



HANDBOOK

2009

*Encourage our swimmers to be champions in and out of the water.
We value teamwork, physical fitness, integrity, and good
sportsmanship while promoting a lifetime of healthy living.*

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Stingrays Summer Club Information

Member, Foothills Swimming Association

Club Structure

The Stingrays Swim Team is a non-profit summer swim club. The team is directed by a Board of Directors of at least six members who are appointed at the September meeting to serve one to three consecutive terms from October to the following September. The board continues to meet during the off-season and holds regular meetings during the summer season at a frequency, time and date to be determined by the board.

The Board of Directors consists of five officer positions – Coaching Staff Member, two Team Co-Presidents, and Treasurer/Secretary. The Board of Directors hires the coaches and sets team policies and procedures.

2009 Board of Directors

Head Coach	Heather Howe	(303) 279-5184
Team Co-President	Renee Cusack	(303) 810-4406
Team Co-President	Mike Mills	(303) 697-2178
Treasurer/Secretary	Lois Sisson	(303) 456-9492

Coaches

Head Coach	Heather Nielsen	(303) 279-5184
Assistant Coach	Gary Henderson	(303) 384-7021

Club Season

The summer club season generally runs from Memorial Day to approximately the end of July. Practices are held daily Monday through Friday, regular meets every Saturday except the Fourth of July weekend, and a few optional meets on Sundays or occasionally weeknights as needed.

The team usually holds an off-season fall swim (October and November) and spring swim (March 1 to May 15) on Sunday evenings at an indoor pool. These off-season swims are not mandatory, but provide an opportunity for swimmers to develop their endurance abilities, work on specific skills, and stay in contact with team members during the off season. Summer club association rules specify that no team shall practice more than once per week during the off season.

Practices

- Swimmers must stretch to swim. Be ready to practice ON TIME!
- Come even if it is raining. The coach will plan something.
- If you know your swimmer will be absent, please give the coach a note beforehand.
- Notifications, newsletters, ribbons, etc. are distributed through a file box system. The file box will be out at each practice. Please check your family file or have your swimmer check it. The coaches also have a file in the box and this is a convenient place to put notes to them.

Stroke Clinics

- These may be offered outside of regular practice times.
- Clinics focus on one stroke. Swimmers are evaluated and given instructions.

Regular Swim Meets

- Swimmers will sign up for their preferred events each Wednesday. (Coaches cannot guarantee that swimmers will get all they request.)
- If you plan to be gone for a meet, please be sure to give Coach Heather a note by Wednesday so she can plan events accordingly.

Developmental Meets

- Developmental meets (the Pentathlon, the C/D Meet, and the Last Chance Meet) are designed to help swimmers improve their times to move up a bracket: C, B, A, or State Qualifier.
- “A” times qualify a swimmer to swim at the League meet. State times qualify a swimmer to swim at the State meet.
- Compare your qualifying times to the qualifying chart in Appendix A of this handbook after each meet to see where your swimmer stands.
- Developmental meets offer only individual events, no relays.
- These meets give swimmers a chance to improve their times and earn ribbons for their accomplishments.
- Swim coaches are spread thin on days of developmental meets because there is often more than one meet scheduled on the same day (often Sundays).
- Be sure you know which events your swimmer entered and when and where the meet is held.

Inter Squad Meet

- This meet is usually held on a weeknight at our home pool because we only swim against our own team.
- It allows the Stingrays to improve their times, gives kids a chance that may have missed a meet to swim again, and allows swimmers to add new and different races to their resumes.
- There are relays at this meet.
- The swimmers’ times do count! If they have an incredible swim and make that State time it will count.
- No ribbons are given at this meet.

League Meet

- This is a three-day event with all teams in the FSA League (11 teams).
- Only swimmers with “A” times qualify for individual events.
- It is an honor to qualify for this meet, and the points earned determine our divisional ranking within the league.
- Even if swimmers do not qualify for individual events, they should plan to swim in two relay events (one on Saturday and one on Sunday).

State Summer Club Meet

- Approximately 50 teams participate in this meet. Most are from the Denver metro area, but Colorado Springs and Fort Collins are also represented.
- Swimmers must have STATE times to qualify for individual events. This is faster than an “A” time. Swimmers who achieve State times at League will qualify to swim at the State meet.
- Again, even if swimmers do not qualify in individual events, they should plan to swim two relay events. Both relays will occur on the same day. The State meet swims 12 and under on Saturday and 13 and older on Sunday.

Social Events

Several social gatherings are planned each summer. We hope these offer a chance for the team to relax and enjoy each other's company.

- **Potluck Dinner** – We start the season with a potluck dinner. This allows parents to get to know each other and ask questions about the team. It also gives the coaches an opportunity to discuss some important aspects of a swim meet. We encourage all families especially if you are new to the team to attend the potluck.
- **Kid/Coach Day** – This is a fun event that allows the swimmers to coach their parents and coaching staff. It gives the parents an idea what their kids endure every day, and we are usually amazed that they have survived. Please join us at practice for this fun workout! Remember, we get to act just like the kids do every morning!
- **Spaghetti Dinner** – This is a fun social event for the swimmers who have qualified for the League Swim Meet. It is a potluck, and parents are notified after the last regularly scheduled meet if their children have qualified. It is held on the Thursday before League so we can make sure our swimmers have eaten plenty of carbohydrates to get them through their races.
- **Awards Banquet** – We wrap up the season with a dinner and awards presentation. The evening will conclude with our popular slide show presentation.
- **Water World** – After the season concludes, the team takes its annual trip to Water World for a little fun in the sun. Parents, relatives, swimmers, friends, and coaches are all invited. The team will have discounted tickets for you to purchase, so come join us for one more outing together.

Swim Meet Information

Come Prepared

As most of you know, you need to plan for any kind of weather in Colorado. Swimmers should bring several towels, warm-ups or sweat suits, and a sleeping bag or blankets. It is important to stay hydrated during a swim meet, so make sure you have plenty of water. Most importantly, be sure to bring swimsuit and goggles.

Warm-ups

Swimmers meet at the host pool about an hour early for warm-ups (see Appendix D for maps and directions—these show directions from the Stingrays practice pool on Holman Way). Generally, warm-ups begin at 6:00 a.m. but are subject to change, so be sure to check your family folder for updated information. Swimmers will swim laps for about 30 minutes, then dry off and watch the event board for their events.

Entries

Each swimmer can swim three individual events and two relays in each meet. (See Appendix A for a list of races available to your swimmer.) In a dual meet, each team can enter an unlimited number of swimmers in freestyle and backstroke races. Only three swimmers from each age group (boys & girls) can be entered in butterfly and breaststroke races. In a triangular meet, freestyle and backstroke races are open, and only two swimmers from each age group (boys and girls) can be entered for butterfly and breaststroke races.

Heating Area

This area is used to organize and line up swimmers for each race. Each race is numbered, and that number is printed on the heat sheet. These sheets can be found in the tent area, with the coaches, and various locations around the pool. Swimmers watch the event board, which shows “First Call” and “Last Call.” These indicate which race is currently being seeded. Swimmers should report to the heating area when they see their event posted as first call. **Once you report to the heating area you must remain there.** When parent volunteers are ready to seed each race, they will call out the swimmers’ names and seat them according to which lane they will swim in. **If swimmers do not respond when their names are called they will be scratched from the race.** All swimmers must cooperate in this area. The parents who work here have a tough job and have to be heard over many voices. Please make sure your swimmer understands that he or she should be (relatively) quiet and refrain from horseplay in the heating area.

Individual Races

Before stepping up to the starting blocks, swimmers must check-in with the timers and double check that they are in the correct lanes.

Relay Races

There are two types of relays: free and medley. In the free relay, all four swimmers swim the freestyle. In the medley relay, each swimmer swims a different stroke: backstroke, breaststroke, butterfly, and freestyle, in that order. In the 8 and under age group, each swimmer swims 25 meters (one length of the pool), so the breaststrokers and freestylers are taken to the opposite end of the pool to start. In a dual meet, each team can enter three relays for each age group (girls & boys). In a triangular meet, each team can enter two relays, for each age group (boys & girls).

Exhibition Races

At the coach's discretion, a swimmer may swim any number of events as exhibitions for the experience or to better an individual time. An exhibition swimmer does not receive points toward the team's score. However, the time he or she receives in the event will serve as an official time to qualify for League or State.

Disqualifications

Many times, especially if you have a new swimmer, you will think your child has completed an event when you notice an official writing on the event card and talking to your child. This means the swimmer has done something to be disqualified. If swimmers dives off the block before the start, executes the wrong stroke or kick for the event, or makes an improper touch, this is a disqualification. This happens often and is a time of special TLC from parents. Please remember that officials do not like to disqualify swimmers, but it is their responsibility. You will often see an official give the child a pat on the back. When a swimmer is disqualified, the time cannot be used to score points for the team. If a swimmer disqualifies in a relay, the whole relay team is disqualified.

Results

Timers record the swimmers' times on the heating sheet or in some cases their pink or blue cards. Heating sheets with event times are then delivered to the results/scoring area. Results are compiled on the computer and are posted continuously during the meet. Ribbons are given to the coach and distributed at the Monday practice.

Scoring

In dual, triangular, and quadrangular meets only, there shall be scoring of points in all events regardless of competition. See Appendix C for scoring information.

Volunteering

When you registered your child for swim team, you signed the section on the registration form agreeing to volunteer. There are many times during the summer when your help is imperative to our success as a team. Please see page 9 for more information on volunteering.

Parent Workers Needed (meets can't happen without you!)

Home Meets

Although the coaches supervise the meets, they are run by the parent volunteers. If your child swims in a meet hosted by the Stingrays, you can expect to be called on to do one or more volunteer jobs.

Away Meets

When meets are held at other clubs, we supply timers and sometimes officials. At all dual meets, each lane should have one timer from each team. The league normally requires three timers per lane. When we host a meet, the other team should supply one timer per lane.

Volunteer Positions

Swim team is unlike any other sport when it comes to the amount of volunteer time required. The Stingrays will host several home meets this year and will go to many away meets. The volunteer positions are very important. Successful meets require **each** family to participate. We have devised a 12-point system that each family must fulfill. Each job has a different point value assessed, depending on the amount of time it requires. The twelve points are equivalent to 12 hours of volunteering time. At registration, we will require each family to give us a postdated check for \$100.00. We will hold this check (without cashing it) until your family's commitment is fulfilled. **Once your family has completed the 12 points, your check will be returned to you or shredded.** We feel that is important, as it will ensure that **ALL** families help equally. Also, you must receive all 12 points in order to receive your full deposit back. If you fall short of these 12 points then your full deposit will be cashed. There will be no prorating for the points you have earned. Descriptions of each job and assigned points start on p. 10.

We need parent volunteers in eight areas for the home meets, and we need help with various activities throughout the summer. The home meet positions are:

1. Officials
2. Heating Area
3. Meet Results (computers and ribbons)
4. Snack Bar
5. Timers
6. Hosts/Hostesses
7. Runners
8. Set-up/Take-down

Each area has a parent manager. Your volunteer assignment will be coordinated with this person before each meet. We hope that parents will help when they can to set up the tent, prepare and tear down tables and chairs for home meets, help swimmers travel to their events, and many other tasks.

We know this is probably all very confusing to the new parents. The Parent Potluck at the beginning of the season will provide more information about being on a swim team (i.e. meets, practice, points, etc.). We hope to demonstrate what an actual swim meet is like so you can all see why your help is so important. Also, by volunteering you will get to meet many of the wild and crazy team parents!

The Stingrays would like to thank all of you for supporting our team this year! Remember, without parents like you, our kids would not have the chance to experience this wonderful sport!

Definitions of Volunteer Positions

Board Positions (12 points)

The Co-President (Renee Cusack) oversees the parent board, coordinates board meetings, attends FSA meetings, delegates and oversees the tasks of other board members and summer volunteer staff, and communicates with Foothills Aquatic Director.

The Co-President (Mike Mills) oversees the parent board, coordinates board meetings, attends FSA meetings, delegates and oversees the tasks of other board members and summer volunteer staff, and communicates with Foothills Aquatic Director.

The Treasurer/Secretary (Lois Sisson) collects all dues, pays all bills as approved by the Executive Board, presents a proposed budget and financial statement at the first and last meetings of the swim season, and maintains and updates the Treasurer's handbook. Compiles a roster of swimmers and families.

Members at Large attend team board meetings and are voices on the board. They may be delegated tasks as needed by the board.

Meet Managers (12 points)

Volunteers will oversee the swim meets. They will make sure everyone has the appropriate people in place and will help or fill in open volunteer positions.

Managers: Renee Cusack & Mike Mills

Meet Set-Up Volunteers (2-3 points) 5:30 am – 7 am

We need help setting up our heating area, snack bar, tents, and other various miscellaneous things so that we are ready to host a home swim meet. Check-in with the Meet Manager to see where they need help in the early mornings before the meet begins. Don't forget to check back in with the meet manager once you are finished to receive your points. You must be here at 5:30 unless otherwise instructed.

Computer Coordinator (12 points)

Maintains and make necessary changes to the team website. Attends parent board meetings as requested by the board. Responsible for training the volunteer parents on how to run the Meet Manager database during the home swim meets.

Coordinator: Mary Sue Brown

Computers Volunteers (2 points per shift) 6:45-9:30 or 9:30-end of meet

Volunteers enter swimmers' times into the Meet Manager database after each race and post results for meet spectators and participants. The manager will set up the computer before the meets and provide our team roster for away meets. Check-in with the Computer Coordinator prior to starting your shift and at the end of your shift for your points. We need 2 volunteers per shift.

Ribbons (1 point) 9 am – end of meet

Volunteer applies labels to the backs of ribbons and sorts them by team. Check-in with the Computer Coordinator prior to starting your shift and at the end of your shift for your point.

Runners (1 points/2 hours) 7 – 9:30 or 9:30 - end

Volunteers take the time sheets from the timers after a race event is complete and bring them to the computer volunteers to be entered into the computer. Check-in with the Computer Coordinator prior to starting your shift and at the end of your shift for your points.

Heating Area Coordinator (12 points)

Coordinator will oversee the whole heating area including set-up/take-down at all home meets. They will also train all heating area volunteers.

Coordinator: Clif Cusack

Heating Area Volunteers (4 points per meet)

Volunteers help keep the swimmers organized in the heating area, seat the swimmers for their events, and make necessary changes to the pre-seeded events if swimmers have scratched or need to be added to an event. They also maintain the “First Call/Last Call” board. We need 4 volunteers, which would include a liaison for the timers if changes do arise with the timing sheets. Check-in with the Heating Area Coordinator prior to starting your shift and at the end of your shift for your points.

Officials Coordinator (12 points)

Coordinator will oversee all the officials including training, and future recruiting. They will conduct a brief officials meeting at the beginning of each meet to go over any questions and also set up the rotation of the officials throughout the meet. They must have at least 1 year of officiating experience.

Coordinator: Jill Nagode

Official Starter (2 points/ 2 hours)

An official who announces and starts all races. We need at least 1 starter per meet and they must have at least 1 year of officiating experience. Check-in with the Officials Coordinator prior to starting your shift and at the end of your shift to receive your points.

Starters: Jill Nagode, Tim Rodgers, & Bill Falk

Officials Volunteers (2 points/2 hours)

Volunteers officiate at races at the home meets and ensure that swimmers are swimming proper, legal strokes. They must attend a training program, which the league provides free of charge. We need at least 3 officials per meet. Check-in with the Officials Coordinator prior to starting your shift and at the end of your shift to receive your points.

Officials Training Class (3 points)

Officials must attend a training class before the season starts. (Those who attend this class for personal learning and do not plan to officiate will receive 1 point.)

Timing Coordinator (4 points per meet)

Coordinator will meet with all the timing volunteers 15 minutes before each scheduled shift at the team tent. They will pass out the team stopwatches and collect them at the end of the meet. They will make sure the timing volunteers get their volunteer tickets after the timing shifts have been completed. Timing managers must check-in with a board member on Friday for sign-up sheet and with the head coach Saturday morning for the stopwatches.

Timing Volunteers (2 points/2 hours)

Volunteers time the races and record the times on the event timing sheets or blue and pink cards. Each lane must have 3 timers. Stopwatches are provided by the Stingrays and you must meet with the Timing Manager inside our team tent 15 minutes before your shift begins to check in and get specific instructions. It is so nice for our swimmers to see familiar faces when they start and finish their races. This is an excellent place to start if you are a new parent. Timing shifts are as follows: 7 – 9 am, 9 – 11 am, and 11 am – end of meet. Volunteers must check-in with the Timing Manager prior to starting your shift and at the end of your shift for your points.

Snack Bar Coordinator (12 points)

Coordinator oversees the snack bar! They are responsible for handling all revenue sales. They can delegate various jobs to other volunteers if necessary, but they are in charge of ordering and purchasing the breakfast burritos, stocking all food items to be sold and all Snack Bar and Host/Hostess Volunteers.

Coordinator: Stacey Skelton

Snack Bar Volunteers (2 points/2 hours)

Volunteers help set up the snack bar, stock items, serve beverages and snacks. We will need 2-3 volunteers per shift (3 volunteers: 6 – 8 am, 2 volunteers: 8-10 am & 3 volunteers: 10 am – 12 pm). Volunteers must check-in with the Snack Bar Coordinator prior to starting your shift and at the end of your shift for your points.

Host Volunteers (1 point/2 hours) 7:30 - 9:30 or 9:30 – end of meet

Volunteers take coffee, juice, water, etc. to officials, timers, coaches, and other volunteers during the meets. Volunteers must check-in with the Snack Bar Coordinator prior to starting your shift and at the end of your shift for your points.

Volunteer/Point Coordinator (12 points)

Coordinator will set-up and manage the volunteer website. Track the points earned by each family. The points should be posted regularly during the summer so families have an idea where they are. Attends parent board meetings as requested by the board.

Coordinator: Renee Cusack

Caps & Goggles Coordinator (12 points)

Coordinator sells caps, goggles, and other items to our team every day or on days that have been posted to the team. They can also sell these items in the snack bar at home meets.

Coordinator: Lois Sisson

Lost and Found Coordinator (6 Points)

Coordinator will collect all items left at practices, swim meets, and other team gatherings. If you have lost something, please check the website for a posting or with this person. It is always amazing what is not claimed at the end of the season!

Coordinator: Lori Larson

Banquet Coordinator (6 points)

Volunteer coordinates and reserves the facility for the annual end-of-season potluck banquet.

Coordinator: Sandy Davis

Banquet Volunteers (2 points)

Volunteers will sign up to help with various shifts of banquet set-up, and clean-up. Check-in with the Banquet Coordinator prior to starting your shift and at the end of your shift for your points.

Team Video Production Coordinator (12 points)

Coordinator will collect pictures and video taken during the season of team members, coaches, and parents. They will create a computer file for each swimmer to insure that everyone is included in the video. They will comprise a slide show (majority of pictures should be swimmers), which will be presented and available for sales at the end of the season banquet. Board should review prior to banquet.

Coordinator: Diane Belter

Plaque Coordinator (6 points)

Coordinator will find a place to make the individual plaques the swimmers receive at the end of the season. The board will need to approve the plaques and the volunteer will need to place the order and coordinate the assembly for the banquet.

Coordinator: Heather Howe & Renee Cusack

Fun Friday Snacks & Drinks Coordinator (4 points)

Coordinator will contact the volunteers weekly, 1-2 days before their schedule event as a reminder to bring donuts (2 dozen) or drinks (20).

Coordinator: Diane Belter

Fun Friday Snacks & Drinks Volunteers (1 point/week – 3 points maximum)

Volunteers bring donuts (2 dozen) and drinks (20) to practice on Fridays for the swimmers. You can earn up to maximum of 3 points total for the season. Check-in with the Fun Friday Snacks & Drink Coordinator to receive your point.

Spaghetti Dinner Coordinator (6 points)

Volunteer coordinates the potluck dinner before our swimmers go to League.

Coordinator: Margaret Mills

Team Picture Coordinator (1 Point)

Volunteer will find and schedule a team picture photographer. The board will need to approve this person, who will need to be scheduled for a team picture and a make up day for individual pictures.

Coordinator: Heather Howe

Team Swim Suit Coordinator (2 Points)

Volunteer will need to pick a new team suit every other year. The board will approve the decision in August to ensure the team receives the preferred suit. We use High Point Swim and Sport for our suits because of the team discount and convenient location. Every year this volunteer needs to schedule a suit day for one day during our off-season when High Point will come out and allow our swimmers to buy the suit at our practice.

Coordinator: Cathy Weissberg and Heather Howe

Tent Storage/Transportation Coordinator (12 points)

Volunteer transports the tent to and from all the swim meets and stores it between meets. The tent is very large and heavy, but other parents will help set it up and take it down. Volunteer must be at the meets at 6:00 am and stay until the very end of the meet.

Coordinator: Carl Ingalsbe

Towel Salesperson (5 points)

This volunteer sells team towels. The swimmers may have their names and team names embroidered on the towel for an extra charge. There will only be 2 sale dates during the season, most likely during the first full week of practice and at the end of June.

Volunteer: Amy Ebeling

Twilight Family Swimming (1 point)

In the 2009 season the Stingrays are hosting the twilight swims at our 6th Avenue West pool. We would love to pack the pool from 5-7 pm so we are offering volunteer points if you join us on these special Thursday night swims. You can earn up to 2 points total for 2 separate nights but we hope to see you at every swim. Check-in with a board member to receive your points. Please see our website for special pricing and specific dates and times!

Twilight Family Swimming and a Guest (1 point)

In addition to the above, if you bring another paying family with you to any of these swims, you can also receive more points. You can earn up to maximum of 2 points total for the season. Check-in with a board member to receive your points.

Twilight Snack Bar Volunteers (2 points/1.5 hours)

The Stingrays will be running a concessions area during these twilight swims in order to help offset some of the costs. We are looking for volunteers to work the snack bar doing jobs like setting up, grilling and serving food, and cleaning up too! Shifts times will be 4:30 – 6 pm and 6-7:30 pm. Check-in with the Snack Bar Coordinator.

Tye Dye & Craft Day Coordinator (6 points for 3 days)

Coordinator will oversee the set up, supply the necessary materials (which the team purchases), and run the events. The coordinator will order or make a request for donations for all the necessary supplies for these events. They will also manage and train volunteers on the events.

Coordinator: Sandy Davis

Tye Dye and Craft Day Volunteers (1 point per shift)

Volunteers will help set up, run, and clean-up the event. These events will take place after each practice on that giving day (i.e. 8 am and 9 am) Craft day we need 4 volunteers per shift and 6 volunteers per shift for Tye-Dye days! Check-in with Tye Dye & Craft Day Coordinator.

Warm Wear Coordinator (12 points)

Coordinator orders and sells wear warm gear such as t-shirts, sweatshirts, and sweat pants to the team. There will be only two dates for these items. Once merchandise is delivered it will be available at practice.

Coordinator: Renee Cusack & Judy McCloskey

Water World Coordinator (4 Points)

Coordinator will contact Water World to reserve the team day and purchase discount tickets which members of our team may purchase at a discounted price! They will also coordinate selling/delivering tickets to the team throughout the season. Coordinator will check-in with Team Treasurer.

Coordinator: Myrna Triolo

Fund Raising

The Stingrays are a self-funded, nonprofit organization. We receive no money from the city, county, or state. All our staff, except the coaches, are volunteers. We would greatly appreciate your support with these fund raisers, as they are our primary means for running this organization. We are always open to new fund-raising ideas.

Each summer the fees you pay help support the team and coaches. To keep the fees at a reasonable level and continue to provide quality coaching and a positive nurturing team environment (not to mention fun social activities for the team), we must supplement our income with several fund-raising activities. Over the years we have tried many ways to raise money. We hope to offer several programs this year that will not only help the team financially, but also benefit you, your families, your neighbors, and anyone else you know.

Car Wash

In the past the Stingrays swimmers have washed cars for donations to the swim team. This year we will try to organize this fun team-building experience so we can raise money to help purchase heating area chairs, new team tents, and other items.

License Plate Covers

The Stingrays have received a generous contribution of license plate covers. They read: Green Hair Rules – Swim, I See Every Sunrise – My Kid Swims, and Get Stung – Stingrays Swim Team. For the low cost of \$5, buy a couple. They make great picture frames, too.

Caps, Goggles, and Goggle Bags

The Stingrays have goggles, swim caps, and goggle bags available for sale. Check out our prices!

Frequently Asked Questions

What should every swimmer bring to a swim meet?

- Swimsuit, goggles (consider an extra pair), swim caps (optional, but recommended)
- Sunscreen
- Warm-up suit or other warm clothing, shoes, and socks to keep feet warm and legs relaxed
- Blanket or sleeping bag to keep warm between events
- Please label everything. Many swimsuits, warm-ups, towels, and goggles look alike!

Where do I buy my swimmer's team suit?

Team suits are available from:

High Point Swim and Sport
1535 S. Kipling Parkway (Kipling & Florida),
Lakewood, CO 80232, (303) 989-2724.

Identify yourself as a member of the Stingrays Swim Team. The High Point staff are familiar with a proper fit and will help size a suit for your child. Although not mandatory, team suits are encouraged. Two-piece suits are not permitted.

Which teams do we swim against and where?

The Foothills Swimming Association (FSA) comprises 11 teams (see Appendix D for maps and directions to these pools—all directions are from the Stingrays pool on Holman Way):

Applewood Athletic Club (AAC)

13330 West 20th Avenue
Golden, CO 80401

Applewood Knolls Swim Team(AK)

11520 West 32nd Avenue
Lakewood, CO 80215

Columbine Knolls Swim Team(CKST)

6191 West Plymouth Drive
Littleton, CO 80123

Five Parks Swim Team (5P)

13810 W. 85th Drive
Arvada, CO 80005

Genesee (GEN)

Foothills Pool
1985 Foothills Drive South
Golden, CO 80401

Golden (GOLD)

Splash Aquatic Park
3151 Illinois Street
Golden, CO 80401

Green Mountain Swim Team(GM)

1031 South Union Boulevard
Lakewood, CO 80228

Lakewood Swim Team (LK)

Green Mountain Recreation Center
13198 West Green Mountain Drive
Lakewood, CO 80228

Mount Vernon Country Club (MVCC)

24933 Clubhouse Circle
Golden, CO 80403

Stingrays Swim Team(STING)

400 Holman Way
Golden, CO 80401

Wheat Ridge Swim Team(WR)

Anderson Pool
4355 Field Street
Wheat Ridge, CO 80033

Within the association are three divisions. The Stingrays are a Division III team. Generally the larger teams make up Division I. Division placement is determined by the total points earned by each team at the League meet in July; final determination is made by the FSA board.

The Stingrays will host three home meets per season to comply with league rules; the rest, including the League championship in July, are held at the other FSA pools. The state meet includes qualifying swimmers from approximately 50 teams from across the metro area, and the meet is held at one of these locations each year.

How do we travel to the meets?

We travel individually to the meet locations (we do not have team bus). Swimmers should arrive at the pool, look for the team and the team tent, and be ready to swim at the designated warm-up time. The coaches will remind the swimmers what time to be at the pool for warm-up. Times will also be noted in the weekly online newsletter. Not all meets start at the same time.

How long does a swim meet last?

Regular meets are usually over by noon. There are 110 events in each meet. Developmental meets (see p. 4) may run slightly longer. League meets run from Saturday morning through Sunday afternoon (often the longer events for older swimmers are held on Friday nights). The State meet splits days: 12 and under swim on Saturday and 13 and older swim on Sunday.

Can I leave after my child's last event?

Although swimmers are encouraged to cheer fellow team members, swimmers may leave after their final event and before the meet is completed. If your child normally swims later events, you may be asked to time on the later shifts.

Tips to Extend the Life of Your Swimwear

(Thanks to our friends at High Point Swim and Sport)

- **Set Color:** To help set the color in your new swimsuit, rinse it in a mixture of 2 teaspoons white vinegar and 1 quart of cool water. Rinse in cool water and hang to dry.
- **Rinsing:** Rinse in cool, fresh water, air dry in a shaded area. Avoid wringing, wrapping in towels, or storing in plastic bags when damp.
- **Laundering:** Hand wash, rinse immediately, but do not soak.
- **Soaps and Additives:** Wash with a mild soap. To keep colors bright, use Axion or Biz. **Do not** use any chlorine-based bleach products. **Do not** use Woolite, **Do not** use spot cleaners. **Do not** dry clean.
- **Drying:** Swimwear should be dried naturally in a ventilated area, and **always** avoid dryers.
- **Caution:** Certain sun care products may react with swimwear dyes or fabric and damage the suit.
- **Fading:** The swimwear will be exposed to the brightest sun conditions and will fade naturally over time. Hot tubs and many swimming pools contain chlorine in concentrations that will cause premature fading and wear. Colors will fade and lighter colors may become transparent under these conditions. Fading is not considered a manufacturer's defect.
- **Remember:** Swimwear, like all other intimate apparel, may **not be returned** after purchase.

Swimmer Hair Care

The continual exposure to chlorine and sun can eventually harm swimmers' hair. Swim caps can protect their hair from damage from pool chlorine, keep it from tangling in the goggle straps, help keep goggles in place, streamline them in the water, and keep them warmer in the water, as they insulate their heads where they lose most of their body heat.

Latex rubber swim caps are the most popular, as they are widely available, inexpensive, and provide the best protection. **Swimmers who exhibit signs of latex allergy should not wear them.** Report any rash, swelling, or redness of the ears to your doctor if it appears after a latex rubber swim cap is worn.

Rinsing hair with regular water before swimming will allow the hair to fill and seal the hair shafts, and prevent chlorine from saturating the hair. After practices and meets, a good washing with a clarifying shampoo followed with a good, deep conditioner will minimize hair damage. You may wish to deep condition weekly.

Ten Commandments for Parents with Athletic Children

1. Make sure that your children know that win or lose, scared or heroic, you love them, appreciate them, acknowledge their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their lives they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and skill level.
3. Be helpful but don't coach your child on the way to the rink, pool, or track, on the way home or at breakfast, etc. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach your child to enjoy the thrill of competition, to be out there trying, to work on improving skills and attitudes. Help your young athlete develop the feel for competing, for trying hard, and for having fun with the process.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won, you were not always heroic. You were frightened; you backed off at times. Don't pressure them because of your lost pride.
6. Don't compete with the coach.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his or her hearing.
8. Get to know the coach so that you can be assured the philosophy, attitude, ethics, and knowledge are such that you are happy to have your child under his or her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate the whole story.
10. Make a point of understanding courage, and that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. Your job is a tough one, and it takes a lot of effort, understanding, and perspective to do it well. It is worth all the effort when you hear a youngster say, "My parents really helped. I was lucky in that respect."