



# BAAC Talk



The Monthly Newsletter of the Buffalo Area Aquatic Club December 2014

## From the President...

A busy month for BAAC just completed and another is on the way. Congratulations go out to the many BAAC swimmers who represented their schools at NYS High school girls sectionals, the state championship meet and the Neumann league championships. BAAC swimmers also competed for the club at the FAST meet, STAR 12 & under series meet #2 and the Braun meet in Geneva Ohio. Swimmers at the club meets really pushed themselves, with many posting lifetime bests and several swimming events they haven't before! I want to wish all the boys swimming high school good luck, we look forward to documenting your successes too! Looking forward to future scheduled BAAC meets, we have the STAR invitational and the STAR 12 & under series meet #3 in December and the Victor IMX event early in the New Year.

A special memo to the coaches...team practices are officially a "hit" with the swimmers!

Parents, please note a Social Event change; The ComedySportz Improv comedy night that was scheduled for December 6 has been changed to Saturday January 17th, please refer to the website for details.

I hope you all have a great holiday season! See you at the pool!

Sincerely,  
Marty Lawler  
BAAC President



## BAAC's first Bring a Friend Night!

Monday, Dec. 15  
@ Maryvale HS pool

Novice & Age Group  
6:30-7:30

Juniors  
7:00-8:30

All they need is a suit, goggles and a towel... and to come ready to try the funnest sport around!  
Show your friends all the cool stuff we can do in the pool.

*This event is for friends who are not already members of another USA Swim Club.*

**USA SWIMMING'S  
10 COMMANDMENTS FOR SWIM PARENTS**

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.



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# Comments from our Coaches

## NOVICE

*By Coach Brandi*

The Novice Group went to their second meet this season! David Mertens and Yang Liu attended their first meet ever! They did great and successfully achieved the goals for swim meets for the Novice Group. Novice is about learning what competitive swimming is about. That way the swimmer can decide where they want to go in the sport.

In Novice we have 3 goals at a swim meet (ask your swimmer and see if they know?)

1. Smile
2. Have fun
3. Do your best

I am proud to say that all of the Novice group at BAAC continues to surpass my expectations. There are more smiles and we have a 100% record of getting to the blocks on time - which is a challenge all in itself. Understanding what a heat and a lane is, and knowing when to get on the blocks is a new experience and our swimmers handle it exceptionally.

A special shout out to Charlotte Wolfe who missed her event (due to no fault of her own) and was able to get put into the very next heat because she was behind the blocks ready to go and the timer made a mistake. Charlotte kept her chin up and took a deep breath and ended up with a great swim. I am very proud of Charlotte's positive attitude in the face of confusion and stress.

On another note, the Novice group is getting ready to make some moveups this month. Congratulations to Kendall McNeill, Kayleigh Sweeney and Sienna Ryan for their moveups to Age Group this month. They have done a great job in Novice and are ready to take their swimming to the next level! Good luck!

## AGE GROUP

*By Coach Jake*

This month Age Group attended the second STAR meet and had a ton of great performances. Emily Chung, Jonas Borden, Eva Torrado, and Jake Musialowski all had one or more top three finishes in their events! Tarin Rietz also had an impressive time drop in the 100 Breast, shedding over 20 seconds. Everyone is starting to look more comfortable behind the blocks and in the water, and more importantly, they are having fun.

Also, this month Age Group gained a few new faces. Congrats to Kendall McNeill, Sienna Ryan, and Kayleigh Sweeney on their move up!

On another note, please be sure that you have all of the required equipment listed on the site and that every piece of equipment has your child's name on it. Also, just a reminder that during swim meets parents are not allowed on the pool deck at any point.

## ADVANCED AGE GROUP

*By Coach Bryan*

Advanced Age Group is continuing to work hard and focus on their strokes at practice. Everyone recently met one-on-one with their coach to go over goals, both for the season and long-term. The team has also continued to excel at meets, with many of the swimmers trying the 500 free for the first time at the FAST meet. Coach Bryan is looking forward to having more swimmers try new events and continue to improve upon their best times in the coming weeks.

## JUNIOR

*By Coach Mike*

This was a breakthrough month for the Junior group. We started increasing the yardage at practices and reached a little over 4,000 yards per practice, which is a thousand more yards per practice than we have previously been swimming. Some swimmers have even been swimming best times (or very close to it) during practice!

As for the FAST meet (in which only one junior swimmer attended), Kaitlin Czamara dropped time in every event, including a 9 second drop in the 100 IM!!!

As we move on to the winter months, junior group will continue to see some tougher practices that they not be used to, but if everyone keeps giving 100% then they will see some big improvements in their races!

## SENIOR

*By Coach Rick*

Last month I wrote about the Senior Group's "Effort" in the pool. Both at workouts and at swim meets. This past month, the Group is starting to see how their effort is starting to produce results.

The Group attended FAST's Fall Invitational Meet and had some nice time drops. Times drops are always nice this time of year, but when you are able to drop time after an hour or so drive to the pool, that's even better. What is more impressive than the FAST Meet, is what is starting to happen during workouts. Senior Swimmers are starting to train faster. What's the key to faster swimming? Faster training.

Many athletes are experiencing drops in time on their practice repeats. The last two weeks of the month have been a bit rougher with their training, as the snowfall and Thanksgiving have played a role in limited pool time, but the "Bounce-back" from the group has been great. These next few weeks ought to help swimmers get back to "Normal" and not feel so "Off" during practice. If they've been "Off" lately due to their lack of pool time, then I can't wait to see what they look like when they feel "On".

November has truly been a nice addition into their training year and I am looking forward to see what can be done on the back half of the Season if we are seeing these changes now.

## Recap of Coach Brandi's Parent Education topic for November: The Swimmer-Coach-Parent Triangle and Communication



At Team Practice on Monday, November 24, Coach Brandi presented on another valuable topic for parents — the inter-connected relationship between swimmer, coach and parent. She provided an illustration of the triangle, where the swimmer is at the peak, and coach and parent form the base to support the swimmer. The emphasis for youth sports is about having fun and developing strong, positive character traits that will last a lifetime. She reviewed the mission of BAAC, and how parents and coaches can work together “to instill confidence and self-reliance to succeed in

swimming and in life.”

Coach Brandi also discussed the importance of swimmers communicating with their coaches. Parents can guide their child through a conversation about a particular concern, but ultimately the athlete should learn to initiate discussion with their coach. Other ways parents can assist their children are through role-playing a conversation with a coach, staying nearby, or helping their children come up with other ways to get their point across to the coach, such as writing it out in a letter or bullet points. Coach Brandi explained that our coaches are phenomenal at working with our children, but addressing parents is sometimes challenging. Our coaches have the best interests of the swimmers in mind at all times, and would like to know what concerns or questions their swimmers have. On behalf of the coaching staff, Coach Brandi respectfully suggested that the best time to talk to a coach is after practice, and for best results, a heads-up email or request for a few minutes will guarantee that the coach can give the swimmer his/her undivided attention.



A Parent Education seminar will be presented at each monthly Team Practice. If you have a suggestion for a topic of interest, please email your idea to Coach Brandi.

## Receive urgent Text Message alerts from Team Unify

Have you entered and validated your mobile phone # to receive text messages from BAAC? Blast one-way text messaging is used for coach-driven, time-sensitive messages, such as emergency pool closings and last minute meet warm-up time changes.

On the website, log-in and go to My Account on the left side of the screen. Use the communication editor to add or remove email addresses and text messaging devices.

- Use the **Add SMS** button to add a number
- Follow the prompts to verify your mobile device.
- **NOTE:** The first account email address is your login ID. Changing it will change your login username.

Swimmers can receive these same blast text messages too! Parents, you can click on the swimmer name below in the "Members Under This Account" and you'll be presented with an interface to add a mobile number and/or an email address. Families may list multiple devices or emails.



# Shout-Outs for Super Swims

Watch this space fill up with recognition of our swimmers' accomplishments this season!



## USA Swimming Motivational Time Standards

During the 2014-15 short course season to date, these swimmers have achieved the following level of the motivational time standards in at least one event.

AAA	AA	A	BB
Allie Bashor	Max Abrams	Lauren Belote	Lauren Clark
Andrew Clough	Lauren Anderson	Shannon Belote	Joe Cohen
Madeline Lee	Michael Clough	Jessica Shine	Lily Dimmig
Brooke Pettis	Katherine Frustaci	Ivan Nietopski	Allie Dziama
	Abby Halsdorfer	Jenna Wagoner	Matthew Lawler
	Ian Hewett	Kathleen Wagoner	Zoe Lawler
	Molly Hewett		Ryan Robinson
	Claire Mastrandrea		Elizabeth Panzica
			Nathan Tucholski



## IMR & IMX Challenge Completers

These swimmers have completed USA Swimming's IM-Ready or IM Xtreme Challenges during the 2014-15 season!

IM Xtreme	IM Ready
Molly Hewett	Allie Bashor
Matt Lawler	Shannon Belote
Madeline Lee	Ian Hewett
Claire Mastrandrea	Matt Lawler
Ryan Robinson	Maddie Lee
	Elizabeth Panzica
	Tarin Rietz



**FANTASTIC FIRST MEET**  
*Congrats to Che Liu & Kayleigh Sweeney  
 for swimming in their first meet ever!*



For information on team records, IMX/IMR scores and motivational time standards, visit our website — look under Swimmers — Records & standards

## Hotels reserved for travel meets

All reservations include breakfast. Taxes not reflected in room rates.

### January 2-3 — Victor IMX Meet

Holiday Inn Express/Victor (585) 672-2100  
 \$95—2 doubles Ask for Buffalo Area Aquatic Club room block

### February 13-15 — OLY Michigan Open @ Oakland University

Fairfield Inn/Auburn Hills (248) 373-2228  
 \$74—1 king, \$79—2 doubles  
 Ask for Buffalo Area Aquatic Club room block, deadline January 13

### March 12-15 — Niagara LSC Championships @ Webster

Fairfield Inn East/Webster (585) 264-0530  
 \$109 — 2 doubles or 1 king Ask for Buffalo Area Aquatic Club room block



## DECEMBER

Jake Musialowski

Jack McGowan

Abby Wilkes

Molly Hewett

Andrew Clough

Jillian Kneis

Bobby Bashor

Della Knapp

Jessica Shine

Jenna Wagoner

Madeline Lee



***New swimmers  
to BAAC:***

**ADV AGE GROUP**  
*Andrew Scalfani*

## BAAC apparel makes for great gifts this holiday season!

Hoodies, sweatpants, performance shirts, and more. Visit the new team apparel site at [www.mylocker.net/my/shop/buffalo-area-aquatic-club/](http://www.mylocker.net/my/shop/buffalo-area-aquatic-club/), or click on the link on the left side of our website. My Locker has provided us with \$10 gift cards that can be used by parents, grandparents, aunt and uncles, you name it! Contact Kara at [kcapuani@gmail.com](mailto:kcapuani@gmail.com) for the \$10 gift card promotion code.



### **Fundraising Committee**

## **Team Fundraiser wrapping up on Dec. 1**

BAAC is collecting City Dining Cards and White Rabbit Gift Card orders until Monday, 12/1. They both make great holiday gifts!! All items will be in before the holidays and distributed at practice. Funds raised through the sale of these cards is earmarked for coaches' development and other team needs. Thank you to all families that participated!

## **Fundraising Fee Spring Raffle plans**

The Fundraising Committee is also busy planning our annual Spring Raffle Fundraiser. The Raffle Fundraiser is the basis for the mandatory fundraising fee that will be assessed to each family in February (\$225 single swimmer, \$325 family max). Each family receives an allotment of raffle tickets equal to their fundraising fee. The drawing will be held at the Team Banquet in late April.



At this time, the committee is looking for prize donations and suggestions. Anyone who has a connection for a "big" prize donation (ie Sabres tickets, iPad, weekend getaway, etc...) could receive a percentage off their fundraising fee!

Please contact Kim Dimmig at [kcdimmig@aol.com](mailto:kcdimmig@aol.com). Thanks and Happy Holidays!

Team Social Event

# Join us for a night of Competitive Improv Comedy Buffalo ComedySportz @ The Arena



**Saturday, January 17, 2015**

**7:00 PM**

**ComedySportz Arena  
in Snyder Square**

**Cost: \$9 per person  
(Children receive Lights of Justice)**

**Reserve your seats  
by January 9<sup>th</sup>  
with Cash or  
Check written to BAAC**



Contact Hadar Borden at [hborden@gmail.com](mailto:hborden@gmail.com)  
with any questions

## Please patronize our supporters:

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**YOUR BUSINESS HERE!**

*Become a BAAC sponsor...Contact Kara Lee for sponsorship program info*

# BAAC

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# Start earning with Scrip

## STEP 1 — Create your account on [www.ShopWithScrip.com](http://www.ShopWithScrip.com)

Enter the BAAC enrollment code:

**B 2 3 2 L L 1 3 3 6 L 6 L**

Please wait to place your order until after your PrestoPay account has been verified.

## STEP 2 — Set up PrestoPay

Scrip card orders must be paid via PrestoPay, a secure process that debits from your checking account. Checks/cash cannot be accepted for Scrip payments—only PrestoPay.

- Enter your bank account information, type and routing number.
- To verify your account information, GLSC will make two small deposits into your designated bank account. Make sure to check your bank statement after 2-3 business days, as no e-mail reminder will be sent out.
- Once you receive the deposits, take note of both amounts and return to the PrestoPay link on the left side of your Family Home Page on [ShopWithScrip.com](http://ShopWithScrip.com).
- Enter both two-digit amounts deposited into your bank account by GLSC. You will also select a four-digit PIN.
- Now that your account is verified, you will be issued an approval code by email to forward to your coordinator. This approval code will also appear on your ShopWithScrip account.
- **E-mail your approval code to [BAACscrip@gmail.com](mailto:BAACscrip@gmail.com)**
- Once your coordinator has received your approval code and authorizes you for online payment, you'll receive a second email confirming your PrestoPay account is active and can be used to pay for your ShopWithScrip orders.

## STEP 3 — Start Shopping!!!

Great Lakes Scrip Company offers hundreds of retailers, restaurants and services. Watch for periodic bonus rebate opportunities too!

### Scrip Gift Cards (plastic)

Orders are placed monthly by the Scrip Coordinator. Enter your selections on [ShopWithScrip.com](http://ShopWithScrip.com) by the 10th of each month. Cards are delivered at practices approximately one week after the order deadline. Check the BAAC website for order dates.

### ScripNOW e-certificates (printable on demand)

Order directly through [ShopWithScrip.com](http://ShopWithScrip.com) and print certificates from your computer. This option is available 24/7/365... no need to wait for the monthly order!

