

On Deck: BBST News & Events

Bellingham Bay Swim Team

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Edition: 7



News from the Desk

Plan ahead for summer meets

Summer travel meet season is upon us. Please look for emails from Emily Cross about one week before each meet down in Federal Way. We have to provide timers for all meets down there, and she will be looking for volunteers. If you NEED Workshare hours, please let her know so she can try to assign you first. However, it is likely that people who don't still need hours will be needed as well because the attendance at some meets is lower, providing her with fewer people to help. When you get each email from Emily, please make sure to respond letting her know if you NEED hours or not and the days and times you CAN and CANNOT time. She works very hard to evenly distribute the load amongst all. It is a tedious job, so please make it easier on her with a prompt reply.

Workshare hours update & opportunities

Please take a look at your WorkShare hours and let Meredith know of any discrepancies. You will receive an email in the next week if your account owes more than five hours. She is happy to help find hours for those who are in

need! Thank you to all families for your time and support. We couldn't operate without you!

Documents update: Are you a whiz with Microsoft Office? We have a lot of documents that need to be updated for next year and are looking for someone to help.

Deck project: On deck storage of dryland equipment, cleaning of existing items, reorganization etc.

Welcome Wagon Committee: Looking for Bronze, Silver and Gold parents to help navigate the swim world with new families. It's great to have a mix of experience on deck available to those who are just starting out and even those who are seasoned.

Storage item update: Refilling our staples, updating inventory list

BBST brochure update: if you are creative and like to write, email Meredith! We want to update our information in a sleek and handy brochure/flyer.

Keep swimming while traveling

Vacation plans this summer? Worried about your swimmer being out of the pool for a week or two? Many towns across the country have USA



Upcoming Events



BBST Annual Family Picnic and Team Photos on June 14*. Details on the next page.

**Earlier communication incorrectly listed this event as happening on Thursday, June 15*

Cannonball Classic
June 10-11 in Federal Way

Pacific Coast June 24-25
in Federal Way

2017-18 Registration for Returning Families
July 1-15. Details on the next page.

USA Swimming Nationals June 27-July 1
in Indianapolis, IN

Back to the Pool Meeting August 27,
time TBD. Details on the next page.

Swimming teams as well, and they are often willing to let your swimmer come practice a few days with them. BBST kids have attended practices across the country, from Hawaii to Minnesota, and had the ability to meet new kids and stay in shape. If you are unsure of whether there is a team where you are traveling, check out the [USA Swimming website](#).

Baby, it's hot outside!

Summer is upon us and temperatures are rising. Even though your swimmer is in the water, they are sweating a lot... you just don't see it. Please remind them to drink throughout the day and bring a water bottle with them to practice.



Mark Your Calendars!

Annual Family Picnic & Team Photos

The annual BBST Family Picnic will take place on **Wednesday, June 14** from **4:30 – 7:00pm**. Parents, please plan on attending with your swimmer. This is a family social event and a chance for families to mingle and interact outside of a pool deck.

Since we'll be taking team photos, swimmers need to wear black shorts, pants, or skirts and their gray BBST t-shirt.

BBST will provide sandwiches from Subway (small amount of gluten-free and vegetarian will be ordered), water to drink,

plates and utensils and dessert for families.

Each family is requested to bring a dish to contribute to the meal based on the first letter of your last name. Please make sure you go to the [events page](#) on the BBST website to determine your assigned side item and to RSVP. In the comment box, please list how many people from your family will be attending and if they have any special food need (gluten-free or vegetarian).

Swimmers are encouraged to bring a water gun for the end of the picnic, if they choose. Please be sure to label water guns with the swimmer's name, as there are sure to be lots that look alike. They will be stored together until the appropriate time for the water fight.

Registration for returning families is July 1-15

To ensure your swimmer a spot, register early as our numbers are capped due to space! If you do not register, there IS a chance your swimmer won't have a spot this upcoming season. If you are unsure about your swimmer, please make an appointment to speak with your swimmer's coach. They are there to help and will gladly address any concerns you may have.

Back to the Pool Meeting, August 27

Kick off our 2017-18 season and get ahead with to WorkShare hours just for attending! Get a third by turning in your signed WorkShare and Swimathon financial agreements and

Swimmer's Code of Conduct! Coaches will be leading their groups with an informational talk giving parents and swimmers a peek inside what's in store for them this upcoming season. Meet schedule, holiday practice schedule, athlete nutrition and clinics to attend are just a few of the topics covered.



Summer League

Do you have friends or family members who are looking for a fun summer activity? Do they have children who love to swim? Encourage them to keep their child active this summer by joining the Bellingham Summer Swim League!

Our goal is to instill the love of swimming in a fun, recreational environment. Coach Heather Taylor, Pacific Northwest Swimming Developmental Coach of the Year, will be on deck to help each swimmer continue the skills they have acquired!

We will end the summer league with an exciting swim meet to show off new swim skills at Arne Hanna! Family and friends are welcome to attend.

Practices: June 19-August 4, Mon – Fri, 6:15 – 7:00pm
Swim meet: August 5
Required gear: swim suit, towel, goggles & water bottle
Cost: \$250/7 weeks. Registration includes a swim cap and t-shirt
Registration: Space is limited, so [register online today!](#) See you on deck!



Board

Positions Available

Interested in being a voting member of the board of trustees? Two positions will be available this summer as Christina Boyd & Jen Rubio will have completed two-consecutive, two-year-terms as of July. All of your work-share hours will be easily accounted for and you will have an integral part of the stewardship of our team.

Review the enclosed PDF for additional details!



Coaches'

Corner



All Swimmers on Deck!

Remember that coaches want swimmers down on deck at swim meets for several reasons:

- 1) We want swimmers to sit with each other and get to know each other to foster a better team atmosphere. We want them to develop and further friendships with their

teammates, kids whom they're going to go through a lot of trials and tribulations with over the next 5-10 years. That time together on deck is an important part of developing that teammanship.

- 2) Especially with younger swimmers, the less they're on deck, in our team area, the more likely they are to miss their events. After 12-13 years of coaching this hasn't changed, no matter what team I've been coaching for. The less they are on deck, the more likely they are to miss their event
- 3) We are trying to develop in our swimmers a sense of self reliance and accountability. Ultimately, your swimmer needs to be responsible for getting themselves behind the block on time, no one else. Your swimmer needs to be responsible for making sure they are staying hydrated and properly fed, no one else. While this may lead to a lot of missed races and a lot of bad races early in their swim career, they will figure it out themselves if you let them
- 4) Parents, please help us enforce this. If your swimmer comes up to see you at a swim meet, it's because we gave them a strict time limit (usually no more than two minutes). Make sure they follow this time limit.

Developmental Differences between Senior Swimming and Age Group Swimming

Age Group Swimmers (13 and Under) are growing at a faster rate than older swimmers. They tend to recover faster because they are replacing and repairing muscle fibers faster and need less rest to feel better after a heavy training load. Younger swimmers - because they are younger and newer to the sport - have more inconsistencies in training. Making small mistakes and losing focus in practice more easily is normal and part of being a young athlete. Senior Swimmers, as they get older, rely less on their parents for all aspects of the sport, they learn how to take ownership of their own swimming and understand the work they put into it is related to the result they get out of it. Senior Swimmers do not grow as quickly and begin developing more muscle leading to a faster "breakdown" and a longer recovery process. Time drops at swim meets do not come as easily, and the focus of training is Seasonal, focusing on the Championship End of Season and National Competitions. The habits learned as an age group swimmer lay the foundation for training and performance at the senior level.

Age Group Swimmers are developing daily habits and time management skills that will carry them through High School. Part of the training group progression is designed around teaching the younger swimmers the technical skills and work

ethic it requires to achieve high performance in the pool. Outside the water, time management skills are the foundation of nearly all successful swimmers. If this skill is lost in our age group programs, swimmers tend to fall out of the sport when they become older and challenged with increased training and academic demands. The best are great at both. Most college swimming programs have the highest accumulative GPAs on campus.

Maturity, both physical and emotional, plays a large role in the differences between Age Group and Senior Swimmer, especially when it comes to training and training group placement.

The transition between Age Group and Senior Swimming coincides with adolescence and middle school. Swimmers are confronted with more responsibilities out of the water and in school and have more distractions or temptations socially. The Age Group swimmer relies on habits developed during younger years as a swimmer to help maintain focus

and to get them through the tough times.

Age Up or Age Down, being aware of what the next age group, next training level or next level of competition requires in order to be successful at that next level.

Older Swimmers do not grow at the same rate as younger swimmers; older swimmers do not recover as fast because they have more muscle. It is easier for Senior Swimmers to break down, leading to more tired swims “In-Season” vs. a “Rested and Shaved” Meet at the end of the season. For Older Swimmers it is easier to get out of shape and it takes longer to get back into shape. A stricter, regimented, and regular training schedule is required to keep the swimmer in the proper physical and mental state. Senior training is about taking responsibility for your swimming, a seasonal process aimed at developing a rhythm and timing that the body and mind can expect and adapt to. Swimmers must go through a series of training cycles before their body can reach potential performance.

Every Yard Counts. Train with a Purpose. Time is valuable. Senior and Elite Swimmers understand that if their goal is truly to achieve the highest level, training is the most important thing you will do on a daily basis. Don't waste time, if the focus of training is not at the right level every day, your performance will suffer. If your goal in swimming is to become more and more competitive at the National level or geared toward a College Scholarship parents and swimmers need to understand they are competing against the rest of the country, not locally. College Coaches base recruiting off times, National Ranking and level of swimming reached. They need to know the swimmer can handle the pressure that comes with a high level of competition. If the swimmer can't score points at the College Conference Meet they will get looked over for someone that can. College coaches recruit from programs that consistently produce well-rounded, reliable swimmers.

Long Course Meet Schedule

June 10-11	Cannonball Classic <i>(qualifying times needed)</i>	Federal Way, WA
June 24-25	Pacific Coast	Federal Way, WA
June 27-July 1	USA Swimming Nationals <i>(qualifiers only)</i>	Indianapolis, IN
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