

# On Deck: BBST News & Events

Bellingham Bay Swim Team

January 2017

Edition: 2

## WorkShare: Hours Opportunities

### Home Meet Sign-ups open Monday, January 9<sup>th</sup> at 5pm

#### 1. Nutrition Seminar Food Prep

Purchase the given snack menu for the nutrition seminars, set-up the food, serve and clean-up. The seminars are January 17 & 19. Food costs will be reimbursed.

#### 2. Heat Sheet Ad Sales

Sell ad space to local businesses for January meet.

#### 3. Swim-A-Thon Packets

Label packets with swimmers names and group designation.

#### 4. Swim-A-Thon Kick-Off

Help coordinator with treats and packet handouts at practice. Need a morning

parent and an afternoon parent.

#### 5. In the Community Event

Every 2 dozen unfrosted sugar cookies equals one WorkShare hour. We are need 8 dozen UNFROSTED sugar cookies donated on February 3rd.

We also need 5 parents to help with the activity and then drive a group of kids to fire & police station where the cookies will be donated.

*Email Meredith at  
bbstblackfishoffice@gmail  
for more details!*

*Positions fill on a first-  
come, first-serve basis.*

## Spirit Committee

Spring Gear Order: We will be ordering swim caps and sweats the week of January 30<sup>th</sup>. Next gear order is Sept. 2017.



## Upcoming Events



### January 17<sup>th</sup> & 19<sup>th</sup>

Nutrition seminars at Kulshan Middle School. Details below in Spirit Committee.

### Friday, February 3<sup>rd</sup>

AHAC closes for a Boys High School meet. In lieu of practice, BBST will be doing a team *community service* activity that evening for 1 hour, time to be announced.

### Sunday, April 9<sup>th</sup>

BBST will be hosting the *Mutual of Omaha Swim Clinic* at Arne Hanna from 8am-12. Make your spring break travel plans accordingly. You won't want to miss this amazing chance to be trained by two USA Olympic team members.

## Nutrition Seminar

Training in the pool is only one element of a swimmer's path to success.

What your swimmer eats during training and at meets can be critical components also. We are excited to have Maria Dalzot coming to speak to our parents and swimmers about sports nutrition.

Maria is a well-known Registered Dietician and sponsored athlete based in Bellingham, Washington.

She specializes in working with athletes of all ages.

Her accomplishments include:

1. Holds a Master's degree in Human Nutrition and Food Science
2. Is a professional mountain and trail running athlete for the shoe company La Sportiva
3. Represented the USA at 5 international Mountain Running Championships

**All nutrition seminars are held in the cafeteria at Kulshan Middle School**

**It is important for the swimmers and parents to attend their designated session together.**

Seminar times are *assigned* per group and *occur* right before or after your child's normally scheduled practice time.

**Gold: Tuesday, January 17<sup>th</sup>**

**Nutrition Seminar 5-6pm  
Practice 6:10-7:00**

**Silver & Bronze: Tues, Jan 17<sup>th</sup>**

**Morning Practice unchanged  
Afternoon Practice 4:30-5:30  
Nutrition from 6-7pm**

**Senior & Elite: Thur, Jan. 19<sup>th</sup>**

**time TBD by Coach Sean**

If you cannot make the session assigned to your swimmer, please contact Meredith Cratsenberg so we can make arrangements for you to attend a different session.

### **BBST In the Community:**

For January and February, BBST is focusing on ways to thank the Civil Servants in and around Whatcom County!



For our Winter Challenge home meet we will have a raffle, as well as selling special "Swim for Soldiers" swim caps for \$5 each. All profits will be donated to Wounded Warrior Project.

Then, on **Friday, February 3<sup>rd</sup>** we will meet to decorate sugar cookies and thank you cards that the kids will then deliver to area fire and police stations. Arne Hanna is closed this evening for a High School meet, so this event is in place of normal afternoon practice.



Help us earn cash for more fun! We have partnered with Amazon & Fred Meyer as fund raising sources. Shop at [www.smile.amazon.com](http://www.smile.amazon.com) and designate BBST as your non-profit of choice. Every time you shop, AmazonSmile will donate 0.5% of your total to BBST. This does not affect your Prime status or any prices you see.

Also, designate BBST as your community partner with your Fred Meyer Rewards account, and Fred Meyer will make donations to our team based on shopping totals.

Funds earned will go towards events like the June family picnic and holiday activities. This way we can have more fun without impacting team dues or budgets.

**For Sale:**

2 Antique BBST swim parkas... asking \$30 each. Email Meredith Cratsenberg if interested [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com)

*Please wear pants, a hat, socks, and a coat each night after practice.*

*It is tropical inside AHAC, but it is frigid outside!  
Let's work together to keep our team healthy!*

|                            |  |                    |
|----------------------------|--|--------------------|
| <i>January 7 &amp; 8</i>   | <i>January Challenge</i>   | <i>Anacortes</i>   |
| <i>January 12-15</i>       | <i>WA Open<br/>(qualifying times needed)</i>                     | <i>Federal Way</i> |
| <i>January 28 &amp; 29</i> | <i>Winter Challenge</i>  | <i>Bellingham</i>  |
| <i>February 24-26</i>      | <i>Age Group Invite<br/>(qualifying time needed)</i>             | <i>Mukilteo</i>    |
| <i>March 3-5</i>           | <i>TAC Excellence</i>  | <i>Anacortes</i>   |
| <i>March 11 &amp; 12</i>   | <i>Divisional<br/>Championship</i>                               | <i>Federal Way</i> |
| <i>March 16-19</i>         | <i>Western Zone<br/>Sectionals (qualifying times<br/>needed)</i> | <i>Federal Way</i> |
| <i>March 24-26</i>         | <i>NW Regional Champs<br/>(qualifying times needed)</i>          | <i>Federal Way</i> |

## **January – March Meet Schedule**

**We will have our two week  
break from practices  
March 27<sup>th</sup> - April 9<sup>th</sup>**