want to make this event as special as possible for new summer league swimmers.



And, that's a

Wrap!

We'd like to offer a huge THANK YOU to all the BBST membership.

We had another amazing season and it would not have been possible without the help of each and every family whose contributions make it possible to offer the meets and events that support our swimmers as they reach their goals. Thank you for making BBST a great place to be!

[Coaches' Corner](#)



A Message to Parents: Why It Bothers Me That You Coach From The Stands

*Courtesy of Mike Klinzing,
Positive Coaching Alliance*

Mike Klinzing is the Founder and Executive Director of Head Start Basketball (@HdStartHoops). He is a USA Basketball Youth Development Certified Coach. Mike loves the game of basketball and he always has. When you hear stories about the kid who was always playing basketball in the dark, in the

snow, in the living room, that was Mike.

When parents try to coach from the stands, Mike shares, it can be very detrimental for athlete performance. Kids often face enough challenges out on the court without a screaming parent, but adding a parent to the mix makes it very difficult and adds unnecessary pressure to the experience. Instead, Klinzing advises that parents cheer positively not just for their kid but for all kids.

Further, Klinzing shares that advice yelled from the stands is often in direct conflict with the instruction of the coach, which confuses athletes and "freezes" them- does that athlete listen to the coach or their parents? Overall, Klinzing argues that everyone would be better off (yes, you too parents!) if parents avoided coaching from the stands.



Click [HERE](#) to watch this message.

Long Course Meet Schedule

August 3-6	Futures Championships <i>(qualifying times needed)</i>	Santa Clara, CA
August 8-12	Western Zone Age Group Champs <i>(qualifying times needed)</i>	TBA
August 8-12	Junior Nationals <i>(qualifying times needed)</i>	East Meadow, NY