

On Deck: BBST News & Events

Bellingham Bay Swim Team

7/3/2017

Edition: 8

News from the Desk

Registration Opens Monday, July 17!

There has been a delay for registration but have no fear; it will be open July 17 for returning families! The Board of Directors has rolled out the new 2017-18 dues and admin schedule. BBST is happy to announce a three-year graduated dues schedule as it has been three years since our last increase. Note the more substantial increases are in the Elite group as they require two coaches, gym and equipment rental and have significantly more water time. We are still well below the "going rate" in other competing swim programs and our three year graduated dues schedule will bring us up to sea level!

Monthly Training Group Dues

Elite: \$140

Platinum: \$120

Senior: \$110

Gold (both groups): \$110

Silver: \$95

Bronze: \$85

Annual Fee

In addition to the above, a one-time annual registration fee, based the number of swimmers in each family, is also due at this time.

One swimmer family: \$150
Two swimmer family: \$225
Three or more swimmer family: \$300

What do registration fees cover?
USA Swimming registration, the team T-shirt, two caps and relay costs for your swimmer for the year.

If you have questions, comments or concerns, please contact Coach Sean Muncie @ coachmuncie@yahoo.com

Mandatory Back to the Pool Meeting

There will be a mandatory meeting for all swimmers and a parent or guardian on Sunday, August 27 in the late afternoon (time TBA). This will be the only opportunity to try on the new team gear offerings. Plan to sign Code of Conduct and WorkShare contracts, and more! Everyone who attends will have earned their first two WorkShare hours for the new season (one for attending and the other for turning in ALL completed documents before you leave the meeting). Please mark your calendars now, so you save the date!



Upcoming Events



Mark Prothero Invitational July 6-9 in Federal Way

Team Building Practice Friday, July 7, 4:30-7:00pm (no morning practice)

Summer Grand Challenge July 15-17 in Federal Way

2017-2018 Registration Opens July 17

Champs in the 'Ham Summer Fun Meet August 5 at Arne Hanna

Team Break August 7-20

Practice in Anacortes August 21-25

MANDATORY Back to Pool Meeting Sunday, August 27

Fall Schedule Begins Monday, August 28

WorkShare Wrap-up

WorkShare hour earning season is winding down. Please log-in to your account and check your hour status. If you have worked jobs that do not show up, please notify Meredith at bbstblackfishoffice@gmail.com right away so it can be corrected.

There will be opportunities to earn hours timing at the Mark Prothero, Summer Grand Challenge, and Senior and Age Group PNS meets in Federal Way. If your swimmer is attending and you still need hours, please let Emily Cross know this when she sends out the timer request email so you can earn your final needed hours. Most families have fulfilled their WorkShare hours for the year and are doing extra at this point to help. We want to be sure the people who NEED hours are the first ones assigned and that you get as many shifts as you need to cover the hours you are missing.

Also, there will be a final summer fun meet for the summer league swimmers and BBST Bronze and Silver members not attending PNS – Champs in the ‘Ham. This meet will be Saturday, August 5 and will be the last opportunity to earn service hours for the 2016-2017 season. Watch for job sign-ups to be posted.

If you still feel like you will be short, please email Meredith right away. There are plenty of jobs left that the team needs help with including organization, word processing, etc.

Spirit Committee



Picnic Recap

We hope you all had an amazing time at the picnic. We want to thank Nicole Bates and Amy Devaney for an awesome job organizing the event and for the parents who assisted them in running a great event.

It is with sadness that we need to address an issue that happened with the squirt guns. A family with a young baby was enjoying their evening at the park and ended up in the middle of the BBST water fight. The father reported that he asked several kids to stop but they proceeded to squirt him and their family, including the baby. BBST is a team of amazing kids and families and we do not want our reputation tarnished in the community.

Please speak with your swimmer about this incident and the importance of making good choices. We do not want to have to terminate fun events like this because of the inappropriate behavior of a few individuals.



Swim-A-Thon

With our last donation arriving in the next day or two, we are finally closing out the Swim-A-Thon with a total of \$28,090 raised! We are so, so grateful to all the swimmers for fundraising and the family, friends, and

neighbors who were so generous with their donations. This total blew our goal out of the water! Thank you all so much for your effort. BBST will be able to offer some great clinics next year and purchase some much needed training equipment with the amount that exceeded our goal.

The group with the top fundraising average per swimmer was Gold, with Silver and Senior close behind. Huge thanks to Coach Hans for awarding the most fun top group prize to date...the Gold kids got to douse him with water guns.

Bravo BBST families!!! Thanks for another great Swim-A-Thon!



Hans gets soaked!

Champs in the ‘Ham

Here are the details for the August 5 year-end summer fun meet.

What: Champs in the ‘Ham

Who: All Bronze and Silver swimmers not qualified for PNS and Summer League swimmers

Where: Arne Hanna

When: 7-11 am, Saturday, August 5

Why: To celebrate the swimmers’ hard work and to HAVE FUN!

Coaches' Corner



8 Swim Parent Tips to Help Your Child Overcome Anxiety at Meets

Courtesy of Elizabeth Wickham, swimswam.com

What can we do to help our kids overcome anxiety when they're racing at swim meets? When my son was in the 11-12 age group, he would get so scared at meets. I'd watch him turn pale and physically shut down.

I felt awful for him, but I didn't know how to help. His favorite coach noticed and told my son to get some music that pumped him up—and just like Michael Phelps—wear headphones before his races. It was amazing how that simple tip helped!

I also remember my daughter at her first JOs. She said she had a nightmare that she had come in last place. She was in the very first heat of the first event, the 200 meter free, and she was terrified. Guess what? With all that imagining and dreaming that she would come in last place—that's exactly what

happened. She learned that it wasn't the end of the world and was able to move on from there.

Looking back on those two examples makes me realize that perhaps I wasn't the best swim parent on deck. Thankfully, I learned from coaches and more experienced swim parents to let up on unintentional pressure.

Here are eight tips for swim parents on how we can help our kids when they are anxious at meets:

- 1) Don't focus on performance. We put too much pressure on our kids if we expect never-ending wins and best times.
- 2) Make sure they know you love and support them regardless of swimming.
- 3) Don't compare your swimmer to their siblings or other swimmers.
- 4) Let them know that you want them to enjoy their sport and put in their best effort. If they're having fun and know they've tried their best, the anxiety should melt away.
- 5) Ask them why they are afraid. Encourage them to talk about it with you or their coach.
- 6) Acknowledge that your child's anxiety is legitimate and that we all have to overcome fears.
- 7) Buy them a journal and suggest they write a page a day. Maybe they'll be able to express their fears and work through them in their journal.
- 8) Encourage them to create a mix of their favorite music

and wear headphones before racing. It will help them focus and get a rhythm going. If listening to music helps Olympians, it might help your kids, too.

10 Commandments for Swim Parents

With Championship Season underway, it is easy to get caught up in the emotion of it all. Parents, please remember "the emotion is as old as the child". A ten year old will display the maturity of emotion that a ten year old should and so on. As adults, it is necessary sometimes for us to remember to manage the emotion that can present itself from a younger athlete and put it into perspective.

Please review the following article 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). It provides an excellent reminder of what to look for and our role when it comes to our child's performance and managing stress at the big meet.

The most Elite athletes manage their emotions whether the desired outcome is good or bad. They can both affect the desired outcome of the next event.

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.

Long Course Meet Schedule

July 6-9	Mark Prothero Invitational <i>(qualifying times needed)</i>	Federal Way, WA
July 15-16	Summer Grand Challenge	Federal Way, WA
July 20-22	Senior PNS Long Course Champs <i>(qualifying times needed)</i>	Federal Way, WA
July 28-30	14&U PNS Long Course Champs <i>(qualifying times needed)</i>	Federal Way, WA
August 3-6	Futures Championships <i>(qualifying times needed)</i>	Santa Clara, CA
August 8-12	Western Zone Age Group Champs <i>(qualifying times needed)</i>	TBA
August 8-12	Junior Nationals <i>(qualifying times needed)</i>	East Meadow, NY