

On Deck: BBST News & Events

Bellingham Bay Swim Team

6/2/2018

Edition: 10

From the Desk of the Team Administrator



2018-2019

Registration

Put it on your schedule! Registration for the 2018-2019 swim season will open on July 1. Like last year, it will be important for swimmers returning in the fall to register early. More info will be sent out regarding the fall schedule, monthly dues amounts, fundraising and work share commitments, and admin fees before registration opens on July 1.



Team Pictures

Don't forget, Team Pictures are on Tuesday, June 5 at 5:00pm. ALL Swimmers are expected to attend and wear their BLUE BBST shirt even if they are not purchasing photos. If your

family has extra blue shirts, please bring them to the pictures on Tuesday (with your name written on the tag). Individual and group photos are available for purchase via the attached order form, if you would like to get individual photos of your swimmer(s), make sure you sign up by Monday, June 4. Individual photos will be scheduled between 3:00 and 5:00pm, depending on school end times. If you have any questions about Team Photos, contact Coach Heather.



Summer

League

Spots for our second year of the Bellingham Summer Swim League are filling up fast! It's not too late to get your family and friends signed up for our fun summer team. We are able to offer two levels of swimming and many more



Upcoming Events

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Apple Capital

June 1-3

Wenatchee, WA

Speedo Championships - Senior Sectionals

July 12-15

Mt. Hood, OR

Mark Prothero Invitational

July 13-15

KCAC, Federal Way

Summer Grand Challenge

July 20-22

KCAC, Federal Way

PNS Long Course Championships

July 26-28

KCAC, Federal Way

PNS Long Course Age Group Championships

August 3-5

KCAC, Federal Way

Complete Long Course Meet Schedule on Last Page

swim meets this summer thanks to the success of last year's team. If you know anyone who is interested, they can find out more information by visiting our Bellingham Summer Swim League webpage [here](#) or emailing Coach Heather at bbstblackfishoffice@gmail.com. Practice will start on June 18!

General News



Coach Wes is on Deck!

Welcome Coach Wes! Coach Wes started as our new BBST head coach on June 1! He will spend this weekend with our swimmers and their families in Wenatchee for the Apple Capital Open meet. Coach Wes is a coach who will continue the work that has been started here in providing a premier opportunity for our athletes to accomplish great success through commitment and hard work in the pool. He clearly understands our mission, and vision as an organization and is committed to providing our athletes with the opportunity to connect the dots for their own individual and team success.

Coach Wes comes to us with more than 25 years of experience at every level of this sport. Below are some highlights from Coach Wes' resume:

- Level 5 (highest achievable level) American Swim Coaches Association (ASCA) Certified Coach
- Personally Coached US Junior National Team, US National Team, and World Championship Team Members including 8 US National Champion Athletes
- NAIA National Collegiate Coach of the Year (2009)
- National Select Camp and All-Star Zone Distance Camp Coach
- Extensive experience working with Hall of Fame coaches David Marsh & Jon Urbanchek
- Many years of experience in highly successful clubs and collegiate swim programs including Fullerton Area Swim Team, Ozaukee Aquatics (formerly Mequon Area Swim Team), Barracuda Swim Club (Kingsport, TN), Savannah College of Art & Design & Auburn University
- Experience as a SwimAmerica Program Director

Please don't hesitate to introduce yourself when you see him on deck and make him feel welcome to Bellingham and to our BBST family!



BBST swimmers raised over \$32,000 for the 2018 Swim-A-Thon! The top three earners were:

- 1) \$1,585.00 Andrew Murdoch
- 2) \$1,463.00 Priyanka Costanzo
- 3) \$1,019.00 Thomas Knudsen

As a reward for the swimmers' hard work, BBST will be hosting a night at the Bellingham Bells game on Friday, June 15 for all BBST swimmers. Please sign your swimmer up for this event on the BBST website, so we know how many tickets to purchase.

Families are encouraged to attend, and can get discounted general admission tickets through the following website:

<http://boxoffice.printtixusa.com/bellinghambells/groupfix>

User Name: BBST
Password: Bells2018

Remember, you do NOT need to purchase a ticket for your swimmer, but please sign them up on BBST's website by Thursday, June 7.

We are looking forward to this fun night out as a team, in recognition of surpassing this

year's Swim-A-Thon fundraising goals!!



Safe Sport

Update

Courtesy of [Elizabeth Wickham](#)

"Parents today are out of control," say a number of swim coaches. Don't get me wrong; club coaches do appreciate us. They say, "We wouldn't be able to exist without parents. Most parents are great." Followed by, "But..."

"Parents push, push, push," a club coach with 45 years of experience told me. Their swimmer has to get a college scholarship, get certain times, get straight As and be the best violinist. Parents don't have team loyalty and jump teams when they get upset.

A younger coach, whose father also coached, agrees that [swim parents](#) have gotten worse in the last few years. He said he enjoys working with kids and keeping them motivated. His biggest headache is with parents.

What are we doing to cause this? I don't like to see the coach-parent relationship

become adversarial. Better communication on both sides might help—and parents need more education about swimming.

Of course, there are legitimate issues and concerns a parent may have with a coach. It's how we, as parents, handle these situations that differs from years' past. Try a Google search: "Why parents drive coaches crazy." It's not a swim thing. It's a millennial generation, helicopter-parent thing. Yes, only 5% of applicants get accepted into Harvard or Stanford, and more than 86,000 kids applied to UCLA last year. It's a competitive world and we want our kids to succeed.

I remember a parent meeting for our team. A brand new parent complained because there weren't enough meets for his swimmer. More experienced [swim parents](#) patiently explained that there was a meet per month for every level of swimmer, sometimes more. How old was his child? Five. As in five years old and the father insisted on more competitions. I know of another incident where a family switched teams because his daughter didn't make a relay team at a BRW meet. The selection was based

on times. I'm sure you know similar stories.

My parenting tips: Take a deep breath. Relax. Review the "10 Commandments for [Swim Parents](#)" from [USA Swimming](#):

10 COMMANDMENTS FOR SWIM PARENTS

- 1) Thou shall not impose thy ambitions on thy child.
- 2) Thou shall be supportive no matter what.
- 3) Thou shall not coach thy child.
- 4) Thou shall only have positive things to say at a competition.
- 5) Thou shall acknowledge thy child's fears.
- 6) Thou shall not criticize the officials.
- 7) Thou shall honor thy child's coach.
- 8) Thou shall be loyal and supportive of thy team.
- 9) Thy child shall have goals besides winning.
- 10) Thou shall not expect thy child to become an Olympian.

Be a role model for newer swim parents and don't be *that* parent, the one who drives coaches crazy. Most of us are

dedicated, hard-working parent volunteers who live, breathe and love swimming. We love our kids. We love our team. We want a great experience for our kids, our coaches and ourselves.

Coaches' Corner



Swimmer of the Month



Congratulations, Ellary Boyd!

"Congratulations, Ellary for being chosen as May's Swimmer of the Month! Ellary was chosen because she has 98% practice attendance since September. She shows up to every practice, engaged, smiling, and ready to work. Ellary is a great

teammate. She is always supportive of her teammates through the good times and the bad. Ellary has worked her tail off this year. Sometimes when a swimmer needs to change their stroke, after years of doing it one way, the swimmer has to take a couple steps backward to move forward. This is really hard. Ellary has embraced the challenge, it has not been an easy year in the pool for her. Ellary has faced the adversity head on, she is working through it, with a positive attitude. These are attributes that will make Ellary successful in whatever she pursues in life. She leads with action, and a smile. The future is bright for Ellary Boyd."

- Coach Brad



Attached you will find the Summer Schedule which will start Monday, June 18. If you have any questions about the new practice times, contact your child's coach!



Parent Supervision Policy

Coaches care about the safety of our swimmers both in and out of the pool. This is a friendly reminder to parents that coaches are NOT responsible for supervising swimmers outside of practice times. ALL swimmers are required to have parent supervision while at the pool outside of practice to make sure that the pool remains a safe environment for BBST swimmers and Arne Hanna patrons. Please familiarize yourselves with BBST's Parent Supervision Policy (**attached**). A copy of the Parent Supervision Policy along with other BBST Safe Sport documents can be found under "Team Information" -> "BBST Safe Sport". A couple key highlights from the Parent Supervision Policy:

1. Coaching staff and facility staff are not responsible for the monitoring of swimmers outside of practice times. Parent supervision is required for all swimmers outside of practice times.
2. If your swimmer needs to change after practice, please

have arrangements made for the supervision of your child in the locker room. Changing is not allowed on the deck and must be done in either the public locker room or family changing rooms.

3. Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection

Policies prohibit the use of such devices in the locker room or other changing area:

305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

If you have any questions regarding the Parent Supervision Policy, please contact your child's coach.

Long Course Meet Schedule

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

June 1-3	Apple Capital (All Swimmers)	Wenatchee
July 12-15	Speedo Championships – Senior Sectionals (Qualified Senior Swimmers)	Mt. Hood, OR
July 13-15	Mark Prothero Invitational (LCM) (All Swimmers Going for PNS Cuts)	KCAC, Federal Way
July 20-22	Summer Grand Challenge (LCM) (All Bronze/Silver/Gold Not Qualified for PNS)	KCAC, Federal Way
July 26-28	PNS Long Course Championships (LCM) (15 and Over Qualified Swimmers)	KCAC, Federal Way
August 3-5	PNS Long Course Age Group Championships (LCM) (14 and Under Qualified Swimmers)	KCAC, Federal Way
TBA	Futures Championships (LCM) (Qualified Senior Swimmers)	Santa Clara, CA
TBA	Western Zone Age Group Championships (LCM) (Qualified Senior Swimmers)	