

On Deck: BBST News & Events

Bellingham Bay Swim Team

1/3/2018

Edition: 5

From the Desk of the Team Administrator

VOLUNTEER



Workshare

Opportunities

Bulletin Board: We need someone with artistic and creative skills to update the bulletin board behind the bleachers periodically. If this sounds like you, contact Coach Heather for more info.

Clerk of Course Assistant: We need someone who is available to be the clerk of course assistant for all BBST hosted meets. Ideally, this person will need to be available every session the meet is running. If you are interested, contact Coach Heather or Dawn Brand for more info.

Winter Challenge Job Sign-up: BBST's Winter Challenge is right around the corner. ALL families are required to work at ALL BBST hosted meets regardless of hours completed. This means that families who have fulfilled their 50 hours are still required to work at least ONE

4-hour session at all BBST hosted meets.



Dues Increase

Effective January 1, dues for each group increase to the following:

Bronze - \$100/month
Silver - \$110/month
White Gold - \$125/month
Rose Gold - \$125/month
Platinum - \$185/month
Elite - \$205/month

Payments are still due on the 5th of every month and late if not paid by the 10th. A \$35 late fee will be applied to all accounts not paid in full who fail to communicate with the Team Administrator BEFORE the 10th. Once a late fee is applied, it WILL NOT be removed. It is the responsibility of the account holder to communicate with the Team Administrator if payment cannot be made by the 10th.



Upcoming Events



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

January Challenge

January 6-7

(Anacortes)

Washington Open

January 11-15

(KCAC, Federal Way)

Winter Challenge

January 27-28

(Home Meet)

BBST Distance Meet

February 18

(Bellingham)

February Age Group Invite

February 23-25

(Kamiak HS, Mukilteo)

Update on the Sponsorship Program

Our sponsorship program has had a great deal of success since its launch at the beginning of November. We have raised a total of **\$17,475** as of the end of December and we are only a little over **\$7,500** from our **\$25,000** goal! We have come such a long way and the team has been really blessed with the generosity of our local business partners! Thank you also to all the BBST parents that have taken the time to solicit businesses in the community. Our team couldn't have done it without you!

Here's the list of the businesses that have generously donated to BBST:

Business Name	BBST Contact Person	Amount Paid
Chet Kenoyer (Realtor)	Nancy Chen	\$100.00
David Cummins, DDS (Orthodontics Specialist)	Catherine Herring	\$100.00
Kelley Insurance	Chris Fuhrman	\$100.00
Anonymous donor	Jennifer Stiff	\$100.00
David Wilson	Stephen Buetow	\$100.00
Wilson Toyota	Candice Balogh	\$100.00
Louis Auto Glass/Final Touch	Nancy Chen	\$150.00
Andgar Corp	Nancy Chen	\$200.00
Phillip Chen, DDS (Oral Surgeon)	Nancy Chen	\$200.00
Steven Widman, DDS (Endodontics Specialist)	Nancy Chen	\$200.00
Timothy and Leslie Farris	Jennifer Stiff	\$200.00
Dawson Construction	Hui-Ling Chan	\$200.00
Clint and Kerri Carlton	Clint Carlton	\$200.00
Caliber Home Loan (Dustin Brumley)	Nancy Chen	\$300.00
Pacific Rim Orthopedic Surgeons	Chris Fuhrman	\$300.00
Randy Bogard, DMD (Bellingham Oral Surgery)	Nancy Chen	\$300.00
Casa Ventura Imports	Jennifer Rodriguez	\$500.00
Dewey Griffin Subaru	Jennifer Rodriguez	\$500.00
Haskell Corporation	Jennifer Rodriguez	\$500.00
Richard Simcock, DDS (Northsound Endodontics)	Nancy Chen	\$500.00
Brandon Nelson Partner	Brad Jones	\$1,000.00
Bryan Chen, DDS	Nancy Chen	\$1,000.00
Blue Fin Sushi Restaurant	Steve Chong	\$1,000.00
Viking GeoSciences, LLC	Michael Logan	\$1,200.00
BP Corporation	E. Cross, I. Gofman, W. Truemper	\$3,425.00
Mt. Baker Imaging	Stephen Buetow	\$5,000.00

The sponsorship program ends on March 31, 2018 and we still have three months to reach our goal! Please remember to approach your business partners **today** as businesses start allocating their charitable funds at the beginning of the year. Thanks for caring for your child's swim team!



BBST Financial Assistance

With the increase in dues, BBST has also opened a Financial Assistance program to help families with the new monthly dues rates. Any family is welcome to apply, there are no requirements for submitting an application. Financial assistance will be awarded based on need. More info can be found on the BBST website under For Parents -> Financial Assistance.



Clothing Drive

The month of January BBST will be hosting a clothing drive. Each group will compete with each other to see who can donate the most used clothes, shoes, blankets, small kitchen items, bedding, etc. The group that donates the most pounds of used items will win a prize. At the end of the month, we will be taking our donation to the Lighthouse Mission in Bellingham.

Swimmers are encouraged to ask their family friends, neighbors, and extended family for used items in good condition they don't want anymore. Each swimmer will receive a large garbage bag to

fill with items and bring to the pool once full.

The Lighthouse Mission is an organization in Bellingham that provides services to the homeless in Whatcom County. Let's help keep them warm this winter.

For the items that the Lighthouse Mission needs MOST, click [here](#).



Free Clinics

The last two in our series of FREE clinics, made possible by the success of last year's Swim-a-thon will be offered:

Friday, January 12 from 6:45 to 8:15 pm – Gold swimmers and above

Sunday, January 14 from 3:15 to 4:45 pm – Bronze and Silver swimmers



Parking

Parents must park their cars when dropping off or picking up their swimmer(s). Please DO NOT wait in the middle of the parking lot. Your swimmer can walk the extra 50 feet to your

car. Parents will be asked to move if parked on the curb by the pool entrance.



Academic Scholarship Committee

Are you interested in being a part of the academic scholarship committee? We need help now to procure academic scholarship monies from businesses and/or individuals. We will also need a few members to help review anonymous documents from our BBST Senior applicants and vote on who receives the scholarship award. If you are interested, please contact Christina Boyd at Stircrazyartworks@yahoo.com as soon as possible.



Spring Schedule

Keep an eye in your inbox for an announcement regarding the spring schedule.

Coaches' Corner



Swimmer of the Month



Congratulations to **Jonah Herring** for being awarded December's swimmer of the month!

Here is why Jonah was chosen:

Jonah has not missed a single dryland all year and his pool attendance is over 97%. Jonah shows up with a smile on his face, works hard, and celebrates all of his teammate's success. Jonah loves to compete, at dryland and in the pool. He loves the Thursday dryland challenges because he looks forward to going head to head with his teammates.

All of Jonah's work and focus this year has paid off in the pool. He has chopped off nearly 14 seconds in his 200 back and 13 seconds in his 200 fly, and registered best times in every event that he has swam since the beginning of the 2017 short course season.

A bit about Jonah:

Favorite Olympian: Michael Phelps

Future Goal: Continue swimming through college

Favorite set in practice: 6x100 Backstroke descend 1-3

Role Models: Coach and parents.

Something you look forward to at practice: Hanging out with friends, getting stronger.

Hobbies: Flying drones, camping.

Famous people you would like to meet: Russell Wilson, Obama

Favorite Book: Ender's Game

Great job, Jonah!

10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity.

Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your

child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember “yelling at” is not the same as “cheering for”.

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in

purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the

outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record.

Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Short Course Meet Schedule

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

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	BBST February Distance Meet (TBA)	Bellingham
February 23-25	February Age Group Invite (SCY) (All Qualified - GOLD STANDARD)	Kamiak HS, Mukilteo
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