

# On Deck: BBST News & Events

Bellingham Bay Swim Team

12/1/2017

Edition: 4

## From the Desk of the Team Administrator



### Financial Assistance Application

BBST does not want finances to impede any swimmer from membership on the team. With the new increase in dues, we are launching our Lynne Vagt Financial Assistance Scholarship Program for families that need extra financial support with monthly dues. Families will be offered aid based on need; submitting an application does not guarantee that assistance will be granted. The Financial Assistance Application is **attached** and families are encouraged to apply. Please don't hesitate to contact the Scholarship Committee with questions at [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com).



### Late Fees

This is a gentle and friendly reminder that account payments are due on the 5th of every month and are late on the 10th. If payment is not received (or a plan has been set up with the

Team Administrator) by the 10th of the month, a \$35 late fee will be added to your account. Feel free to contact Coach Heather for questions regarding your BBST membership account at [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com)

### Birthday Celebration

We plan to celebrate swimmers with fall birthdays with donuts on Monday, December 11.



### Workshare Hour

### Opportunity

Coach Heather is looking for someone to be in charge of distributing ribbons from swim meets to folders at the pool. This is a year round job and would fulfill 20 hours. Contact Coach Heather if you are interested in this job!



## Upcoming Events



*For the complete remaining Short Course Meet Schedule, please see the last page*

**Fall Divisional Championships**  
December 2-3  
(Snohomish Aquatic Center)

**Speedo Winter Junior National Championship (West)**  
December 6-9  
(Iowa City, IA)

**PNS SC 14 & Under Championships**  
December 8-10  
(KCAC, Federal Way)

**Washington State Senior Championships**  
December 14-17  
(KCAC, Federal Way)

**The Holiday Practice Schedule is included on the next page!**

## Info & Updates



### Sponsorship

#### Program Update

BBST has raised \$12,800 since the launch of the program a month ago! We are only a little over \$12,000 away from our goal of \$25,000. To give BBST families more time to reach our target number, the sponsorship program will be extended until March 31, 2018. **We would like to like to take this opportunity to thank all the BBST parents that have asked their business partners in the community to help our team and swimmers!**

Here's a list of our generous sponsors:

- Platinum Sponsors (\$5,000):  
Mt Baker Imaging
- Silver Sponsors (\$1,000):  
Brandon Nelson Partner,  
Bryan Chen, DDS
- Bronze Sponsors (\$500):  
Casa Ventura Imports,  
Dewey Griffin Subaru,  
Haskell Corporation
- \$300 Ad Package:  
Dustin Brumley (Caliber  
Home Loan)
- \$200 Ad Package:  
Andgar Corp, Phillip Chen,  
DDS
- \$100 Ad Package:  
Chet Kenoyer, David  
Cummins, DDS
- BP Corporation Employee  
Matching Program: \$3,400

Please talk to your business partners today! For businesses that have already reached their donation quota for 2017, please suggest that they make a sponsorship for 2018. Please remember to send your list of potential donors to Coach Heather so that we don't approach the same businesses. Click [here](#) for the Sponsorship Program packet. Thanks for caring for your child's swim team!



#### PNS Room Block Info

We still have rooms available at the Hampton Inn and Suites in Federal Way for PNS Age Group Champs December 8th - 10th. We have double, triple, and suite style rooms available at a special group rate only available if you call [206.946.7000](tel:206.946.7000) and tell the front desk you are a part of the Bellingham Bay Swim (BBS) group! The hotel is only 10 minutes away from the pool and has complimentary breakfast!

#### Holiday Practice Schedule

December 23: Olympian Clinic (all groups)  
December 24: No practice (all groups)  
December 25: No practice (all groups)  
December 26: Platinum/Elite ONLY practice in Anacortes from 4:15 to 5:30 pm (No practice Bronze/Silver/Gold)  
January 1: No practice all groups, LAKE PADDEN POLAR DIP



#### Olympian Clinic with Dana and Tara Kirk (time/cost TBA)

Mark your calendars! Olympians Dana and Tara Kirk are coming to Bellingham on Saturday morning, December 23 for a clinic exclusive to BBST swimmers! Your swimmer definitely won't want to miss out on this exciting opportunity Coach Jay has organized for our team. More details will be announced in the coming weeks, so stay tuned!

Some info about the Kirk sisters: Dana Kirk is an American former competition swimmer, Olympian and Pan American Games medalist. She qualified for the 2004 Summer Olympics in the women's 200-meter butterfly, and finishing ninth. She attended Stanford University, where she swam for the Stanford Cardinal and she amassed seventeen All-American honors and eight Pac-10 Conference titles in the 200-yard medley and 400-yard medley relays, as well as the 100-yard and 200-yard butterfly events. She trained as a teenager with Jay Benner (our current BBST head coach) for four years in Tacoma.

Tara Kirk is an American former competition swimmer and breaststroke specialist who is an Olympic silver medalist. She is a former world record holder in the 100-meter breaststroke. Tara joined Dana on the 2004 USA Women's Olympic Swimming team, becoming the first set of sisters to swim on the same U.S. Olympic Team. Tara has won a total of fifteen medals in major

international competition, three gold, seven silver, and five bronze spanning the Olympics, the World Championships, the Pan Pacific Championships, and the Summer Universiade.

### Proper After Practice Attire

Swimmers are still leaving the pool with wet hair, wet swimsuits, in shorts and a tee shirt. While the weather may not directly be responsible for getting kids sick, it's still part of the equation. Swimmers are expected to be proactive toward their success, which includes how they take care of themselves out of the water. They need to leave the aquatic center properly dressed - long pants, dry/covered head, and a sweatshirt/jacket - to minimize their odds of getting sick. Note: leaving the pool with a parka over your swimsuit, though better than just leaving in your suit, does not count as sufficiently dressed.



### BBST Safe Sport

#### Page

BBST is committed to the safety of its athletes and we have created a page on our website dedicated to the safety of our swimmers. Check out our [BBST Safe Sport](#) page for policies and info on swimmer safety. We will keep updating this page throughout the year, so be sure to check for new info periodically!

### FREE Clinic Update

Due to the holidays and meet schedule, we will be taking a

hiatus from the FREE Stroke and Turn Clinics for the month of December. The last 2 FREE clinics will happen in January, just in time for the Winter Challenge Home Meet! Stay tuned for dates and times to be announced in the January newsletter.



### Lake Padden Polar

#### Dip

Join us for Bellingham's annual Polar Dip in Lake Padden on January 1st. Resolution run/walk starts at 11:00 am and the dip starts at 12 noon! Cost is FREE!

### Spirit Committee



#### "Get Socked" in

#### December

This is a fun winter event where names are randomly selected to receive the BBST stocking. The swimmer whose name is drawn gets to keep the items inside the stocking and is asked to put something new inside and return it to their next practice. Please keep costs under \$5. Let your swimmer have fun and be creative. However, please do NOT put food items in the stocking, as there are many kids on the team with a variety of food allergies now. Think of silly items you can find at the dollar store or similar places. - bubbles, silly putty, stickers, fun socks, etc. are great items to share.

Please try to get the stocking back as soon as possible so there is enough time in the month for all the kids to have a turn!

The Platinum and Elite groups will be coordinating their own holiday activity, so please ask your older swimmer or Coach Jay what they are up to if you have questions.

### Coaches' Corner



#### Questions for Coaches

As always, please don't hesitate to come to the coaches for questions. The quickest way to get your questions answered is to come directly to the source – your child's coach – we are happy to answer any questions you have outside of practice times.

## Swimmer of the Month



In the last few months, Coach Jay has spoken a lot about body language and the drive it takes to excel in the sport of swimming. **Ariel Fuhrman** is being awarded our inaugural Swimmer of the Month because she has adopted that mentality this most of anyone on the team. In the weeks leading up to Age Group Invite, Ariel clearly walked in to practice every day with an expectation for herself concerning what she wanted to accomplish. More importantly, she clearly did everything in her power to make sure she met or exceeded that expectation. Multiple times she came up to her coach after practice, either with questions about something she wanted to understand better or with a request to redo something she felt she fell short on. Her weeks going above and beyond have paid off - at AGI she went under 30 in the 50 Freestyle for the first time, and is looking strong going into Divisionals this weekend.

**Great job, Ariel!**

## Get to know Ariel Fuhrman

*Favorite stroke?* Freestyle  
*Favorite event?* The mile  
*Favorite meal after Saturday practice?* Phö  
*Favorite Olympian?* Katie Ledecky

## *From Head Coach Jay Benner*

Please read the [attached article](#), the last of many from former coaching icon Dick Hannula. Dick had a major impact on the swimming world and PNS in many capacities over the years. He was inducted into the International Swimming Hall of Fame in 1987. His contributions and achievements are numerous.

Dick will be coming to BBST to give a talk and clinic in January. Details forthcoming.

- *Coach Jay*

## News You Can Use



## College Recruiting Tips

*The following was written by Brook A. Anderson, MBA, CPA of Kaizen Financial Advisors, LLC.*

Dear Swimming Parents,

In this article, I hope to provide you with a better understanding of recruiting trips and what you should know as your swimmer is presented the opportunity to visit a college campus.

**The basics.** An "official" recruiting trip is when a coach invites a prospective athlete to visit the campus and the team pays some portion of the trip. During the visit, the recruit will spend time with the team and coaches. The purpose of the trip is for the prospective swimmer to learn firsthand what being on the team might be like and second to see the campus from the perspective of a student. The trip is also for the coaches and team members to assess the potential fit of a prospect.

Recruiting trips typically start at noon on a Friday and end at noon on that Sunday. Some teams try to concentrate on trips on select weekends where they might organize some team social activities for recruits to enjoy. For schedules that can't accommodate, no worries, trips can and do occur throughout the school year.

**How do I get invited on a recruiting trip?** Most importantly your swimmers times need to be in alignment with the coach's expectations and needs, generally times within the top two-thirds of their current roster. Next, they will review academic fit and your perceived interest in attending

their school and swimming for their program.

A recruit's perceived interest is established through regular communications with the coach. If your swimmer's times are in the appropriate range, start communicating with the coach as early as your sophomore year. Keep them abreast of new and relevant milestones, both athletically and academically. If you have toured the campus on your own, let them know. It shows interest and you want your schools to know you have real interest.

#### **NCAA rules to be aware of.**

1. A recruit must have started classes in their senior year in order to be invited on an official trip.
2. Swimmers have to have registered for eligibility with the NCAA - I recommend you do this in your sophomore year.
3. Swimmers are limited to 5 official recruiting trips to Div I programs. There are no restrictions on the number of official recruiting trips to Div II and Div III schools.
4. An "official" trip is defined by the team covering **any** expenses. Even something as insignificant as buying a recruit hotdog could constitute an official trip.
5. On an official trip, a recruit can only remain on campus for a maximum of 48 hours.
6. Gifts cannot be given to a recruit, nor can the recruit accept gifts. This includes t-shirts, souvenirs, or anything of monetary value.

#### **What are the logistics around a recruiting trip?**

Each recruit is assigned a host who is a usually a current member of the team, typically a freshman or sophomore. The recruit stays in the host's dorm room or a hotel for the two nights they are on campus. Be aware of social norms at the school and pack clothes that will fit the activities planned. Funny side story, on my son's recruiting trip to Dallas (where students dress more formally than Seattle) he packed only casual shorts and polos. Prior to attending an off-campus social event, his host kindly suggested he wear something more fitting for the event, which my son didn't have in his suitcase. His host ended up loaning him, "dressier" clothes for his "night on the town". My son now laughs about it, but it was awkward at the time. Social activities involving recruits can be both on or off campus and the trip will generally include a one to two hour discussion with the coach(es).

As you can imagine, there's no shortage of social events to experience, which has been an area of concern for many parents. Be aware, there is a chance your recruit will be exposed to alcohol and other weekend activities prevalent on college campuses. Most recruiting stories are positive, fun and without incident, but on occasion recruits are exposed to less desirable activities. Prepare

your son or daughter for the realities of college life.

After a visit ends, the coach will meet with hosts and other team members for their assessment of your swimmer. This assessment focuses on behavior and enthusiasm. It is not a popularity contest, but more focused on eliminating individuals that show major red flags. Things such as getting "out of control" at a party, demonstrating poor attitude, or revealing other characteristics unbecoming of the team's values. My recommendation: be yourself, engage with the coach and team member, show enthusiasm, don't do anything stupid, and the rest will come down to your athletic alignment with the team.

**So who pays for expenses?** If you have attended one of my "swimming in college" presentations you likely know that the budgets of college swim teams vary dramatically by program, from tens of thousands to millions. Thus it won't surprise you to learn that expense coverage will vary just as dramatically. In a well-funded program, expect the team to pay for all expenses, including: airfare, transportation, meals, and all activities. If the program has a modest budget, they may only pick up expenses incurred while the recruit is on campus. If you don't quite make a program's speed requirements to be formally invited, but are fast enough to be interesting,

you may still be able to participate in an official visit, but might have to pay for your own transportation to campus.

Trip expenses should be discussed and clarified with the coach at the time a trip is offered.

**Moving beyond logistics...** What should your recruit try to accomplish during their 48 hour experience.

***With regards to the coach...***

- Do you like the coach's philosophy?
- Assess the chemistry with the coach and coaching staff
- Understand how they anticipate utilizing you on the team. For example, if they see you in distance events only, make sure that's ok with you before accepting an offer
- If money/scholarships is an important element, plant some seeds and push for your max potential. Financially, your time of greatest leverage

is before you commit, not after.

***With regards to team members...***

- Could you see yourself developing comradery and meaningful friendships with the swimmers on the team? Focus on the freshmen and sophomores, as team member's cycle.
- Do you like the team chemistry in and out of the pool?
- Ask team members a lot of questions: What do they like most and least about the team/program? If they could change one or two things, what would they be and why?
- Ask about balancing swimming and school. Are coaches accommodating when needed?

***With regards to the school/campus...***

- Could you see yourself living there for 4 years? Did you like the overall vibe of the campus and the non-swimmers you encountered?

- Assess the surrounding city/town
- Assess your desired academic program
- Note the things you liked most and least about your overall experience

Hope this information has been informative and helpful!

***I want to let everyone know that I will be presenting my "Swimming in College" presentation again at this year's Age Group and Senior Champs meets at KCAC on Dec 10<sup>th</sup> and Dec 17<sup>th</sup>. Both presentations will be during Sunday morning's warm-ups. Please feel free to forward this newsletter to friends that could benefit from attending one of my sessions. If you're planning to be at KCAC, stop by and say hello!***

# Short Course Meet Schedule

*Please contact your swimmer's coach if you have questions about which meets your swimmer should attend.*

December 2-3	Fall Divisional Championships (All Not Qualified for PNS)	Snohomish Aquatic Center
December 6-9	Winter Junior Nationals (All Qualified)	Iowa City, IA
December 8-10	PNS SC 14 & Under Championships (All Qualified)	KCAC, Federal Way
December 14-17	Washington State Sr. Championships (All Qualified)	KCAC, Federal Way
January 6-7	January Challenge (Bronze/Silver/Gold)	Anacortes
January 11-14	Washington Open (Team Trip) TENTATIVE (All Qualified)	KCAC, Federal Way
January 27-28	Winter Challenge (Home Meet) (All swimmers)	Bellingham
February 18	Storm Distance Meet (TENTATIVE) (TBA)	Lake Stevens HS
February 23-25	February Age Group Invite (SCY) (All Qualified - GOLD STANDARD)	Kamiak HS, Mukilteo
March 3-5	TAC Excellence (SCY) TENTATIVE (Bronze/Silver/Gold)	Anacortes
March 10	Spring Provisional Championship (BBST Hosted) (All Not Qualified for Regionals or Sectionals)	Snohomish Aquatic Center
March 15-18	Sectional Championships (All Qualified)	KCAC, Federal Way
March 22-25	Regional Championships (All Qualified)	KCAC, Federal Way