

BELLEVUE CLUB SWIM TEAM

Board Members :

- * **President:** Mike Eggenberger
- * **Vice President:** Dave Conger
- * **Secretary:** Deanne Hayes
- * **Social:** Catherine Karwal
- * **Workshare:** Allison Nelson
- * **Communication:** Kerri Butler
- * **Meet Operations:** Connie Sholdra & Lynn Matthes
- * **Treasurer:** Vita German
- * **Past President:** Jill Swaya
- * **Head Coach:** Klaas Schenk

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Klaas Schenk announces his retirement as Head Coach of BCST



Dear friends,

We are writing to announce the transition of Coach Klaas Schenk as Head Coach of the BCST. Effective August 1, 2013, at the end of the current season, Klaas has decided it is time for him to pass the torch and retire from his responsibilities as Head Coach. Though we are quite sad to have to share this news, we are very pleased to also announce that Klaas will continue with the program as one of the Coaches (he is not yet quite ready to embrace full retirement.)

Coach Klaas' contributions to the BCST and to the Bellevue Club at large are far too numerous to list in the space available for this announcement; For over 30 years he has nurtured young people and dedicated himself to helping his swimmers advance their competitive skills and prepare for their futures. He has been a thoughtful mentor and a loyal friend to many associated with BCST throughout his tenure and the extraordinary quality and success of the program is due largely to his personal commitment. As Klaas prepares for the next step in his life, we look forward to celebrating his extraordinary achievements with him and the BCST family over the course of the coming season.

As part of our transition plan, and in keeping with Club protocol, we will immediately commence a candidate selection process to replace Klaas as Head Coach. Coach Andy Pym, Senior Elite Coach, is currently our leading candidate to replace Klaas and he will soon begin formally interviewing for the role. Over the course of the next few months we will consult with the BCST Board and Coach Klaas regarding the new Head Coach. We anticipate selecting Klaas' successor in early 2013 to ensure there is ample time for an effective and seamless handover.

Please join us in congratulating Coach Klaas on his (semi) retirement! Thank you very much.

Brian Flaherty
General Manager

Sally Reed
Athletic Director

The Presidents Corner

Did you know that the Bellevue Club Swim Team has been operating since 1979? And the Boosters, the companion parent association, has there since the beginning. Building on a wonderful legacy, we have a very active and engaged parent community providing the BCST with a full program of meets (we host around 10 and participate in a total of over 40); social activities (September picnic, group social events); and special programs (nutrition "redone", Megan Jendrick). Those iPads the coaches are using were funded by the Boosters. A long way from the clipboards of 1979.

From clipboards to iPads, there is another more significant transition in our future. After an unprecedented 33-year term as the Head Coach of our Bellevue Club Swim Team, our beloved Klass Schenk has announced his retirement. Klaas will remain as Head Coach until the summer of 2013 and then transition to a different coaching and mentoring role for BCST.

After meeting with Brian Flaherty, Bellevue Club General Manager and Sally Reed, Direc-

tor Athletics, I was impressed with the leadership and concern they are bringing to this significant milestone for the BCST. They have asked the Boosters to be part of the transition and your Board is taking that role very seriously. We will be determining the most critical skills and qualities that our new Head Coach should possess from the perspective of both swimmers and parents. If you have perspectives to share, I invite you to share those with Dave Conger (Vice President), Jill Swaya (Past President) or myself.

Our own Andy Pym is a leading candidate for the role of Head Coach. Andy has been with the Club for a decade and most recently coached two of our swimmers to the Olympic Trials. The Boosters Board will interview Andy and provide feedback to both Brian and Sally.

I look forward to another great year for our BCST swimmers - best times, plenty of great memories and hopefully the beginning of some lifelong friendships.

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Mike Eggenberger

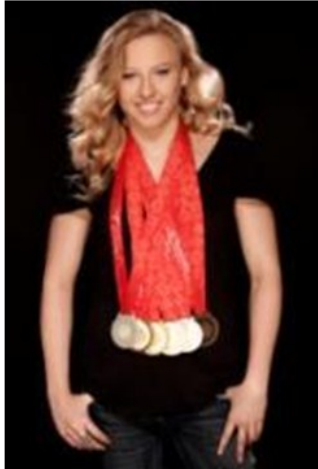
Open Water Championship Meet

Pacific Northwest Swimming held their premiere "Open Water Championships" on Saturday, September 25, 2012 at Angle Lake in Sea-Tac. Since it was the premiere event, a total of ten meet records were set - the winners of each category set the meet record. Two BCST swimmers won their age divisions and now hold the meet records - Espen Hellevik won the 13-14 boys division and Ellie Bailey won the girls 10 & U division.



Jessica Long

11 Time Paralympic Swimming Gold Medalist
Three-Time Paralympian & World Record Holder



Come meet Jessica Long, 11 Time Paralympic Swimming Gold Medalist and Three-Time Paralympian and World Record Holder at the PNS Short Course Championships December 7-9 or at a special appearance in Bellevue for BCST swimmers and families. Specific dates and times will be announced at a later date.

Upcoming Events Not To Be Missed:

CSC Senior Invitational @ Helene Madison Pool

Oct 20 ~ 21, 2012

CAT Travel Meet @ Corvallis, OR

Oct 27 ~ 28, 2012

Pumpkin 400 @ BC

Oct 30, 2012

Go For The Gold @ BC

Nov 2, 2012

WAVE Distance Meet @ Juanita HS

Nov 4, 201

Booster Board Meeting

Nov 14 (06:30 PM) ~ 14 (08:00 PM), 2012

Fall AG Invitational @ Juanita HS Pool

Nov 17 ~ 18, 2012

Fall Divisional Championships @

Marysville HS pool

Dec 1 ~ 2, 2012

HUSKY Invitational @ KCAC

Dec 1 ~ 2, 2012

14 & Under PNS Short Course

Championships @ KCAC

Dec 7 ~ 9, 2012

LITTLE BCST SWIMMER GIVES IT ALL SHE HAS



Brand new to the BCST is Lera Polyakova,. She is 5. That's right, you read that right. She is 5!!! She is the sister to fellow BCST swimmers, Leeza (10) and Nikita (12).

While swimming her little heart out at the recent Blue & Gold meet, we had a chance to ask her a few questions. This little super star starting swimming when she was just three years old! She is most looking forward

Participating in the swim meets as she likes to compete! Her favorite stroke is breast stroke and is so excited to be able to swim on the BCST! When asked if she would rather win a race against her brother or sister, she replied that it would for sure be against her brother because "He is so fast!!" Thanks for chatting with us Lera! And the best of luck to you as the youngest BCST swimmer!



Work Share Opportunities

There is no possible way for us to swing Bellevue Club Swim Team without the help of our volunteers. There are always ways to help out and without parents these smiles would not be possible!

Remember to check your workshare hours online at the BCST website. If you suspect an error, or if you have any questions, please contact Allison Nelson via email at Allison.nelson@gmail.com.



VOLUNTEER OPPORTUNITIES

We are looking to fill key positions for the PNS Short Course Championships held at KCAC on December 7-9 , 2012

The Key Positions include:

- *Awards Chair - 1 position - required on site presence Friday, Saturday, and Sunday, 30 hours of work share
- *Announcers - 6 positions 4-4.5 hours each. Includes sessions on Friday, Saturday or Sunday. **Must have experience**
- *National Anthem, 5 positions - can sing or play an instrument
- *Job shadowing any key position. Get the experience you need to do another job.

You will earn work share hours for your efforts!

Please contact Dave Conger @ daventanyaconger@comcast.net to sign up or for additional questions.

General work share sign ups will be announced later.



Corporate Matching

Note to Microsoft employees. If you have been volunteering your time for the swim team in any capacity where you are receiving hours, you can submit these hours and the team will receive money for your efforts! This last quarter, we received \$1020 from your time. Thank you to those that have taken advantage of this great program.

Want to know more about new BCST Coach Dwight Anderson? Read this article to learn what we discovered!



Get to Know Your Coaches....

Where did you grow up?

Woodinville

How did you become interested in swimming? How old were you?

My parents put me on swim team. I began competitive swimming when I was 7, coaching when I was 18

Were you a competitive swimmer yourself?

Yes, for Totem Lake Swim Team (now WAVE), and Woodinville High School

What did you do before coming to BCST?

Coached for WAVE Aquatics

What groups do you coach?

The regional and champ groups

What do you do when you are not coaching?

Write songs, play guitar, watch sports

Favorite Color(s):

Forest Green

Favorite Movie/TV Show:

Pulp Fiction/Buffy The Vampire Slayer!!!

Favorite Indulgence:

Lying on the couch eating pizza and watching a movie

Favorite Books/Magazines to Read

Comic Books/Graphic Novels

Favorite Game to Play:

Basketball

Favorite Places or Vacations:

Beach House/Road Trip

Favorite Foods:

Vietnamese Sandwiches

Favorite Gadget:

My Macbook Pro

Favorite Daydream (what I will

do when I empty my piggy-bank):

Travel

Least Favorite Chore:

Folding Laundry

Least Favorite Scent:

Death

Least Favorite Food:

Meat

Favorite Outdoor Activities

Camping

Favorite Music

The Smiths, Belle and Sebastian, The Magnetic Fields

Anything else you would like people to know about you?

Nope

Heard Around the Pool.....

Dane Williams, Group: Regionals, Age: 12



Most Proud of this year as a member of the BC Swim Team?

I am most proud of the Regional events I qualified for and that I qualified for more events than I had expected.

What is your goal for this upcoming season on the BC Swim Team?

My goal is to swim the 13 year old Regionals with a 18:45 mile.

What is your favorite Stroke? Freestyle

What do you love about the BC Swim Team?

I love the swimmers in my age group and the competition that I get from the 11/12 swimmers in practice and at meets.

Zeke Pelluer, Group: Orange, Age: 11



Most Proud of this year as a member of the BC Swim Team?

I am most proud that I broke 30 in the 50 Freestyle at the long course meet.

What is your goal for this upcoming season on the BC Swim Team?

My goal is to break 29 in the Freestyle.

What is your favorite Stroke? Freestyle and Brest Stroke

What do you love about the BC Swim Team?

I love the coaches and I just like swimming and getting to be in the pool.

Killian Riley, Group: Orange, Age: 11



Most Proud of this year as a member of the BC Swim Team?

Getting Regional times in 50, 100 and 200 Freestyle.

What is your goal for this upcoming season on the BC Swim Team?

My goal is to get into the Regional Group.

What is your favorite Stroke? Freestyle

What do you love about the BC Swim Team?

The Coaches are nice and they teach me a lot of new things to help me improve.

Rilee Siripipat, Group: Orange, Age: 10



Most Proud of this year as a member of the BC Swim Team?

100 Fly, that I got PNS Champs in it.

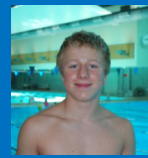
What is your goal for this upcoming season on the BC Swim Team?

Write down the Norwood record and try to beat them at BC.

What is your favorite Stroke? Breast

What do you love about the BC Swim Team?

BC has really good coaches and it's fun.



Sebastian Steen, Group: Regionals, Age: 13

Most Proud of this year as a member of the BC Swim Team?

Swimming and doing well with the 200 Fly at the Oregon meet and making it to PNS, I am excited to do well.

What is your goal for this upcoming season on the BC Swim Team?

With the short course I want to beat my rival with the 100 Fly, take 1st place and beat the record. I am excited with the prospect of be on a relay team with all fast swimmers as well.

What is your favorite Stroke? Butterfly

What do you love about the BC Swim Team?

Many things, the coaches, the pool, the people I swim with are fun to hang out with. IT is really really fun to be in on the BC Swim Team.

Dane Skalski, Group: Gold, Age: 9



Most Proud of this year as a member of the BC Swim Team?

I am most proud that I made it into the Gold Group.

What is your goal for this upcoming season on the BC Swim Team?

I am hoping to get a PNS time in the 100 freestyle.

What is your favorite Stroke? Butterfly

What do you love about the BC Swim Team?

I like that I get lots of advice from the coaches and I get better and better.



Underwater Portrait
Weekend for
Bellevue Club
Swim Team Families
November 3 + 4

Saturday 11/3 1-4
Posed portraits and/or action
series of one swimmer or family
\$125 includes \$100 towards
your portrait art order and
\$25 to Boosters.

Sunday 11/4 10-1
Athlete portraits in team
suit/cap/goggles
\$20/person and all
prints/products purchased
separately.



LC PNS
Photo OPS



SB Sacha Blue
UNDERWATER PORTRAIT SPECIALIST
SACHABLUE.COM

425-223-4440 (call)
253-732-4285 (call/text)
sacha@sachablue.com

facebook.com/underwaterphotographer

No awkward leaning against pool ladders.
No fake smiles.
Just the perfect blend of athleticism and artistry.

This year, let Sacha Blue photograph your athlete - in their element - where she'll transform what they love doing most into one of a kind personalized works of art.

Private commissions and group options available. Please note that sessions must take place by November 15 and final orders placed by December 1 to guarantee finished products are available for holiday gift giving. December, January, and February are currently full and March dates will open in mid January with priority given to those on the wait list. To add your swimmer to the wait list email sacha@sachablue.com.

Additional Sacha Blue Photo Session Information:

November 3 Mini Sessions 1-4 (9 sessions available)
November 4 Sprint Sessions 10-1 (36 sessions available)

You can select your session type and time and register online at:

<http://sachablue.bookmonline.com/schedules/bcst/>

When selecting an appointment please keep in mind your swimmer will need to be on deck and ready to get in the water 15 minutes before their selected picture time.

Not sure which type of session is best for you?

Sprint sessions are basic underwater portraits of one person or sibling group. This means we'll either get a picture of one child by themselves or the siblings together but it's unlikely we'll have time for both a group shot and individual portraits. If this is important to you please schedule individual sessions for each child back to back and we'll fit a group picture in between or select a Mini Session which is more flexible.

Mini Sessions are a little longer which gives us enough time to create the posed images from a Sprint as well as a series of action shots from below. For younger swimmers/families not ready for an action series you can spend the extra time getting posed portraits of your entire family together and separately.

Images will be shown in person starting November 11 and all orders must be finalized by December 1.

Why We Support Team Travel

Bellevue Club Swim Team has a tradition of supporting travel meets for swimmers of all ages and levels of swimming. These meets provide our swimmers with great experiences and memories, as well as the opportunity to compete at levels ranging from invitational meets to national level meets. We have 'family' travel meets with swimmers ages 5 and up, and team-group bus travel meets for Age Group swimmers. Our swimmers also compete at Regional, Zone and Na-

tional levels. Although our families pay the majority of the expenses for their swimmers, the BCST Boosters contribute to all these meets to lower the costs to BCST families. This allows our swimmers the opportunity to compete at all levels of swimming, to form friendships, and experience the valuable life-lessons these meets make possible. The funds we raise through the work of our parent-volunteers as we host meets allows the Boosters to support these opportunities for

our swimmers. Hundreds of BCST swimmers attend the Apple Capital and the CAT meet, with many BCST swimmers qualifying for regional and national meets, too. Our BCST swimmers in all levels of swimming and all ages are supported with the funds raised through hosting meets. The Apple Capital is the next big All-Team travel meet. Be sure to plan on attending our BCST Dinner-in-the-Park Saturday evening! This is one of the best team-bonding activities of the year!

<http://www.teamunify.com>

The mission of the Bellevue Club Swim Team is to provide a training environment that ensures participants the opportunity to achieve their maximum potential.

To fully realize the mission, the level of participation of the swimmers, parents and coaches must symbolize a commitment to excellence in competitive swimming: a commitment to the team, a commitment to teammates and the acceptance of a personal role in the pursuit of excellence.

In keeping with our belief that there is 'life after swimming', we strongly believe that the life skills developed in our program such as time management, self discipline and sportsmanship will provide valuable benefits to each participant long after participation ends.

Enjoy the journey!