

On Deck: BBST News & Events

Bellingham Bay Swim Team

9/7/2017

Edition: 1

News From the Desk

WorkShare Opportunities

Both the Bellingham Bay Marathon and Intra-squad meet on September 29 provide opportunities to get a jump start on your WorkShare hours this season! Keep an eye on your email for WorkShare sign-ups and contact bbstblackfishoffice@gmail.com with WorkShare related questions.

While she has enjoyed the opportunity to serve BBST families, Meredith Cratsenberg is transitioning out of her administrative role with BBST. Though she will still be around and is always happy to help, most of the questions you would have had for Meredith can now be directed to Coach Heather.



Order BBST Fall Gear Today!

Thursday, September 7 is the last day to order fall gear. Forms and instructions for ordering team gear and caps were provided at

the Parent Meeting. If you need another gear order form or more info, please contact BBSTgear@gmail.com. Team suits can be ordered anytime from Dan at Swim 2000. Dan will be at the pool with the new suits to try on Friday, September 8.

FREE Stroke and Turn Clinic

Thanks to fundraising from the swim-a-thon, BBST is offering a free clinic on September 17, 4:00 – 5:15pm. While there is no cost for this clinic, it is limited to 15 swimmers, so register early once you have received the registration email! Coach Hans will be leading this clinic which is open to Gold and above. Additional clinics will be offered later this year for other swimmers.



The Bellingham Bay Marathon is just around the corner on Sunday, September 24th! We are currently working with BBST



Upcoming Events



Gear Order Deadline
September 7

**Bellingham Bay
Marathon Job Sign Up**
September 8

Lynden Corn Maze
September 9

**FREE Stroke and Turn
Clinic (Gold and Above)**
September 17

**Intra-Squad Meet
(Bronze, Silver and
Gold)**
September 29

**Senior Circuit Dual
Meet #1 (location TBA)**
September 30

**SwimPosium at King
County Aquatic Center**
September 30

Marathon Volunteer Leadership on coordinating job responsibilities in their zones with expectations of the marathon director. Once this is complete, we will post positions on **Friday, Sept. 8th**. An announcement will be sent out on Sept. 7th, with the times that the jobs will be posted on Sept. 8th. If you have questions, please email: kristina.daheim@gmail.com



[2017-2018 Board of Directors](#)

The 2017-2018 BBST Board of Director Officers are:

Clint Carlton, President
Chris Fuhrman, Vice President
Nancy Chen, Treasurer
Stephen Buetow, Secretary

We would also like to offer a huge thank you to outgoing board members **Daryl Smith, Hui-Ling Chan, Christina Boyd & Jen Rubio** for their service to BBST over the course of the last year as members of the 2016-2017 BBST Board. Their commitment and countless hours of work behind the scenes along with **Meredith Cratsenberg** our Team Administrator are very much appreciated and have gotten us to where we are today. **Thank you!**



When you #StartWithaSmile, Amazon donates 0.5% of the purchase price to Bellingham Bay Swim Team. Bookmark [this link](#) and support BBST every time you shop! Please ask your family, friends, and neighbors to bookmark this link so all their eligible shopping will benefit Bellingham Bay Swim Team. Thank you!

[Coaches' Corner](#)



Welcome, Coach Jay!

We are thrilled that Jay Benner has joined us as BBST's new Head Coach and excited to have such an experienced and successful coach join our BBST team as we move forward in the coming year.

Coach Jay has more than 30 years of experience as a coach at every level of the sport and was himself a nationally ranked athlete. Below are some

highlights from Coach Jay's resume:

Coached and developed Olympic Gold Medalist and American Record holder, 8 time Olympic Medalist **Nathan Adrian** Coached 2008 US Olympian and Pan American Games medalist **Dana Kirk**

Many years of coaching experience as an Olympic, International and National level coach for the USA, Canada, UAE and many other countries.

Numerous athletes under Coach Jay have gone on to compete at the very highest levels of swimming through Division I, II, & III level universities, as well as on National and Olympic Teams.

Many years of experience is highly successful clubs around the country including, **Tacoma Swim Club, SwimMAC & Ridgefield Aquatics** Coach Jay was inducted into the **Pacific Northwest Swimming Hall of Fame** in 2010.

Recap about Lane Crowding

Right now the priority of BBST coaches is to spread swimmers out as much as we can to ensure a safe, reasonable lane ratio. We are working on finding solutions to overcrowding which may include some schedule changes. We appreciate your patience and flexibility while we work out the best solution for all and will keep you updated.

As mentioned in a previous communication, to alleviate lane

space for the time being all Platinum swimmers should place a strong focus on the T/W/Th AM practices, and all Gold group swimmers in middle school should try to make at least one White Gold (7-8 am) practice each week, possibly more. Anyone who is confused about what their swimmers schedule should look like are

encouraged to contact Hans. In the meantime, coaches will be talking to swimmers about how to modify their schedules to best alleviate lane space. Senior practice (5:15-6:15 pm) is also open to all Platinum and Gold swimmers.

Most importantly, remember that we've been in this situation

before. Two years ago, the team was compressed into a similar timeframe for the girls high school season. We adjusted our workouts, kept our focus, and came out in December successful. I have every faith we can navigate this chaotic part of the season and come out on top.

Short Course Meet Schedule

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

September 30	Sr. Circuit Dual Meet #1 (Travel Squad – Elite/Senior)	TBA
October 7-8	October Challenge (Home Meet) (All swimmers)	Bellingham
October 14 or 15	Sr. Circuit Dual Meet #2 (Travel Squad – Elite/Senior)	TBA
October 21-22	TBA (Bronze/Silver/Gold)	TBA
October 28-29	TAC Thunderbird (Bronze/Silver/Gold)	Anacortes
October 28 or 29	Sr. Circuit Dual Meet #3 (Travel Squad – Elite/Senior)	TBA
November 12	Storm Distance Meet (TENATATIVE) (Non-Qualified – talk to your coach)	Lake Stevens HS
November 18-19	November Age Group Invite (SCY) (All Qualified - GOLD STANDARD)	Kamiak HS, Mukilteo
December 2-3	Fall Divisional Championships (All Not Qualified for PNS)	Marysville- Pilchuck HS
December 2-4	Husky Invite (Team Trip) (All Qualified)	KCAC, Federal Way
December 6-9	Winter Junior Nationals (All Qualified)	Iowa City, IA
December 8-10	PNS SC 14 & Under Championships (GOLD STANDARD – All Qualified)	KCAC, Federal Way
December 14-17	Washington State Sr. Championships (All Qualified)	KCAC, Federal Way
January 6-7	January Challenge (Bronze/Silver/Gold)	Anacortes
January 11-14	Washington Open (Team Trip) TENTATIVE (All Qualified)	KCAC, Federal Way
January 27-28	Winter Challenge (Home Meet) (All swimmers)	Bellingham
February 18	Storm Distance Meet (TENATATIVE) (TBA)	Lake Stevens HS
February 23-25	February Age Group Invite (SCY) (All Qualified - GOLD STANDARD)	Kamiak HS, Mukilteo
March 3-5	TAC Excellence (SCY) TENTATIVE (Bronze/Silver/Gold)	Anacortes
March 10	Spring Provisional Championship (BBST Hosted) (All Not Qualified for Regionals or Sectionals)	Snohomish Aquatic Center
March 15-18	Sectional Championships (All Qualified)	KCAC, Federal Way
March 22-25	Regional Championships (All Qualified)	KCAC, Federal Way