



**2009 – 2010**  
**TEAM HANDBOOK**  
**(Sept. 2009 – Aug. 2010)**

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*JOIN THE FUN!*

*(Revision date: 9/24/09)*

# Who is the Bellingham Bay Swim Team?

The Bellingham Bay Swim Team is a year-round, non-profit club affiliated with Pacific Northwest Swimming (PNS), a committee of USA Swimming. Founded in the fall of 1995, this parent board-run club offers swimmers from all skill levels, novice to elite, the opportunity to improve themselves and their swimming through the continued development of advanced swimming technique and conditioning in the sport.

Bellingham Bay Swim Team (BBST) is comprised of over 100 swimmers of all ages, abilities, and commitment levels. The team offers something for everyone, from beginning swimmers to highly skilled swimmers competing at the national level.

BBST places swimmers in one of four different practice groups. Group placement is according to ability as well as the swimmers continual improvement and progression within the program. These groups are designed to provide a challenge, while maintaining a fun, team atmosphere with swimmers of similar ability and commitment practicing together.

## BBST HISTORY

- **1995 (Fall)** – Arne Hanna Aquatic Center completed
- **1995 (Dec.)** – 1<sup>st</sup> BBST swimmer begins practicing
- **1997 (March)** – BBST has 100 swimmers
- **1998** – 1<sup>st</sup> nationally ranked swimmer
- **1999** – 1<sup>st</sup> swimmer to qualify for Junior National level competition
- **2000** – 1<sup>st</sup> Junior National finalist
- **2004** – 1<sup>st</sup> U.S. Open finalist
- **2005** – 1<sup>st</sup> U.S. National Qualifier

## MISSION STATEMENT

The Bellingham Bay Swim Team is the leading swim organization in Northwest Washington State. We provide swimmers of all ages an opportunity to strive for excellence in all arenas of life through learning techniques for success in swimming. All swimmers are valued members that strive for personal success, which contributes to the success of the entire program. A working partnership of dedicated swimmers, supportive families, and professional coaches provide a fun, caring and supportive environment. This formula creates a swim team committed to promoting hard work, healthy competition, team spirit, self-discipline, responsibility, healthy lifestyles, personal growth, success and excellence.

## FUTURE GOALS

### 5-YEAR STRATEGIC PLAN (2006-2010)

- Team marketing / promotion
- Expand programs / increase membership
- Swimmer compete in 2010 U.S. Nationals
- Parent and swimmer education
- Be a leader in Pacific Northwest Swimming and USA Swimming in all areas of development and achievement

## VISION STATEMENT

Inspire a life long love and enjoyment of aquatics, while developing the life skills required to be successful away from the pool.

## 2009-2010 Practice Group Descriptions

### **Novice Group**

*Minimum Requirement:* Swimmer must be able to swim at least 25 yards (one length of the Arne Hanna lap pool) of continuous freestyle (crawl stroke) with side breathing.

*Focus of Group:* Basic stroke technique for the four competitive strokes. Balance in the water. Streamlining. Legal starts and turns (USA Swimming rules). Intro to stretching and flexibility.

*Life skills:* Sportsmanship, responsibility, positive attitude, giving your best effort, team spirit and pride, respect for teammates and staff, goal setting.

**Optimum number of practices per/week: 2**

### **Junior Group**

*Minimum Requirement:* Basic stroke proficiency in all four competitive strokes (Butterfly, Backstroke, Breaststroke, and Freestyle) according to USA Swimming rules (i.e. legal 100 individual medley). Flip turns. Streamline to flags.

*Focus of Group:* Junior swimmers will build upon the technical foundations of the Novice Group as they continue their pursuit of individual swimming improvement. More time will be spent on concepts such as balancing in the water, body and head position, refined stroke techniques, distance per stroke, pacing, basic race tactics, starts, turns, and finishes. Junior swimmers will also be introduced to higher levels of training. Swimmers will be encouraged to compete in swim meets as this venue helps athlete and coach gauge improvement in the sport and map further training.

*Life Skills:* Goal setting, hard work, dedication, commitment,, and teamwork, along with the skills introduced in the Novice group.

**Optimum number of practices per/week: 3-4 (depending on age)**

### **Pre-Senior Group**

#### **Age Requirements:**

Maximum age in to be in Pre-Senior = Freshman in high school.

#### **Requirements for Pre-Senior Group** (must achieve all 3)

- 1) 10 x 100 @ 1:35
- 2) Swim a quality 400 IM (legal turns, etc.)
- 3) Attend 70% of swim meets.

\*Above are *minimum* requirements. Additional consideration will be based on attendance, commitment level, work ethic, goals, attitude, and coach's discretion.

\*Subject to space availability. If there is no space in group, swimmer will be placed on 'Group Advancement Waiting List' and have priority over the 'BBST Returning Member Waiting List'.

*Focus of Group:* Pre-Senior swimmers strive to maintain high standards in their training skills and in their attendance. This group works on furthering their foundational swimming and life skills in order to advance to the most advanced levels of training in a USA Swimming Club: the Senior Group. Swimmers in this group learn to do something all serious athletes do: set challenging goals based on personal improvement and focus on what it takes to achieve them. Mastery of stroke technique, develop aerobic base, continue to improve distance per stroke, refined race tactics heart rate monitoring, threshold training.

*Life Skills: Goal setting, commitment, dedication, time management, accountability and focus are emphasized in this stage of athletic development. An annual commitment to personal and team goals becomes increasingly important at this high level of swimming achievement. The goals of this group are to continue to develop physical and mental skills that lead to success in swimming and in life. The goal setting process and lessons learned along the way is also an important focus.*

**Optimum number of practices per/week: 5-6**

### **Varsity Group**

High school swimmers in season (Girls: September – November; Boys: December – February) that desire supplemental technical, endurance, and strength training. Morning weekday practices and Saturday practices often work well for these swimmers.

### **Senior Group**

#### **Age Requirements:**

Must be in at least eighth grade to swim in the Senior group.

Sophomore in high school = no minimum requirement to move/be in Senior.

Freshman = \*T20 with 1:20 average or 8 x 100 @ 1:20 **OR 3 of 6** requirements below.

Eighth grade = **4 of 6** of the requirements below.

#### **Requirements for Senior Group**

\* T20 with 1:20 average **OR** 8 x 100 @ 1:20

\* (1) PNS Championship Time Standard

\* Sub 1:05 (girls), sub 1:00 (boys) in 100 free

\* 90% attendance for 2 months prior to move

\* 8 x 50 Kick @ :55

\* One of the following:

[(1 x) Girls: 200 IM sub 2:40; 200 back sub 2:45; 200 breast sub 3:00; **OR** 200 fly sub 2:50]

[(1 x) Boys: 200 IM sub 2:30; 200 back sub 2:35; 200 breast sub 2:50; **OR** 200 fly sub 2:40]

\*Must attend 70% of swim meets and compete in the 400 IM and 500 freestyle.

\*Above are *minimum* requirements. Additional recommendation will be based on attendance, commitment level, work ethic, goals, attitude, and coach's discretion.

\*Subject to space availability. If there is no space in group, swimmer will be placed on 'group advancement waiting list' and have priority over the 'membership waiting list'.

*Group Focus:* The Senior group is composed of swimmers who have reached a high level of skill in the water and in their approach to sport and team. This group is for swimmers who have made a commitment to the sport and are striving to become strong swimmers at the Local and State level (Pacific Northwest Swimming and Washington State), Regional level (Western U.S.), and National level. Swimmers continue to set appropriate goals concerning attendance and performance with their coach. Swimmers in this group progress to 'two a day' practices where they will begin to realize their full potential as swimmers. These swimmers demonstrate a commitment to the sport and the team through discipline in training and competition.

*Life Skills:* The goal of this group is to continue to develop and sharpen all the life skills introduced in previous groups that lead to success in swimming and in life. The setting and achievement of appropriate short and long term goal continues to be a focus. An annual commitment to personal and team goals is important at this level.

**Optimum number of practices per/week: 8-10**

# 2009-2010 Practice Schedule

## Novice

All year long: M-F: 4:30 – 5:45 p.m.

## Junior

All year long: M-F: 4:30 – 6:00 p.m.

## Pre-Senior

~ Six practices per week maximum

### *Sept. – June:*

Monday, Wednesday, Friday: 5:30-7:15pm (stretch & swim)

Tuesday, Thursday: 5:00-7:00pm (dry-land & swim)

All year - Saturdays: 8:30-10:30am (check calendar)

### *Summer:*

Tuesday, Wednesday, Thursday: 8:00-9:30am (swim)

Monday, Wednesday, Friday: 5:30-7:15pm (stretch & swim)

Tuesday, Thursday: 5:00-7:00pm (dry-land & swim)

All year - Saturdays: 8:30-10:30am (check calendar)

**-SENIOR SEASON PRACTICE SCHEDULE ON NEXT PAGE-**

# 2009-2010 Practice Schedule

## Senior

*Sept. – Feb:*

Tuesday – Friday: 5:30-7:00am

Monday, Wednesday, Friday: 5:00-7:30pm (dry-land & swim)

Tuesday, Thursday: 5:30-7:30pm (swim & dry-land)

All year - Saturdays: 8:30-10:30am (check calendar)

*Feb. – June:*

Tuesday – Friday: 5:30-7:00am

Monday – Friday: 3:00-5:30pm (swim & dry-land)

All year - Saturdays: 8:30-10:30am (check calendar)

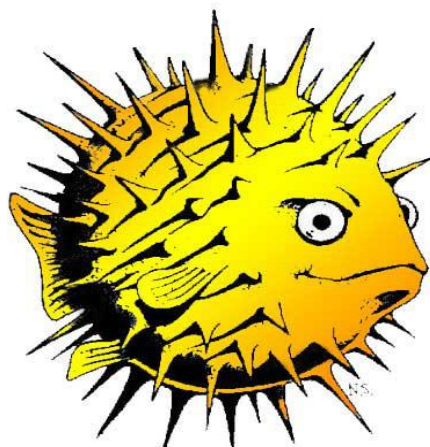
*Summer:*

Monday – Friday: 6:30-8:30am

Monday, Wednesday: 5:00-7:30pm (dry-land & swim)

Tuesday, Thursday: 5:00-7:00pm (dry-land & swim)

All year - Saturdays: 8:30-10:30am (check calendar)



# BELLINGHAM BAY SWIM TEAM CODE OF CONDUCT

~ Must be signed by swimmers and parent/guardian to participate ~

## GENERAL

1. Swimmer agrees to try their best at all times.
2. The Bellingham Bay Swim Team (BBST) and USA Swimming abide by a zero tolerance policy concerning unauthorized drug use. Drugs are defined as alcohol, nicotine (cigarettes, chew, "dip"), or any non-prescribed drug.
3. Disrespect or unsportsmanlike conduct toward officials, administrators, coaches, other swimmers, and the public will not be tolerated. Disrespect is defined as 'booing', laughing at and/or speaking poorly of the skill level or other aspect of another swimmer, not returning congratulatory handshakes or comments, and inappropriate language, gestures, and behavior.
4. Inappropriate language, especially sexual in nature, will not be tolerated. Sexual harassment will not be tolerated.

## MEETS

1. Swimmers Entry into a meet is determined by the BBST meet entry deadline set by BBST Head Coach. After the BBST meet entry due date a swimmer may "deck enter" at the meet when permitted by meet host. BBST swimmers and/or parents are *not* permitted to enter meets outside of these 2 options.
2. Swimmers will arrive at meet at time determined by Head Coach, unless prior arrangements have been made with coaching staff, and report to their coach.
3. Swimmers will participate in warm-ups and warm downs as directed by coach.
4. Swimmers will participate in all events entered unless an agreement with the coach has been established to do otherwise.
5. All swimmers above Novice must have attended a minimum amount of practices the **three weeks prior** to the meet in order to participate:
  - Junior Group: two per week or seven total
  - Pre-Senior Group: three per week or eleven total
  - Senior Group: three per week or eleven total

Exceptions to be handled individually by Head Coach and direct Coach (if other than the Head Coach).  
Novice Group swimmers should consult with direct coach.

6. Team caps are required if a swimmer wears a cap.
7. BBST pays for all relay entry fees, however, a **swimmer will be charged** for entire relay fee if, due to his/her non-attendance (for reason other than illness/injury), a relay has to be cancelled. Exceptions to be handled by Head Coach.

~ Continued on next page ~

# BELLINGHAM BAY SWIM TEAM CODE OF CONDUCT

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## PARENTS

1. Parents realize that for the benefit of their swimmer and the team, they shall not interfere with team activities. Team activities include, but are not limited to: stretching, practice, dry-land, meet warm-ups/warm-downs, team meetings, coach/swimmer discussions, team travel.
2. The coach will provide the technical direction and supportive, constructive criticism. When parents offer directions to swimmers about the best way to swim the swimmer can easily become confused. For the triad (swimmer, coach, parent) to work most effectively parents need to supply support, love and encouragement, and leave the coaching to the coach.
3. The team area at meets is for swimmers only; parents/family may visit briefly but may not remain in area. Note: At most meets only swimmers, coaches, and officials are allowed on deck or, lacking a controllable deck, the immediate pool area.
4. Due to insurance reasons as well as professional reasons, parents are not allowed to engage with swimmers or coaches during a team activity (defined above). Practices, meets and other team activities are a learning situation, and swimmers need to concentrate on the coach's instructions. Swimming is a sport of growth and improvement. Your swimmers will do better if you allow them uninterrupted time with the coach.
5. Parents agree to read the team handbook each year & follow all policies defined within it. The team handbook can be accessed on the web at <http://bellinghambayswimteam.org/TeamInfoDues.htm>.

We understand that failure to comply with the BBST Code of Conduct set forth in this document (or additions necessary for the safety and well-being of the team members) may result in disciplinary action, which may include but is not limited to the following:

- a. Swimmer not allowed to participate in some or all team activities
- b. Swimmer not allowed to participate in some or all events of meet/training, etc.
- c. Swimmer and/or Family being suspended from BBST (temporarily or permanently)
- d. Swimmer/Parent being asked to leave event (practice, meet, banquet, etc.) at swimmers expense with forfeiture of any dues or fees paid

An appeal of any disciplinary action may be made to the BBST Board of Directors (Executive Committee if immediate decision necessary)

Swimmer: Signature: \_\_\_\_\_

Name (printed): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: Signature: \_\_\_\_\_

Name (printed): \_\_\_\_\_ Date: \_\_\_\_\_

# BBST General Information

## Team Mailing Address

Bellingham Bay Swim Team  
P.O. Box 5821  
Bellingham, WA 98227

## Pool Address

Arne Hanna Aquatic Center  
1114 Potter Street  
Bellingham, WA 98226

## Team Website

<http://www.BellinghamBaySwimTeam.org>

## Head Coach

Senior Group: Todd Edison  
Phone: (360) 303-1363  
Email: [toddkedison@hotmail.com](mailto:toddkedison@hotmail.com)

## Assistant Coaches

Junior & Pre-Senior: Cindy Curtis  
Phone: (360) 739-3399  
Email: [cindyloucurtis@comcast.net](mailto:cindyloucurtis@comcast.net)

Novice: Chelsea Billings  
Phone: (360) 739-0022  
Email: [firstchickprez11@yahoo.com](mailto:firstchickprez11@yahoo.com)

## General Rules

- ✓ Have Fun
- ✓ Do your best
- ✓ Learn

## Aquatic Center

Every swimmer must check in at the front desk of the pool before entering the pool area. Upon entering the facility, each swimmer must present their ID number to the attendant at the front desk, which will be assigned to them.

## Equipment

Practice Suit – any suit that is comfortable  
Meet Suit – Speedo with team logo, may be ordered through Dan Martin at Swim2000; not required  
Practice Cap – any cap that is comfortable – not required to wear  
Meet Cap – BBST caps ONLY– not required to wear a cap  
Goggles – any goggle that is comfortable and works  
Water bottle – Highly recommended for all swimmers to have during practices  
All equipment can be ordered through Dan Martin at Swim2000: [swimgear@msn.com](mailto:swimgear@msn.com) (360-510-4813)  
BBST team gear web page: [swimmingteams.com](http://swimmingteams.com); username: bbst; password: swimfast

## Communication

Family Folders – Black file cabinet located in the lobby at the Aquatic Center next to vending machine  
Team Website – <http://www.BellinghamBaySwimTeam.org> (kept up-to-date)  
Bulletin Boards – Arne Hanna Aquatic Center: 1 in Lobby, 2 on deck  
Newsletters – One every two months; placed in family folders and posted on web page  
Handouts – various in folders on the file cabinet or in files on the pool deck  
By appointment – call coach to schedule  
Email – anytime

## Board of Directors

A board of directors consisting of parents of swimmers oversees the business side of BBST. For a complete listing please visit our web site (above) under the contacts link or see postings at pool.

# BBST Professional Coaching Staff

## Head Coach/ Senior Group    **Todd Edison**

- 5<sup>th</sup> season with BBST (2<sup>nd</sup> as Head Coach)
- **Aquatic Experience**
  - Washington high school state champion, 1987 (swimming).
  - Washington high school state champion, 1987, 1988 (water polo).
  - Junior National Finalist, 1987.
  - Nationally ranked Top 16 swimmer, 1987.
  - High school All-American, 1987 & 1988 (swimming).
  - High school All-American, 1987 & 1988 (water polo).
  - Senior National & U.S. Open qualifier, 1988-1991.
  - NCAA Division I All-American, 1990.
- **Education/Certifications**
  - B.S. Education; Southern Illinois University – Carbondale. Dean’s list.
  - CPR, First Aid, Coaches Safety Training Instructor.
  - American Swim Coaches Association – Level 3
    - Physiology School
    - Stroke School
    - Foundations of Coaching
- **Coaching Experience prior to BBST**
  - Todd has worked with every level swimmer from beginner through nationally ranked.
  - Developed nationally ranked Top 16 swimmers.
  - 2 years coaching Bellingham High School Boys swim program.
  - 1 year coaching Senior group for Thunderbird Aquatic Club.
  - 3 years coaching KING Aquatic Club in Federal Way, WA, as the Novice, Sectional, and Assistant Senior coach.
  - 4 years as Head Age Group coach for Maranha Swim Team in Sumner, WA.
  - 4 years coaching high school swimming and water polo at Sumner high school in Sumner, WA.
  - 4 years as Assistant Coach for University Place Aquatic Club in Tacoma, WA.
- **Teaching Experience**
  - Todd spent six years teaching full-time and as a substitute in Tacoma, WA, and abroad.

## Junior & Pre-Senior Coach    **Cindy Curtis**

- 2<sup>nd</sup> season with BBST
- **Aquatic Experience**
  - Competed as an age group swimmer for many years at Vancouver Hyack Swim Club in Vancouver, B.C.
- **Coaching Experience**
  - 4 years coaching Yuma Heat swim club, Yuma, AZ.
  - Has worked with swimmers from Novice to Zone qualifier.
- **Education/Certifications**
  - CPR, First Aid, Coaches Safety Training.
  - American Swim Coaches Association – Level 2
    - Foundations of Coaching
    - Stroke School

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## Novice Coach    **Chelsea Billings**

- 3<sup>rd</sup> season with BBST
- **Aquatic Experience**
  - Team Captain for Sehome High School Girls Team.
  - High School State Champion – Sehome.
  - 7 year member of BBST; Novice to Senior.
- **Coaching Experience**
  - 1 summer of coaching at Bayside Swim Club in Bellingham.
- **Education/Certifications**
  - Graduate Sehome High School.
  - Attending Western Washington University.
  - CPR, First Aid, Coaches Safety Training.
- **Related Experience**
  - Swim Instructor and Lifeguard at Arne Hanna and Bayside Swim Club.

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The will to swim fast is nothing without the will to prepare.

The two most power-filled words: I CAN

Perceive, Believe, and Achieve.

“Ask yourself, ‘Is that my best effort?’ If the answer is ‘yes’, then you’re a champion no matter what place you got, or no matter what time is on the scoreboard” – Tim Shaw: 1976 Olympian, only U.S. 1500M Free World Champion in history, 3 different types of Anemia

# Defining Team Values

## **PERSONAL IMPROVEMENT**

There is always a higher level to achieve and by realizing we can't ever "know everything" or "achieve everything" we will be open to ideas and methods that will help each individual and our team to continually improve and raise the standard of our successes.

## **HARD WORK AND DEDICATION**

Nothing of any value comes without hard work and dedication. In swimming, success in the sport in competition is a direct result of how much work an individual puts in (i.e. attendance + effort = success)

## **FITNESS AND HEALTH**

Swimming is not only about improving your stroke technique, it is also about creating healthy routines that last a lifetime. Proper nutrition and lifestyle choices play a major part in encouraging success in and out of the pool.

## **HAVE FUN – POSITIVE ATTITUDE**

Everything, no matter how demanding can be fun if you have the right attitude.

## **SPIRIT OF TEAM WORK AND COOPERATION**

A supportive and cooperative team is important for any individual to achieve much success in swimming. There must be an understanding that the environment of every practice needs to be positive and focused with teammates working as a unit in order for the team to improve their swimming and achieve great things.

## **SELF - DISCIPLINE**

Each individual makes choices based on self control through disciplining themselves. By teaching team values to each swimmer on the team, discipline and the control of distracting activities is promoted.

## **HEALTHY COMPETITION**

Competition in swimming is one of the purest forms of healthy competition left today. It must be taught that competition is not meant to hurt anyone, but instead is to encourage everyone to achieve more, to reach beyond his or her own limits and achieve excellence. This is the philosophy of U.S. Swimming and BBST.

## **GOAL SETTING**

To create a purpose for everything means that there needs to be a realistic, but challenging goal set. Without this end, commitment, discipline, and determination are difficult to possess in daily activities.

## **RESPONSIBILITY**

Swimmers must realize that they are ultimately responsible for everything they choose to do. Responsibility not only to ones own goals and values, but also to the team's goals and values will be encouraged.

## **TIME MANAGEMENT**

With commitment and a desire to do one's best also comes the challenging art of time management. As a swimmer moves up in the team's development ladder a greater amount of time commitment is required to continue growth in the sport. This usually coincides with increased demands in academics. Time management is a crucial aspect of commitment and achievement in swimming.

## **FAMILY SUPPORT**

Swimming is a family sport. All parents are encouraged to support their swimmer by becoming involved in the team. This can be through the many different opportunities the team has to become a volunteer.

# 2009-2010 Bellingham Bay Swim Team Fee Schedule

## Dues

<u>Practice Group</u>	<u>Monthly Dues</u>	<u>Annual Plan</u>
Novice	\$ 67.50	\$ 655.00
Junior	\$ 80.00	\$ 780.00
Pre-Senior	\$ 92.50	\$ 930.00
Varsity	\$ 67.50	\$ 980.00 (Varsity Annual Plan assumes 9 months senior group + 3 months varsity group)
Senior	\$110.00	\$1080.00

- Discount for more than one swimmer in a family is \$5 per additional swimmer per month or \$100.00 per additional swimmer per year if using the Annual Plan.
- Swimmer group promotions within the year are at no additional charge for Annual Plan users.
- Dues include a pass that can be used to swim at any time the aquatic center is open.
- Please note that because of the large discount, Annual Plan fees are non-refundable.

## Other Fees

Annual Family Administration Fee	\$ 60.00 (1 Swimmer)	\$100.00 (2+ Swimmers)
USA-Swimming Registration Fee	\$ 60.00 per swimmer	
Annual Swim-A-Thon minimum requirement	\$100.00 (per Family) billable in full or part based on funds raised.	

## Billing & Payment

Monthly statements may be viewed on our website on or about the 21<sup>th</sup> of each month.

Dues and fees are payable via ACH (Automated Check Handling) transactions the 1st day of every month.

Annual Plan payment is payable before September 20<sup>th</sup>.

## Optional Team Equipment & Swim Meet Costs

Practice Cap (various styles)	\$1.00 each (see Coach Todd)
Team Caps	\$4.00 each (latex) (see Coach Todd) \$15.00 each (silicone)
Typical Meet Entry Fees;	
Surcharge	\$5.00 per swimmer
Events	\$3.00 per swim
Meet Programs (Heat Sheets)	\$5.00

Contact the BBST Treasurer with any questions on Fees or Billing issues.  
(Diana Roley 389-6300; [roley4@comcast.net](mailto:roley4@comcast.net))

## Service Requirements

In addition to dues, most of which go toward coach salaries and pool time, each swim family is required to work a minimum of 33 hours per year toward club activities. Activities include participation at swim meets, board or committee work, and other service opportunities. An assessment will be made of \$15 per hour for service hours under the 33 hour minimum. In the event a swim family does not complete the full swim year, a proration of hours worked and assessment will be made and billed accordingly.

# BBST CONCERNS PROCESS

BBST is constantly striving to improve all aspects of our programs. If you have any issues or concerns about our program operations please follow the process outlined below.

Step 1) Schedule a meeting with the swimmer's Direct Coach to review your issue or concerns. The Direct Coach deserves this respect, needs to know of the issue/concern firsthand, and is the most likely to be able to help/reach a solution. \*

If the issue or concern has not been resolved to your satisfaction during your meeting with the swimmer's Direct Coach, proceed to step 2.

Step 2) Schedule a meeting with the BBST Head Coach to review your issue or concerns and the steps that have been taking to resolve them to date. The BBST Head Coach has total authority to resolve all issues & concerns regarding the "wet" side of our programs. \*

If the issue or concern has not been resolved to your satisfaction during your meeting with the BBST Head Coach, proceed to step 3.

Step 3) Schedule a meeting with the Coach Liaison Chair of the BBST Board of Directors to review your issue or concerns and the steps that have been taken to resolve them to date. The BBST Board of Directors has the direct authority to resolve all issues & concerns regarding the "dry" or business side of our programs.

\* For Safety & Insurance reasons, please do not contact the coaches on deck during practice or stretching times. Request a meeting or telephone conference so that your concern and our swimmers can receive the coaches' undivided attention.

# **PYRAMID OF USA SWIMMING**

## **COMPETITION**

**OLYMPICS**

**WORLD CHAMPIONSHIPS**

**USA OLYMPIC TRIALS**

SELECTION MEET FOR OLYMPICS (EVERY 4 YEARS)

**USA NATIONAL CHAMPIONSHIPS**

SERVES AS A SELECTION TRIALS FOR THE PAN AMERICAN GAMES, PAN PACIFIC CHAMPIONSHIPS, WORLD CHAMPIONSHIPS ETC. HELD IN SPRING AND SUMMER

**U.S. OPEN**

SERVES AS A SELECTION TRIALS FOR USA NATIONAL TEAM  
PREMIER SWIMMING EVENT IN USA IN THE FALL

**SENIOR SECTIONALS**

ALASKA, HAWAII, INLAND EMPIRE, MONTANA,  
OREGON, SNAKE RIVER, WYOMING COMPETITIONS IN THE SPRING AND SUMMER FOR SWIMMERS  
13 & OVER ACHIEVING THE COMPETITIVE TIME STANDARDS

**WESTERN ZONES**

(ELIGIBLE SWIMMER COMPETES AS A PNS ZONE TEAM MEMBER)  
ALASKA, ARIZONA, CENTRAL CALIFORNIA, COLORADO, HAWAII, INLAND EMPIRE, MONTANA,  
NEW MEXICO, OREGON, PACIFIC, SAN DIEGO, SIERRA NEVADA, SNAKE RIVER, SOUTHERN  
CALIFORNIA, UTAH, WYOMING MEET HELD IN SUMMER

**AGE GROUP SECTIONALS**

ALASKA, HAWAII, INLAND EMPIRE, MONTANA,  
OREGON, SNAKE RIVER, WYOMING  
MEET HELD IN SPRING SWIMMERS COMPETE IN AGE GROUPS

**PACIFIC NORTHWEST SWIMMING CHAMPIONSHIPS**

WEST OF THE CASCADES & NORTH OF VANCOUVER WA  
PNS IS ONE OF 59 LOCAL SWIMMING COMMITTEES (LSC) WITHIN THE USA  
MEET HELD IN FALL AND SUMMER

**LOCAL SWIMMING CHALLENGE SERIES, DUAL MEETS &  
INVITATIONAL MEETS**

# Contact Information

## BBST Professional Coach Staff

**Head Coach:** Todd Edison 303-1363; [toddkedison@hotmail.com](mailto:toddkedison@hotmail.com)

**Junior Group / Pre-Senior Group:** Cindy Curtis 739-3399; [cindyloucurtis@comcast.net](mailto:cindyloucurtis@comcast.net)

**Novice Group:** Chelsea Billings 739-0022; [firstchickprez11@yahoo.com](mailto:firstchickprez11@yahoo.com)

## Board of Directors

**President:** Craig Parkinson 739-9849; [CraigParkinsonPE@gmail.com](mailto:CraigParkinsonPE@gmail.com)

**Vice-President:** Crystal King 820-0459; [leftcoasterkings@msn.com](mailto:leftcoasterkings@msn.com)

**Treasurer:** Diana Roley 389-6300; [role4@comcast.net](mailto:role4@comcast.net)

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Monthly dues go in the lock box at pool (2<sup>nd</sup> drawer of file cabinet).

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