

Coaches' Statement

“Communication is important to us and we welcome questions and concerns from our team members.”

The mission of all BBST coaches is to maintain a Team environment that is both positive and highly competitive. We strive to offer a safe, progressive, and dynamic training system that ensures all athletes reach their potential. The cornerstones of the program are character development, technical skill development, goal setting, work ethic, physical fitness, mental development, and positive social interaction. We are committed to the “Team” concept and emphasize participation in practice and in all Bellingham Bay Swim Team related activities.

- **BBST is the highest level of competitive swimming in Bellingham.** We practice and compete as a **Team**. Those who do not have more competitive goals are training with those who do, and those who do have more competitive goals are Teammates with those who don't. We expect you to work together and respect your Teammate's individual positions. Regardless of each team member's individual goal, we expect everyone to contribute to the team in practice and competition. Your team operates on a BBST First policy: the needs of the many outweigh the needs of the few.
- This is competitive swimming, **Consistency is key**. If you want to be the best you must behave and train like you are the best. You must train and commit at the level that you wish to achieve.
- Training sessions will always be geared towards the highest level of competition; it is our goal to elevate each individual to their greatest potential. A superior work ethic is not recommended, it is expected.
- **Have fun**. Few things are as satisfying as accomplishing a goal you have worked for. Swimming fast and achieving a goal *is* fun!
- **Dedication to Team develops Dedication to excellence**: mediocrity, indifference, and failure to reach potential are not values to be admired.
- As a member of BBST you have the opportunity to impact an entire community. You serve as a role model for hundreds of age group swimmers, most of whom you will never meet. You set an example for future generations of BBST to benefit from. You will make a difference!