

On Deck: BBST News & Events

Bellingham Bay Swim Team

4/10/2018

Edition: 8

From the Desk of the Team Administrator



Bulletin Board

Decorator Needed

We are still looking for someone with creative/artistic skills who would like to decorate the bulletin board at the pool once a month. This job would entail posting the Monthly Newsletter and any other pertinent information for the month on the bulletin board behind the bleachers. If you are interested, please contact Coach Heather at bbstblackfishoffice@gmail.com



Board of Directors Meeting

Our April Board of Directors meeting will held on Monday, April 23 from 7:00 to 9:00 pm

at Carl Cozier Elementary School in the cafeteria. All are welcome to attend. Previous month's board meeting minutes are uploaded onto the website under the *For Parents* tab for reference.

Spirit Committee



It's Spring

Cleaning Time!

If you have fins, BBST t-shirts/sweats/parkas, practice suits, etc. that are too small and you are willing to pass along to another swimmer, please put them in the bin on top of the filing cabinet in the lobby at the pool. We will gather items until April 18. The donated items will be available at the BBST Awards Banquet to be used and appreciated by another BBST swimmer.



Upcoming Events



Board of Directors Meeting

April 23, 7:00 – 9:00pm
Carl Cozier Elementary
School Cafeteria

Dick LaFave LC Kickoff

April 27-29
KCAC, Federal Way, WA

West Coast Open (LCM)

May 5-6
Richmond, B.C.
(Watermania)

Hyak Invitational (LCM)

May 18-20
Vancouver, B.C.

TAC Spring Thunderbird (SCM)

May 18-20
Anacortes, WA

***Complete Long Course Meet
Schedule on Last Page***



WorkShare

Reminder

We are heading into Long Course Swim season. Please remember when your swimmer participates in meets in Federal Way that you will be called upon to help time, regardless of whether you have completed your 50 hour minimum requirement. Every time our team races in Federal Way, the expectation is that we help provide a certain number of timers per session. The teams that attended our Last Chance Meet in March were wonderful about helping us cover all the lanes. We want to make sure BBST provides the same courtesy to other teams hosting big meets. Please be sure to respond to Emily Cross' emails, the away meet timing coordinator. You will need to notify her days and times you CAN and/or CANNOT time. If she doesn't hear from you, then she will assume you are available the whole time. It is a lot of work to try and distribute the load evenly amongst families across the long course season. Please work together to make that process easier for her.



Spring Awards Banquet

BBST's annual Awards Banquet is Thursday, April 19 from 6:00 to 8:00 pm at the Church of Jesus Christ Latter-Day Saints on James Street.

This is an exciting dress up event for our swimmers and guests! No jeans or shorts please. Think "classy", BBST, and come have fun! It's also a culminating event for our senior swimmers as this will be their last BBST Banquet. Come support their long time dedication to our sport! We will have dinner and awards for all groups and family members are welcome to attend.

You must RSVP with the total number of people over 7 attending by April 12t Click on attend/decline in the NOTES section and type in TOTAL number of adults and children over 7 along with any dietary restrictions/allergies. Cost per adult is \$8 and cost per child over 7 is \$6. Children 6 and under are FREE!



Swim-A-Thon

It's time to ramp up for this year's Swim-A-Thon! This Friday, April 13, we will be collecting any offline donations that your swimmer has received so far so that we can determine which group will get awarded a "fun" practice or a hard set from your coaches! The instructions are available on the BBST website if you go to "For Swimmers" tab, and then click on Swim-A-Thon.

Please make a push this week to secure donations from family, friends and neighbors! Remember, the minimum donation requirement per swimmer is \$250, and anyone that raises \$275 or more will be invited to attend the Bowling Party (date TBD), and eligible to receive one of our many great prizes including an iPad – 128GB, Bellingham Bells tickets, a swim jacket from Swim 2000, and gift cards to Dick's Sporting Goods, MOD Pizza, CreativiTea, Trampoline Zone, and much more!.

If your swimmer did not attend the kickoff, you will find their Swim-A-Thon packet in their folder at the pool.



Sponsorship

Program Update

The Sponsorship Program officially ended on March 31, 2018. We have successfully fundraised \$23,790 for the Sponsorship Program this year and were just \$1,210 short of our \$25,000 goal! A big shout out to all the BBST families that were able to get our local businesses in the community to sponsor our team through advertisement in heat sheets and on our website. Thank you everyone for all your hard work! Your fundraising efforts will make it possible for the team to keep swimming as affordable as possible for all BBST families while providing an excellent swim program for swimmers across all groups.



Academic Scholarship Committee

We need your help procuring 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 think you could help, please contact Christina Boyd at Stircrazyartworks@yahoo.com as soon as possible.

The academic scholarship application is attached and can also be found in the top drawer of the black file cabinet.

Coaches' Corner



Platinum/Elite Changes

Platinum and Elite groups have changed names to B and A group, respectively. The new rosters have been posted at the pool by the pull up bars, along with each group's practice times. B and A group swimmers need to take it upon themselves to know which group they are in going into long course. Due to changes in roster numbers, afternoon and dryland practice times have also changed. Morning schedule will remain the same.

A Group

Afternoon practice is now 5:15 pm - 6:45 pm, Monday through Friday
Dryland is now 4:00 pm - 4:45 pm, Tuesday/Thursday at Pro Fitness Northwest

B Group

Afternoon practice is now 3:45 pm - 5:15 pm, Monday through Friday
Dryland is now 5:30 pm - 6:00 pm, Monday/Wednesday at Core Kinetics

Important Message from Coach Jay

Dear BBST swim families,

I'm writing to inform the membership that I'll be stepping down as Head Coach at the end of April. I've accepted the Head coaching position with King Aquatic Club. While I wasn't pursuing other coaching opportunities, when I was approached with this offer and the opportunity to be back close to my own children, I knew it was the right decision for me.

One of the most difficult parts of coaching over the years has been leaving behind the swimmers you are coaching and invested in. I've been fortunate for the past 31 years to work with and develop relationships/ partnerships with a great many young men and women I've coached. I truly value the process and the

relationships that are established through chasing a dream. Even though I only had a short 7 months with BBST, I feel there has been some growth in moving the program ahead in developing an awareness of what is involved in development and what it means to have ownership of their swimming. The experience your child takes from this sport is in direct relation to what they invest. Their commitment, pursuing their goals passionately with a purpose, being engaged, accountability, having awareness, being extremely determined and willing to struggle daily, are all things that your children control. The reason I strive for teaching the

kids to take ownership of their swimming is simple - this is an extremely demanding sport to pursue in all aspects. Nothing comes quick or easy and the path is arduous and demands a relentless commitment that is rare in today's society. The swimmer must be accountable for the choices and effort that they put forth. Ultimately, they determine how far they go, not the coach.

I want to thank the BBST Board of Directors and Coaching staff. I know the club has had to deal with a period of transition over the past year and the upside is that you have good people in place giving their best for BBST. I have a strong belief in the potential of those that pursue their dreams

with a passion and relentless pursuit. I'll be looking and expecting for this to play out here at BBST in the future. My sincere thanks for the opportunity to be a part of BBST.

Sincerely,

Jay Benner

Long Course Meet Schedule

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

April 27-29	Dave LaFave LC Kickoff (All Swimmers)	KCAC, Federal Way
May 5-6	West Coast Open (LCM) (Bronze/Silver/Gold)	Richmond, B.C. (Watermania)
May 18-20	TAC Spring Thunderbird (SCM) (Bronze/Silver/Gold, Non-qualified)	Anacortes
May 18-20	Hyak Invitational(LCM) (Platinum/Elite)	Vancouver, B.C.
June 1-3	Apple Capital (All Swimmers)	Wenatchee
June 15-17	Pacific Coast (LCM) (All Swimmers)	KCAC, Federal Way
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
July 25-29	USA Swimming Nationals (Qualifiers Only)	Irvine, CA
July 30 - August 3	Jr. Nationals (LCM) (Qualified Senior Swimmers)	East Meadow, NY
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)	