

# On Deck: BBST News & Events

Bellingham Bay Swim Team

3/1/2017

Edition: 4

## WorkShare: Hours Opportunities

### 1. WorkShare Evaluation

As we approach the half-way mark for the 2016-2017 BBST swim year, it is time to evaluate WorkShare hours. Please log-in to the BBST website and then click the “MY ACCOUNT” button on the left side of the page. Next click “\$ MY INVOICE PAYMENT”. On the screen that opens, click the “SERVICE HOURS” tab at the top of the page. Then, please verify that all the events and hours you have worked thus far are entered into your account. If you are missing hours, please email [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com) with the event(s) you worked (i.e. swim meet, marathon, service project), the job you did (i.e. hydration station, timer, donated 2 dozen cookies), and the hours you earned for each event (i.e. marathon 9 hours).

In order to ensure all families are on track with earning the hours they need for the season, it is important to see where we stand thus far. We ask that you please verify your hours in your account this week!

2. BBST Board Member: Two board member positions open

this summer, as Christina Boyd and Jen Rubio will have finished two consecutive 2-year terms. Serving on the BBST Board is a great way to earn your WorkShare hours and get more involved in the team. Please consider serving for the 2017-2018 season. Come visit the next Board meeting to see if this is a position you would enjoy.

### 3. Timing in Federal Way

Reminder: BBST is required to provide timers for Divisional, Sectionals, and Regionals. When Emily Cross emails you asking for timers identify if you NEED hours, so she can try to get you a spot. If you are UNABLE to time, communicate this with Emily. Figuring out the schedule is a tough job, and we can make it much easier on Emily if we each communicate our availability with her in a timely fashion.

4. Egg stuffer: We need someone to stuff plastic eggs for the BBST underwater scavenger hunt. All supplies will be given; you simply stuff the eggs and deliver to the pool the week of April 10th.



## Upcoming Events



BBST No Host Parent Social has been POSTPONED. Details on next page!

### Monday, March 20, 2017

Swim-A-Thon ½ way challenge is complete. Our challenge is Bronze, Silver and Gold in competition and Senior V. Elite. The group with the top fundraising average at this point will get a fun practice and treats! Turn in any checks you have collected thus far on Monday, March 20<sup>th</sup> so your offline donations can be approved and show up on your fundraising page. Funds will be collected from 4:30 to 7:30pm. Don't worry, you don't have to be done fundraising. You can still flood social media and pound the streets for 6 more weeks. The next day to turn in offline donations will be on May 4<sup>th</sup>, when you come to swim the actual event.

### 5. Officials Training

BBST NEEDS at least two parents to begin the officials training program. Officiating is an awesome way to earn your WorkShare hours, while being down on deck at the meets... close up to the action. Hours are awarded for training, upon completion of the training program.

### 6. Newsletter Coordinator:

If organizing info on Word or Publisher is in your skill set, then we need you. BBST is looking for someone to take over as Newsletter Coordinator. Each month you will get info from Coaches, the Board, and Spirit Committee to compile into the document. This is an awesome job for someone with good computer skills who needs a way to earn WorkShare hours around their schedule. You can anticipate 2 to 4 hours each month. We need someone who can commit to the full year. This is not a one-time position.

### 7. Scholarship Committee:

*Job 1.* The committee needs a few more members to help review anonymous documents from our BBST Senior applicants and vote on who receives the scholarship award. Will take approximately 1 hour.

*Job 2.* We are looking for a person who is interested in trying to procure some more donations to increase the value of the scholarship.

Details on the scholarship below under Spirit Committee.

### 8. Banquet Helpers:

In April BBST will be holding our annual awards banquet. We will need help with set-up, serving, and clean-up. We finally have plenty of helpers, so shouldn't need people to do four jobs that night unless they choose. If you do NOT need hours, please leave the positions open for those who do need the opportunity to earn hours. Watch your email for a job sign-up in April.

## Spirit Committee *Senior Academic Achievement Scholarship Applications are now being accepted.*

The Senior Scholarship is an award for one of our outgoing Seniors for their academic achievements. Academic Achievement Scholarship Award applications are now being accepted until April 14 (open to graduating seniors in good standing with BBST with a GPA of 3.6 or better).

For an application or anyone interested in being part of the Scholarship Committee or interested in making a scholarship donation or procuring monetary donations, please contact Christina Boyd ASAP at [stircrazyartworks@yahoo.com](mailto:stircrazyartworks@yahoo.com).



### BBST Parent Social

POSTPONED! Come chat with other swim parents outside of Arne Hanna! Join the BBST Board in April OR May, date TBA, for a no-host social. Location TBA. Please note this is an event for BBST parents, not their swimmers.



### Say Cheese!

If you have photos to share for our team social media, please send to [bbstphotos@gmail.com](mailto:bbstphotos@gmail.com). We are also working on a team share site for easy uploading and printing of swim team shots. More details coming soon.



If you shop Amazon, please consider setting up an Amazon Smile account and designate Bellingham Bay Swim Team as your non-profit choice. Thank you!  
<https://m.facebook.com/amazonsmile/>

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



## Coaches' Corner:

As short course season draws to a close, many of our swimmers will compete in one of the upcoming championship meets (Divisionals, Regionals, & Sectionals). Each meet is an opportunity for a swimmer to put their training over the past few months to the test. Each swimmer will be tapered for his/her specific meet, with the goal of sending a rested swimmer into completion. In order for tapering to be most effective, some steps need to be taken at home also...

### Guidelines for Tapering

The end of the season is here. The hard work is behind us and now it's time to reap the rewards. All of us have heard the statement "Training is 99% physical and Racing is 99% mental". The reason we have all heard this before, is because it's true. There are many athletes out there that have trained their bodies to be a World Class Athlete, however the Psychological skills necessary to compete at that level have been lost or ignored along the way. Athletes CAN and often times DO Sabotage their own performances because of their lack of mental preparation.

Here are some simple guidelines for our athletes focus on and ready themselves psychologically to race:

1. What you put into your mind is just as important as what you put into your body. Fueling the mind with positive "Can Do" thoughts is like maintaining a healthy diet, it fuels it for performance.

a. Eliminate negative talk and/or negative self-talk. Many of us do not talk positively to ourselves. If someone else talked to you the way you talked to yourself, would you like them? Eliminate the words "Can't" and "Impossible" from your vocabulary. Catch yourself when you are about to say either of these words, go back to the beginning of your statement and start over. You will be surprised how often you use these two words.

2. Reinforcing confidence is and positivity is extremely important when getting ready to race. Stay away from Negative people and surround yourself with like-minded goal oriented people. You will feed off of each other's positive energy. "A smile is contagious" and it releases endorphins!

3. Visualize your swims. Swim the entire meet in your mind before you get to the pool. The only thing you can control is yourself. Picture your lane, your block, your water. Visualize every stroke and every turn during your race. Visualize your finish and your end result. Know what is going to happen before you make it happen.

4. Don't over think things, keep it simple. Look at the work you have put into it this season. You have committed yourself to achieving your goal and worked hard for it. Just let it happen. To Keep your mind occupied and help prevent over thinking and performance anxiety, focus on the little things that can make a big difference.

Such as your diet, time management, and resting.

**Diet:** Fuel your body the right way. You don't put diesel in an unleaded. Healthy eating is often simple eating, foods in their natural states or with as few ingredients as possible. Many people are looking for some complicated plan when it comes to their diet. A complicated diet will be less likely to follow and less likely to be habit forming. We all know what good fuel for our bodies is. Stay away from Fried and Greasy foods, (ex: Fried Chicken, French Fries). Stay away from unnatural sugars (candy, ice cream, and Soda/ carbonated drinks). Stay away from your empty calories, (potato chips & candy bars).

Diet Do's:

a. Eat plenty of carbohydrates! Carbohydrates fuel your energy stores to give your body the energy necessary to give %100 effort. Good sources of carbohydrates are: Pancakes, Pastas, Fresh Fruits & Vegetables, & Potatoes (not fried).

b. Protein is important to help your body recover and rebuild your muscle after months of hard training. Good sources of protein are: Eggs, Nuts or Nut Butters, Lean Meats (fish or chicken, Legumes, and Protein Bars or Shakes.

c. Eat your Antioxidants. Fruits and vegetables are excellent sources of natural sugars, natural carbs, and antioxidants. Antioxidants are important for reducing your free radicals which cause cell damage. Nuts and beans are also great sources of antioxidants.

d. Drink a lot of water: Water will always be better than a sports

drink. Many sports drinks have too much sugar to be productive. Stick with water. Water hydrates but also flushes out your system. It will help unclog all the junk we've consumed in the past. Notice when you drink a lot of water you need to use the restroom often. If your body is moving quickly internally, it will move quickly externally!

**Manage Your Time:**

Get your studies done ahead of time. Know what assignments will be due and when so you can get them done early. You don't want to worry about schoolwork when you're at a competition. Remove yourself from stress so you can relax.

**Rest:**

When athletes begin resting for their primary competition they will feel a surge of energy. Staying off your feet and harnessing that energy only to release it at the Meet will pay off. Get to sleep Early. Sleep Recovery is one of the best ways to manage a taper.

March 4-5	TAC Excellence	Anacortes, WA
March 11 & 12	Divisional Championship	Federal Way, WA
March 16-19	Western Zone Sectionals (qualifying times needed)	Federal Way, WA
March 24-26	NW Regional Champs (qualifying times needed)	Federal Way, WA

**March Meet Schedule**

Please note a new meet has been added to the calendar.

# Long Course Meet Schedule

April 21-23	NWAC Blue Heron Distance Open	Oak Harbor, WA
May 13-14	West Coast Open	Richmond, BC
May 19-21	TAC Spring Thunderbird	Anacortes, WA
May 26-28	Mel Zajac Invitational (qualifying times needed)	Vancouver, BC
June 10-11	Cannonball Classic (qualifying times needed)	Federal Way, WA
June 24-25	Pacific Coast	Federal Way, WA
July 6-9	Mark Prothero Invitational (qualifying times needed)	Federal Way, WA
July 15-16	Summer Grand Challenge	Federal Way, WA
July 20-22	Senior PNS Long Course Champs (qualifying times needed)	Federal Way, WA
July 26-28	14&U PNS Long Course Champs (qualifying times needed)	Federal Way, WA
August 8-12	Western Zone Age Group Champs (qualifying times needed)	TBA
August 8-12	Junior Nationals (qualifying times needed)	East Meadow, NY



## BBST Swim-A-Thon 2017

The kick-off was a great success, with Coaches Sean and Hans bravely facing getting pied in the face by last year's top 3 fundraisers: Emma Carlton, Wyatt Carlton, & Kai Arthur!



We are off to a great start, with our online donations showing \$2,365 so far... fundraised by just 12 swimmers.

Not sure how the Swim-A-Thon works? The instruction packet is located on the BBST website under the "For Swimmers" tab. You have to be logged into your BBST account to access the document!

[https://www.teamunify.com/SubTabGeneric.jsp?team=pnsbbst&st\\_abid=160647](https://www.teamunify.com/SubTabGeneric.jsp?team=pnsbbst&st_abid=160647)

You can go door to door, post on Facebook, send emails, etc.

Our half-way challenge deadline is coming up soon. **This is only a half-way challenge. Swimmers will have until May 4<sup>th</sup> to keep fundraising!!!**

On March 20<sup>th</sup> we will collect the first half of funds raised. We will be at Arne Hanna beginning at about 4:30pm. Parents are to bring the packets and checks in themselves. Please do NOT just send it with your swimmer.

**We will NOT be offering the "bill me" option for the Swim-A-Thon this year.** It makes billing and invoices too confusing with the online fundraising system. If your family chooses to make a flat donation instead of fundraising, you will need to submit your check on either March 20<sup>th</sup> or May 4<sup>th</sup>.

**Also, we are asking that all families turn in a check to cover any cash that you collect.** It is too much to handle large quantities of cash from all the kids. Please total the cash your swimmer collects and write a single check to cover that amount!

## Swim-A-Thon Prizes

### Team Awards

1. **Half-Way Incentive/Group VS. Group Challenge (Bronze versus Silver versus Gold; Senior versus Elite)** The groups that average the most money per swimmer on March 20<sup>th</sup> will be awarded a Fun Practice/Party during a normal swim practice time. The party date will be announced after each winning team is confirmed.
2. If the team reaches \$22,000 goal: Lynden Corn Maze on Saturday, September 9, 2017
3. If the team reaches our Incentive Challenge of \$30,000: field trip to the water slides
4. Top 10 fundraisers in the group with the highest average at the

end will head off on an adventure. We are still working on what this will be!

**Individual Awards** - prizes are donated by very generous community businesses and by USA Swimming based on the following fundraising levels.

- Raise \$100 minimum AND swim laps at the event: prize upon finish
- Raise \$150: invite to the BBST Fundraising bowling party, with a chance to win more prizes!
- Raise \$400 - \$599.99 Swim-A-Thon Swim Cap Supplied by USA Swimming
- Raise \$600 - \$799.99 Swim-A-Thon T-Shirt Supplied by USA Swimming
- Raise \$800 - \$1,199.99 Swim-A-Thon Towel Supplied by USA Swimming
- Raise \$1,200 + Swim-A-Thon Backpack Supplied by USA Swimming
- Top fundraiser in each group - gets to throw a pie at their coach
- Choose a prize from local donor businesses. Top fundraiser gets first choice, then continue in order based on \$\$\$ raised until all prizes are given. This will happen at the bowling party!**

### Prize Donors so far:

**Creativitea**  
**Fairhaven Toy Garden**  
**Fiamma Burger**  
**Fred Meyer**  
**Mallards**  
**Mt. Baker Theater**  
**Pickford Cinema**  
**Rocket Donut**  
**Sirena Gelato**  
**Spark Museum**  
**Swim 2000**  
**Trampoline Zone**