

# BSC NEWS

## What's Happening with our BSC Family



### Pro Tip from Michael Phelps

Write your goals down on a piece of paper so that you can look at them and remember "why" you're working so hard. Having a "why" makes you work harder to achieve your goals.

### Upcoming Events

- 11/5 BSC Mock Meet
- 11/9 Home Meet vs. Dallastown
- 11/12 Board Meeting
- 11/16 Meet at Trojan
- 11/17 DAAC Pentathlon
- 11/23 Meet at Seahorse
- 11/26 Lap-a-Thon
- 11/27 JBS T-Shirt Order Closes
- 11/30 TAC Invitational

## October at a Glance

The first month of the season has been great. Swimmers have been working hard and getting into their practice rhythms. There are many smiling faces I see after practice each night.

Our first meet of the season is upon us. The kids will have the opportunity to show off all that hard work! It's understandable that new swimmers (and parents too) may be a little nervous about the first meet. Though it can be a little scary the first time you go to a swim meet, please know that BSC is not only a swim club, but a huge family. Don't hesitate to ask anyone those lingering questions you might have about the intricacies of a swim meet. Also, please know that the BSC Board members are always available to answer questions. We will all be pros at swim meets in no time!



### Meet Coach Lyndsay

I invite you to meet Coach Lyndsay Schaeberle, BSC's head coach.

**Favorite Stroke:** Butterfly **Have you ever been disqualified?** I'm sure I have. **Favorite swim memory:** Being with friends and hanging out at swim meets. We used to play cards during club swim meets. **Best Advice to our Swimmers:** Listen to your coaches. Enjoy your time with your swim friends. Eat right and practice hard. Swimming will teach you much more than just the strokes in the pool, enjoy it! **What do you do when you're not at the pool?** Is there such a thing as not being at the pool??? I like to workout, shop (it's a sport, right?!), and be with my family and friends.



## Program Advertisements for Sale

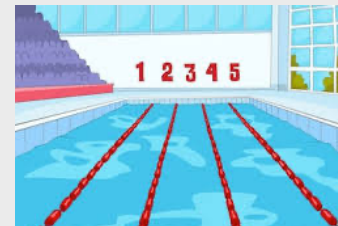
Know any local businesses that would like to support our swim club? We are currently accepting donations for advertisements that will be printed in the Jingle Bell Splash and the Divisionals Programs. Any businesses who purchase an advertisement for the Jingle Bell Splash program will get a free advertisement in the Divisionals Program. The pricing is as follows:


- Full Page Advertisement \$50
- Half Page Advertisement \$25
- Business Card Advertisements \$15
- Businesses can also receive free ad space by donating prizes or food/snacks for Jingle Bell Splash.

Please send your ready to print advertisement to [jenniferdillman08@gmail.com](mailto:jenniferdillman08@gmail.com) by November 22nd.

## 7th Annual Lap-A-Thon

Just a reminder that our Lap-A-Thon event has been moved to Tuesday, November 26th at 6pm. That means plenty of extra time to help raise money for our club! Donations can be made online through our website, or payments can be placed in an envelope and dropped into the gray box in the pool lobby. Offline donations will be credited to your swimmer's total. Donations will be accepted through December 3rd. Remember the top 6 fundraisers will receive special prizes!





Don't forget to order your 9th Annual Jingle Bell Splash shirt! The link for ordering is available on our team website.

## What are invitationals?

Throughout the season, there are several invitationals offered. Invitationals are a great opportunity for swimmers to choose the events in which they wish to swim. Typically invitationals allow swimmers a certain number of entries and each entry has a fee of \$5. The invitational fees are a way that clubs hosting invitationals are able to raise money to support their club. Invitationals are an optional event.

This month there are two invitationals:

- **11/17** - DAAC Pentathlon
- **11/30** - TAC Fall Festival

