

BBSC Times

Volume 1, Issue 1
Winter 2011-2012

Fall—Winter Season Recap- BBSC Rules the Pool

BBSC, in our fourth year as a USA swimming organized swim club, has made tremendous strides. Most recently, BBSC earned 2nd Place honors for overall team score at the Newburgh Sharks Blue and Gold Meet in December. During the course of the meet, 15 new team records were set, including 8 new relay records. Out of the 295 races that BBSC entered, 53% set new personal best times, and 31% made Silver Cut Times. Also, 3 JO and 2 new Zone Qualifying cuts were earned.

At the Thanksgiving Meet in November, 12 new team records were set and 66% of all races were personal

best times. At that meet 12 JO Zone Qualifying Cut times were made.

Our first distance time trial on November 10 not only highlighted the commitment of our swimmers but also our parents in ensuring the success of our team. The outpouring of support and volunteers was truly appreciated. All swimmers competed in distance events and both JO and Zone Qualifying Standards were earned.

"Winners compare their achievements with their goals, while losers compare their achievements with those of other people." - Nido Qubein

The first meet of the year, Chappy's Big Race (October) began the year off with a bang, highlighting 78% personal best times, 9 new team records, 7 JO cuts, and 5 Zone Qualifying times.

We always encourage swimmers to set both long and short term goals and work toward achieving those goals. Always keep a positive attitude and view each competition as an opportunity to take steps toward achieving your goal. If indeed you fall short, use the experience to evaluate current practices and prepare an intervention to ensure you reach your desired result next time. The only failure we ever have is in giving up.

Welcome Coach Amanda

BBSC is excited to welcome Coach Amanda Cunningham to our family. Coach Amanda comes to us with a wealth of both competitive swimming and coaching experience. She was an NCAA Division II and Division III swimmer competing at both the College of St. Rose and SUNY New Paltz. She was

also a member of Metro Swimming and competed locally for Long Island Express and Wantagh High School.

As many as you have noticed, Amanda is a perfect fit for the Yellowfin group and will be taking over that position from Coach Paula. We wish Coach

Paula all the best, as she has accepted a new position. Coach Paula will still be involved with our PAL Winter team for the duration of the season.

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Special points of interest:

- ◆ Please remember to respond via email to all upcoming meets.
- ◆ BBSC is hosting a time trial in February to help swimmers make their cuts for Silvers and/or JO's.



Meet Sign-Up—Share Your Thoughts

It is most unfortunate that BBSC was closed out of the MLK Meet at Eisenhower Park. Obviously, this was not our intention nor was it within our control. The host team ultimately determines when maximum capacity is reached and other metro teams have the same opportunities to apply for meets.

There are several steps we can take in the future to minimize any negative consequences such as meet rejection. Remember, with each intervention there may be both positive and negative consequences (both intended and unintended).

In regards to response deadlines from parents for meet participation. Some of the proposed changes might include:

- we can enter all swimmers in every meet without a response from parents.

Positive consequences: Swimmers are expected to participate in team competitions and we could do entries early and submit them without having to wait for parent responses. Also, if swimmers were automatically scheduled participation rates may increase as parents will be billed regardless. Negative Consequences: parents would be billed for all meets and greatly increase your meet entry fees.

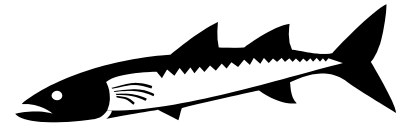
- we can make the response deadline at the time of registration for all meets. For example based on what you know of your calendar in September, you can register for the meets from September-

April. Positive consequences: parents would have some input as to their availability. Deadlines would be met well in advance and meet entries could be sent in early. Negative Consequences: Parents may not know their calendars for the year and will be billed for all entries. If they respond that they cannot attend and their availability changes the swimmer may be cut out of the meet.



Currently, we see a significant amount of non-responses, late responses, or changes in regards to meet responses. This has many negative consequences including delaying entries for the team, excluding swimmers from meets, and multiple re-

quests to the host team after the entry is sent. This creates confusion in our databases. I certainly understand and respect that there are extenuating circumstances. We always aim to put the swimmers needs first and work diligently to rectify any omissions or errors in regards to parent responses or errors in our recording. We, the coaching staff, the swimmers and parents, are a team and our guiding idea is that we ALWAYS put swimmers first. As such, as soon as we were noti-



fied about MLK we reached out to several other host teams and found a meet for our athletes. Also, with few exceptions we have accommodated all late responses to meets unless the host team is over-subscribed.

In regards to event selection, remember coaches will choose events in the best interest of the swimmers. On the age-group level it is important to encourage swimmers to compete in all events and develop all strokes. BBSC is driven by the philosophy that specialization of strokes is best determined by the collegiate coach and young athletes promote muscle development by learning, training, and competing in all strokes.

We are certainly open to hearing some suggestions into improving this process. Would a response list at the pool be more helpful instead of email (could it be torn down or someone else respond for your swimmer- where would this list be? Who could manage this list?)

Please contact me via email with your input and suggestions. I will summarize any suggestions and send out an email of proposals to all team members. A decision will be reached in moving forward for next season.

EMAIL YOUR SUGGESTIONS TO:
coachtricia@bethpageswimming.com



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HOW PARENTS AFFECT SUCCESS: AN ATHLETE'S PERSPECTIVE (reprinted from USA Swimming)

A coach in Texas recently shared an exercise her swimmers completed and then shared with their parents. The exercise shows, from a swimmer's perspective, how parents and the actions of parents can affect the athlete's success.

Swimmers were asked to sit down and write out things that they love swim parents do, and things that they wish swim parents wouldn't do. All answers were written anonymously so no one would know who wrote what. This allowed the swimmer to answer the questions openly.

According to the coach, the swimmers really enjoyed getting to do this; they loved the idea of being able to show their appreciation for the great things parents do for them and the things they feel could help parents of the team become better swim parents.

The results were then shared with the parents via a letter from all of the swimmers in the group. Here are the results...notice the differences between the younger and older swimmers.

11-13 Year Old Swimmers (Age Group III Practice Group)

Things they love and appreciate:

- When my parents encourage and support me even after a swim that I did not drop time.
- When my parents tell me to not worry about my event, just go out and have fun.
- How my parents prepare for my meets: Drive me there, take time off to go to meet, bring healthy food.
- When my parents accept that even though I added time, I still tried my best.
- When my parents don't put pressure on me.
- I like when my parents aren't among the many parents screaming really loud at the children.
- When I race he tells me to swim my

own race and doesn't tell me what he thinks I need to do.

- I like how my parents encourage me to do well and encourage my swimming.
- I like it when my parents tell me they are proud of me.
- I like when my parents tell me I love you no matter what happens.

Things they don't like:

- I don't like it when other parents and my parents compare me to the other swimmers.
- I hate when parents yell at their kids for adding.
- I hate when my parents take things away from me when I add time at a meet.
- I don't like it when my parents make me cry about my swims.
- I hate when my parents get mad when I add time.
- I dislike when my parents think I didn't try my best.
- I dislike how my parents tell me things that I did wrong.
- I hate when my parents try to fix my stroke technique and try to tell me how to swim.
- I don't like when my parents yell "go" too loud and make others look.
- I don't like when my parents always think I should drop time in every event.
- I don't like when parents don't congratulate their kids, only tells them something they did bad.
- I don't like when my parents give suggestions repeatedly and they are not what my coach wants me to do.



12-14 Year Old Swimmers (Pre-Senior II Practice Group)

Things they love and appreciate:

- I like that my parents really enjoy the sport of swimming.
- I like that you take the time out of your day to take me to practice and meets.
- I like that you spend money on something I can have a future in.
- I like that my parents don't put pressure on me.
- I like how my parents support/care for me no matter what.
- I like when they make me feel better when I add time.
- I love that my parents want me to be my best.
- I love when my parents don't coach me.

Things they don't like:

- I dislike that my parents are never satisfied with my swims.
- I don't like when they don't understand you just don't drop every meet, even if my strokes look better.
- I dislike when they doubt my commitment.
- I dislike when my parents say I did badly; I am disappointed enough in myself already.
- I hate that my parents don't realize how hard I work to keep them happy.
- I hate when my parents only look at how well I do in my meets and not in practice.
- I hate that my parents have never been a swimmer, but they try to change and put down my swimming.
- I dislike when my parents get upset when I didn't get a cut even though I dropped time.
- Don't appreciate my effort when I do well.
- Don't buy healthy food for meets.
- I hate when my parents try to fix my strokes.
- I don't like when you try to make my goal times for me.

Bethpage PAL Barracudas Swim Club

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Visit Us At:

www.bethpageswimming.com

Mission Statement

The Bethpage PAL Barracudas Swim Club develops character through hard work and healthy competition. BBSC believes in optimizing potential through commitment to competitive training. The Barracudas are members of USA Swimming and are sponsored by the Nassau County Police Activity League.

**RESPECT-RESPONSIBILITY-
HONESTY-ACCEPTANCE**



Words of Thanks from Coach Tricia

"I can no other answer make, but thanks, and thanks." - William Shakespeare

I have always considered BBSC as part of my family and I truly appreciate your thoughtful gift in welcoming my son Austin James. Thank you for your kindness and generous gifts!

With Appreciation,

Coach Tricia and the Cuti Family

