

# On Deck: BBST News & Events

Bellingham Bay Swim Team

2/4/2017

Edition: 3

## WorkShare: Hours Opportunities

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

### 1. In the Community Event

We still need 4 more parents to help with the activity and then drive kids to fire & police station where the cookies will be donated on February 3<sup>rd</sup>.

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

Help with treats and packet handouts at practice.

### 3. Timing in Federal Way

Divisional, Sectionals, and Regionals are coming up in March. BBST is required to provide timers for each of these meets down in Federal Way. You will be getting an email from Emily Cross in March asking for people to sign-up for timing. This is a great opportunity to earn hours. If people do not volunteer to help, then she just assigns the spots to families attending the meets,

## Spirit Committee

as our team is obligated to provide a certain number of timers. If your swimmer is registered to swim but you are teleworking or unable to time for a family reason, please be sure you communicate this with Emily when she asks for timers so that you do not get assigned a time that you are unavailable. If you really want hours, please indicate that also and she will try to assign you. 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.

***Email Meredith at [bbstblackfishoffice@gmail](mailto:bbstblackfishoffice@gmail.com) for details & to sign-up for WorkShare positions!***

**Spring Gear Order:** Gear orders are due February 6<sup>th</sup>. Order forms on top of filing cabinet in lobby.



## Upcoming Events



### Tuesday, February 14<sup>th</sup>

Swim-A-Thon Kick-Off at 5:45pm for all groups. Details on the next page.

### Friday, February 17, 2017

BBST Silver & Bronze Stay & Play at 5:45. Details on next page!

### February 2017

BBST Board meeting date and time TBA. Please come observe the meeting and learn about the behind the scenes activities that make BBST happen! We will be seeking at least 2 new board members for next fall so attending meetings is a great way to see if this is a position you might enjoy!



**BBST in the Community:**

BBST is focusing on thanking the Civil Servants in and around Whatcom County!



For our Winter Challenge meet we raffled items generously donated by Assumption Catholic School, Bellingham Cold Storage, Seifert & Jones Wine Merchants, Inn at Lynden, Woods Coffee, and Drizzle, & sold "Swim for Soldiers" swim caps. All profits (\$430.50) were donated to the Wounded Warrior Project.



Then, Friday, February 3<sup>rd</sup> we decorated sugar cookies and thank you cards that were delivered to area fire stations. Huge thanks to the families who baked all the cookies and those who came and frosted!



**BBST Stay & Play**

This is a great chance for our Silver & Bronze swimmers to hang out and play together. Meet Friday, February 17<sup>th</sup> at 5:45pm, after Silver evening practice and play in the pool until 6:45pm. Please attend with your swimmer so you can meet other parents and have a chance to ask questions of our BBST New Parent Coordinator, Jenn Rubio.

**Swim-A-Thon Kick-Off**

Join us February 14<sup>th</sup> at 5:45pm for our Swim-A-Thon kick-off event. The coaches will be getting a pie in the face from our top 3 fundraisers from last year. Then snacks and packets will be handed out and explanations given. We ask that all morning swimmers please join us at 5:45pm. You don't want to miss seeing your coach get a pie in the face!



**BBST Parent Social**

Come chat with other swim parents outside of Arne Hanna! Join the BBST Board on Friday, March 3<sup>rd</sup> at 5:30pm for a no-host social. Location TBA. Please note this is an event for BBST parents, not their swimmers.



Don't forget... shop at [www.smile.amazon.com](http://www.smile.amazon.com), designate BBST as your non-profit of choice, and earn us cash for our Spirit events.

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

**#OfficiallyAwesome**

is USA Swimming's new campaign to connect you to the fun that can be had as an official. The best parts of being an official:

1. Up close seat to watch your swimmer compete
2. Fabulous free food in hospitality at each meet
3. Not having to stress about fulfilling your BBST WorkShare hours, as you can volunteer to officiate at each meet your swimmer attends and earn your hours

**Meets don't happen without the officials. We REALLY need at least two parents to start the officials training process this year, as two of our officials will be leaving us at the end of this season when their kids head off to new horizons!**

# BBST Top 10 Most Frequently Asked Questions...

## 1. Q: What is a "Gold Standard"?

A: On our website, under the tab "For Swimmers" you can access the "time standards" needed for different meets. A "Gold" standard is a speed standard separated by gender and age that is used as an entrance criterion for certain meets, like the upcoming Age Group Invitational February 24<sup>th</sup>-26<sup>th</sup> AT Kamiak High School in Mukilteo.

## 2. Q: What is the upcoming meet schedule?

A: On our website, under the tab "Team Information" you can access the annual meet schedule. Also, at the end of this newsletter is a copy of the upcoming meet schedule.

## 3. Q: How do I make sure I get all my WorkShare hours?

A: There are many behind the scenes jobs required for every meet and activity that most people don't realize happen. If you have a special skill, tell us about it. Then we can try to connect you with a task that will help you earn your hours and will align with something you are good at and enjoy. Having sole or shared responsibility for a big job each year is the easiest way to ensure you will get all your hours. As our seniors graduate each year we have to fill-in the positions their parents have done for years. We have tons of ways to use you, so please let us know your skill set so we can help you find a job. Please also remember that asking in July doesn't give us much time to find you a job. Ask

now so we have time to match you with a great position.

## 4. Q: How do I meet more BBST parents?

A: The easiest ways to get to know other families is attending team events and volunteering to help.

## 5. Q: What do I do when my swimmer has a rough race?

A: All athletes have good days and bad days. Your kids don't need you to point out they didn't perform well. They already know! First, always remind them you love them and then send them off to their coach. It is your job to feed them, hug them, and give them rides. The coaches will take care of their swimming.

## 6. Q: I feel like I don't hear about events or practice changes. How do I stay up to date?

A: The coaches send out emails each week updating families on many of these things. Also, the team website has a calendar that often lists upcoming events. Reading all your BBST emails is truly the best way to be informed.

## 7. Q: I have a question for my swimmer's coach, but am not sure how or when to ask?

A: Email your child's coach and request an appointment before or after practice. Try not to ask the coaches questions during practice, as you want them to focus their energy on helping the swimmers and not on you. Also, they prefer a heads up, as they sometimes have places to get to and may not be able to give you the time you need to resolve your question.

## 8. Q: I have an idea, suggestion, or concern. How do I get it to the right people?

A: On the side of the black filing cabinet in the lobby at Arne Hanna is a box for exactly these things. It is checked regularly by the Team Administrator and Board. The info will be passed to the correct body. If you are uncomfortable identifying yourself, you don't have to sign it. However, they won't be able to let you know your voice has been heard if they don't know who the question came from.

## 9. Q: Is it important my swimmer participate in long course season?

A: Club swimming is a year-round activity. The fitness required to perform well does not allow athletes to stop swimming for three or four months. Also, the team is now on a wait list. If your swimmer chooses to leave the team for an extended period, his or her spot will likely be filled by another swimmer.

## 10. Q: What do we do about summer family vacations?

A: The coaches know families may have vacations in the summer. Please notify your coach of your absences, so they don't plan on your swimmer for a relay team at a meet you won't be attending. Also, families are encouraged to find an opportunity for kids to get in the water during vacation. Other USA Swimming teams will often let you join them for practice, so check if there is a team in the town you are visiting. Then email the coach directly to discuss the possibility of joining their team for some practices. Also, your coach will provide your swimmer with a workout to do on their own if you ask in advance.

February 19	<i>Distance Meet</i> (Gold, Senior & Elite. Silver with invite)	Lake Stevens, WA
February 24-26	<i>Age Group Invite</i> (qualifying time needed)	Mukilteo, WA
March 3-5	<i>TAC Excellence</i>	Anacortes, WA
March 11 & 12	<i>Divisional Championship</i>	Federal Way, WA
March 16-19	<i>Western Zone Sectionals</i> (qualifying times needed)	Federal Way, WA
March 24-26	<i>NW Regional Champs</i> (qualifying times needed)	Federal Way, WA

## February – March Meet Schedule

## 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 TBA	Team is looking to add a meet in mid-June	
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