

# On Deck: BBST News & Events

Bellingham Bay Swim Team

11/1/2017

Edition: 3

## From the Desk of the Team Administrator

### WorkShare Update

All Back to the Pool Meeting, Bellingham Bay Marathon, and October Challenge workshare hours have been applied to your account. If you see any discrepancies, please contact Coach Heather at [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com).

### Late Fees to be Charged

Late Fee: Starting November 1st, we will be adding a \$35 late fee for all accounts not paid by the 10th of the month. We have waived the late fee for the months of September and October as a courtesy to help with the transition into this season. Payments are due on the 1st of every month and there is a grace period from the 1st to the 10th of the month. Payments not received by the 10th of each month will have a late fee of \$35 added. Accounts that are not paid by the end of the month will be suspended and the swimmer(s) no longer allowed at BBST practice or events until the account is brought up to date. Please refer to the BBST Financial Agreement for the late fee policy and as always, feel

free to contact Coach Heather at [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com) with billing questions.

## News from the Board



### Change in Monthly Dues for Elite and Platinum Groups

Due to the recent increase in the pool rental costs, the board has decided to adjust the monthly dues for the Elite and Platinum groups to \$205 and \$185 respectively as those two groups take up the most lane space and water time. **The new rates will be effective on January 1, 2018.**



### Announcing New Sponsorship Program

For the past two years, BBST has been facing significant cash flow challenges primarily attributable to rising pool rental costs which jumped by nearly 50% two years ago when we renegotiated our



## Upcoming Events

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*For the complete remaining Short Course Meet Schedule, please see the last page*

### **November Age Group Invite**

November 18-19  
(Kamiak HS, Mukilteo)

### **Fall Divisional**

### **Championships**

December 2-3  
(Snohomish Aquatic Center)

### **Speedo Winter Junior**

### **National Championship**

**(West)**

December 6-9  
(Iowa City, IA)

### **PNS SC 14 & Under**

### **Championships**

December 8-10  
(KCAC, Federal Way)

contract with Arne Hanna. As a result, the team experienced a substantial deficit last swim season, which has eroded part of our savings. We are also projecting to incur a sizeable net loss for this upcoming season as monthly dues for most swim groups have not increased at the same rate as our operating expenses. One of the solutions that the team came up with is to have one more fundraiser. BBST has implemented a Sponsorship Program to help pay for rising operating costs. We are hoping to raise sufficient funds so that the team will be able to keep swimming affordable for all families and their swimmers.

The Sponsorship Program will be in addition to the Swim-A-Thon fundraiser and will target a different group of donors. The Sponsorship Program encourages BBST families to reach out to corporate sponsors in the community that they are connected with such as their employers, businesses that they are patrons of and/or businesses they own. Good examples are physician offices, physical therapy offices, chiropractors, orthodontists, dentists, opticians and optometrists, veterinarians, x-ray firms ( e.g. Mt. Baker Imaging), real estate agencies, attorney offices, accounting firms, engineering firms, auto dealerships, local banks and credit unions, financial firms/investment businesses, insurance firms, mortgage

companies, movers, pest control, pharmacies, etc.

**We are asking all families to reach out to at least three corporate donors and to follow up with them at least twice.**

**Our Sponsorship Brochure is attached.** Please forward it to your corporate sponsors by email or give them a printed copy. Each family will get a couple of printed copies in their folder. Your sponsor can opt to be an advertisement partner with ads ranging from \$100 to \$300 or to become an annual sponsor with sponsorship level going from \$500 to \$5,000. Sponsorship forms should be mailed back to BBST by January 13, 2017. The first advertisements will be going into the January Home Meet Program. To avoid having families contact the same business donors, we are asking that you email your list of businesses to coach Heather who will be acting as the database coordinator for this project. Heather's email is [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com).

We are all in this together as a big family. Please show that you care and do it for your child and for your child's swim team. If you have questions, please contact Nancy Chen at [nancy.1.chen@gmail.com](mailto:nancy.1.chen@gmail.com) or Mojdeh Vahid at [mvahidchemistry@gmail.com](mailto:mvahidchemistry@gmail.com).



### Help BBST

#### Families in Need

#### Parents helping BBST

**parents!** We are proud to be starting a scholarship program for our very own members who may need a little extra support financially with dues. In order for us to offer this service to those families, we are opening up a scholarship fund and we need your HELP! We believe that one of the best-underused resources are our own parents. This scholarship will be 100% funded by donations from BBST parents; no other funding sources will be used.

If you feel like your family has a little extra to give, there are three ways you can donate to our scholarship fund:

**#1 One-time donation with a check.** Make checks payable to BBST and place in the black box at the pool. Please write "BBST Scholarship Fund" in the memo line so that your funds are go towards the scholarship fund and not your account.

**#2 One-time donation with credit card.** Send an email to Coach Heather at [bbstblackfishoffice@gmail.com](mailto:bbstblackfishoffice@gmail.com) with the donation amount and she will charge your credit card through your BBST account.

**#3 Monthly donation added to your dues.** If you feel like you

would like to contribute to the scholarship fund on a monthly basis, send Coach Heather an email with the amount you would like added to your bill each month and she will apply it to your monthly dues amount. Cancel anytime; there is no minimum monthly requirement.

100 percent of your donation will go to help BBST families in need and is tax deductible!

\*Please note this scholarship fund is different from the academic scholarship offered to high school seniors.

\*\* If your family is seeking extra support, stay tuned for details about the application, which will open in January.

## Spirit Committee



### Baby, it's Cold Outside!

With dark, cold nights upon us, please make sure swimmers leave the pool with shoes on their feet, wearing a jacket, and with either dry hair or a stocking cap on their heads.



### Pick up Protocol

Please park your car to wait for your swimmer after practice. We are beginning to clog the front entrance at Arne Hanna again with parents idling and waiting for kids who are still in the showers. Your kids all swim thousands of yards every day, so they are fit enough to walk the

distance to your car after practice. If it is raining hard or snowing and you feel you must pick them up, please use the airport method where you wait offsite and swoop in for a drive by pick-up once your swimmer has walked out the door and called you to tell you they are ready. Please make sure you are not stopping in front of the building for more than a second or two for a swimmer to hop in or hop out.

### FREE Stroke and Turn Clinic

We will offer our fourth clinic on November 4 from 7:00 – 8:30am. This clinic is open to Bronze and Silver swimmers. There are still spots left, so SIGN UP TODAY!



### Parent

### Supervision for 10 and Under Swimmers

10&Under swimmers are **required** to have supervision when at the pool outside of practice times. Parents have fallen into the habit of dropping their swimmers off 20-30 minutes early to the pool. Unfortunately, per our agreement with Arne Hanna, the pool is not 100% open to swimmers during those times. While on deck, coaches have one job – to coach. We cannot (nor should we be required to) dedicate the attention span necessary to keep younger swimmers behavior in check while also ensuring the development of the swimmers currently in the water. While 10 minutes early does not cause problems, any more than that will usually find swimmers

playing in the water and disrupting other programs. Remember the only time swimmers are allowed in the water outside of practice time is during Arne Hanna's open and family swim periods. We've had issues the last few weeks with swimmers getting in the water while swim lessons are going on. The pool is not 100% open to our swimmers when they're at the pool, and we have to share the water with other programs.



### Academic Scholarship Committee

*Are you interested in being a part of the Academic Scholarship Committee?*

We need help procuring academic scholarship monies from businesses and/or individuals later in the spring. We will also need a few members to help review anonymous documents from our BBST Senior applicants and vote on who receives the scholarship award. If you are interested, please contact Christina Boyd at [Stircrazyartworks@yahoo.com](mailto:Stircrazyartworks@yahoo.com).



## Coaches' Corner:

**Submitted by Coach Jay**

*The following is written by Celestine Chua of [The Personal Excellence Blog](#) and is excerpted from [lifeoptimizer.org](#).*

When I was a kid, people would constantly speak in admiration of those who were excellent in whatever they were doing. These could be students who achieved academic excellence, successful business people, top athletes, celebrities, and so on. Envy aside, no one ever spent any time to think about why or how they were excellent. It was seemingly natural for most to just accept that certain people were meant for excellence while others weren't.

As I grew up, I started to form personal goals which I pursued fervently. I would set different goals, generally anchored on academia and performance-related goals, since the country I lived in (Singapore) was a meritocratic society. In the process of my goal pursuit, I would experience the natural process of success and setbacks. As I gained more experience and observed people who achieved excellence, I started to identify a

certain pattern that linked up successes – a pattern of certain principles and beliefs. And when I acted in accordance to these, I would experience excellence in whatever I did – whether it was being on the dean's list, graduating as the top marketing student in my Business School, nabbing a job offer in a Fortune 100 company against hundreds of applicants, delivering historical record-breaking results when I was working there, creating my personal excellence blog which has tens of thousands of readers after a short-span of months, getting overwhelming demand for my coaching services (which currently has a waiting list of 3 months), and so on. As long as I keep focusing on these key principles, results would be eminent.

If you have ever looked at the achievements of others and thought "Wow, if only I can do that!", or if you have ever wished that you can perform better, earn more money, make more friends, have better health, achieve higher level of success, and so on, here's the holler-out to you: You are capable of all of that. Everyone has all the potential in the world to do whatever it is they dream of or want. Following these key principles of personal excellence will go a long way in bringing you to excellence:

### **1. Have the hunger for excellence.**

You need to want to achieve excellence. The emphasis here is on what 'you' want, not what others want. Make sure the goal is something you set for yourself, because unless it is, chances are you don't really want it. And if you don't want the goal badly enough, it doesn't matter what you try to do since the drive will not be there to keep you moving forward. It's pointless to sign

yourself up for something and put in a half-baked effort, because a) it's not being true to yourself b) it's just wasting your time at the end. This is why I always make sure I aim for the best in whatever I set myself to do.

### **2. Benchmark against the best.**

What is it you are working on? Who are the people who are the best in this area? What are the results they have achieved? Set your targets to the same level as their best results, or even higher if you are feeling up to it.

At the moment, I'm setting up my school of personal excellence for anyone who has a passion for personal excellence. My long-term vision for this school is to be as big as the Xavier's School in X-Men. ;) (In fact, I have the picture of Xavier's School up on my vision board since last year!) While this vision may seem far-fetched to many, it's a vision which I'm working towards and one which I have absolutely no doubt will come to life given time and effort.

### **3. Believe that you can do it.**

Self-belief is paramount to every success. You need to first believe in yourself to get somewhere. If you don't have self-confidence, who is going to believe in you? If you have often experience low self-belief, look back at the times when you achieved something, regardless of how big or small it was. From there, build up your confidence and leverage it as you pursue your goals. As you begin to see results, your confidence will increase over time, which will create an upward spiraling effect.

### **4. Build concrete strategy & plans.**

Every goal needs a proper strategy and plan for it to come to life. Setting a goal and not following through with proper

planning is like getting into your car to drive to your destination without knowing how to get there or even having a driving license. Many people fail in their goals because they fail to follow-through with planning. The bigger your goals, the more important that you invest proper time in building your plan. I have written a [7-part Goal Achievement series](#) on what it takes to successfully achieve goals, which includes how to devise your winning strategy, create a robust plan, execute it and review.

## 5. Learn from the best.

Hook up with people who are the best in the field and learn from them. They have the best practices, insights and tips which will be extremely valuable in your pursuit of excellence. Rather than trying to learn everything from scratch, it's easier to leverage on the learnings from others and build on from there. This will jumpstart your learning curve by a huge degree.

## 6. Do not limit yourself.

Don't be afraid to try every single thing that might take you to your goal. In fact, be more concerned about the potential opportunities you might be missing out on when you don't try something. Opening yourself up to possibilities will enable you to pick up on things which might be fundamental to your success.

## 7. Go all out; Work really hard.

With every success, comes hard work. Without hard work, you cannot achieve results. People who try to find the easy way out are kidding themselves if they think they can achieve excellence without putting in hard work. If you observe around you, the people who seek out 'get-rich-quick' methods are also

the very people who don't achieve much in their lives. Hard work is the universal quality that will pay off in the long-term. Once you invest the due time and effort, the results will start coming in.

## 8. Focus your efforts.

Once you have finished trying out every single thing that you can see, now focus your efforts in the areas which bring you the most results. I subscribe to the 80-20 principle, where 20% of causes lead to 80% of effects you see in a situation. Focus your energy in the few key drivers of success which will lead you to the results you want. This way, you will utilize your efforts more effectively, which can be subsequently channeled into more value-added activities.

## 9. Be adaptable.

Adaptability is one of the essential pillars of excellence. As you may already know, change is inevitable – You can either cower in the face of change, learn to deal with it or even turn it into your favor. Be ready for change at all times and develop a friendly relationship with change. This also applies to changing your plans. Don't be overly attached to your plans and be prepared to alter them where needed. If there are certain things you are doing which are not very effective, be prepared to improvise them or drop them totally.

## 10. Never give up.

*There is no failure except in no longer trying.*  
- Elbert Hubbard

Don't ever give up. Remember that defeat never occurs unless you accept it as defeat. If a certain problem is too big for you to handle, break it down into smaller pieces so it's easier for you

to tackle them. As long as you keep trying, you will eventually achieve your goal.

A favorite story of mine is [Sylvester Stallone's rags-to-riches story](#) of how he overcame overwhelming odds in his life to be the international movie star we know him to be today. When he was a baby, he was born with a half-paralyzed face due to birth complications, which led to a slurred speech. This was the key reason why he was rejected thousands of times by casting agents. Because he never gave up, he finally got his big break as the star of Rocky one day – and this only came after years and years of relentlessly trying. Work on embodying these 10 excellence principles in you and start seeing yourself soar to excellence. I'd love to hear from you personally on how they work out for you :)

# Short Course Meet Schedule

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

November 18-19	November Age Group Invite (SCY) <i>(All Qualified - GOLD STANDARD)</i>	Kamiak HS, Mukilteo
December 2-3	Fall Divisional Championships <i>(All Not Qualified for PNS)</i>	Snohomish Aquatic Center
December 6-9	Winter Junior Nationals <i>(All Qualified)</i>	Iowa City, IA
December 8-10	PNS SC 14 & Under Championships <i>(All Qualified)</i>	KCAC, Federal Way
December 14-17	Washington State Sr. Championships <i>(All Qualified)</i>	KCAC, Federal Way
January 6-7	January Challenge <i>(Bronze/Silver/Gold)</i>	Anacortes
January 11-14	Washington Open (Team Trip) TENTATIVE <i>(All Qualified)</i>	KCAC, Federal Way
January 27-28	Winter Challenge (Home Meet) <i>(All swimmers)</i>	Bellingham
February 18	Storm Distance Meet (TENTATIVE) <i>(TBA)</i>	Lake Stevens HS
February 23-25	February Age Group Invite (SCY) <i>(All Qualified - GOLD STANDARD)</i>	Kamiak HS, Mukilteo
March 3-5	TAC Excellence (SCY) TENTATIVE <i>(Bronze/Silver/Gold)</i>	Anacortes
March 10	Spring Provisional Championship (BBST Hosted) <i>(All Not Qualified for Regionals or Sectionals)</i>	Snohomish Aquatic Center
March 15-18	Sectional Championships <i>(All Qualified)</i>	KCAC, Federal Way
March 22-25	Regional Championships <i>(All Qualified)</i>	KCAC, Federal Way