

Hello Stingrays Parents and Swimmers of 2011:

Well the season has now officially gotten underway as we just had our first swim meet of the summer! The coaching staff was thrilled by the performances of our swimmers and we are so excited to watch everyone grow and improve from here!

MEET NEWS: For those of you who were unable to attend the meet, we sure did miss you but we hope to see you this upcoming weekend as the Stingrays host Applewood Knolls at our pool. We have meet set-up on Friday night from 7:00-8:00pm and we sure could use some strong hands to help stake up our team tent and start initial set up of the snack bar and heating area. This is a great way to meet other parents and earn those much needed volunteer points! Swimmers plan to arrive at 6:00am Saturday for our warm up time.

IMPORTANT REMINDER: I wanted to remind everyone that we really do want to have swimmers at the pool 15 minutes before practice begins so that we can get them stretched and ready to go. This is also a great time for them to sign up for their races for the upcoming meet and take care of bathroom needs!

VOLUNTEERING: Speaking of volunteer points, you all should have received an e-mail from volunteerspot.com with information on how to link yourself up to our volunteer website. If you have not received this e-mail yet, please let myself or any board member know, as this is the only way to receive those much needed points. Don't wait too long to sign up as many volunteer positions are starting to fill up. You must receive 12 points by Friday July 15 to insure the safe return of your \$150 volunteer check. You are also not limited to just 12 points, so please feel free to sign up for more, too! If you are parents of those practice only swimmers, we could also use your help. If you get the urge to bring some donuts, drinks, or even help out with a tie-dye day, please let us know and we will get you signed up. Or if you want to help at any meet set-ups or home meets we would love to have the help!

STROKE CLINIC: We have our first stroke clinic this week! It is Tuesday night from 5:15-6:15 and we will be working on Freestyle only! We will also be retraining ourselves on how to set up some of our team tents and we would love to have any extra hands for this!

SWIM IN YOUR CLOTHES DAY: Wednesday is wear your clothes to practice day so we encourage all swimmers to get a little extra workout and dress up for their workout.

WARM WEAR: This year we are doing our Warm Wear Sales much differently. You don't need to order any warm wear as we have it ready to sell and take home right now! T-shirts, Tank Tops, Sweat Shirts, and Sweat Pants are available and looking

for good homes right now! We also have tons of goggles, caps, shirts, bags, and other miscellaneous items that are at amazingly low prices because we have been holding onto them for way too long now! You can find all these items at practice each day so come on out and have a look! Help our team get rid of some extra inventory and shop for your swimming needs with us!

WATERWORLD: The team is again selling Waterworld tickets for \$25 each. This is the best price possible so be sure to talk to a Board member now to get your tickets. The team is going on Monday, August 1, but these tickets are good any day this summer so you can go several times for a great price. You can leave a check in the "Mail Box" that will be out on the table at practice each morning and the board will get your tickets to you.

WEBSITE: www.stingraysswimteam.com Our team website is amazing and has a ton of information that is vital to you all. You will find directions and maps to all the pools, meet results, a weekly schedule and much more! Please refer to our website for most questions you may have!

COMMUNICATIONS: The team "Mail Box" will be sitting out each practice on the picnic table. Check your family folder for ribbons, order forms for team photos, the code of conduct form for each swimmer to sign, and other communications. You can also leave messages for the coaches, request Water World tickets, leave notes for the board members, or complete any other communications that are needed. Remember to check your folder daily!

GENERAL MEET REMINDERS: Again, hats off to everyone at this weekend's first meet! For all you new parents you now have a taste of what a swim meet is like and for all you veterans, thanks for all your help! All of us coaches wanted to remind our Stingray swimmers about some important information regarding swim meets.

1. PLEASE be to the meet ON TIME. Some of you were late to the meet this past weekend and you were needed to fill spots on relays. You know on Friday after practice what you will be swimming on at the meet so please accordingly and get to the meet on time!
2. Please be courteous and sportsman-like when you are at the meets. You are representing our team and we also want our swimmers to be the league role models.
3. Please have your swimmer stay in the water until all swimmers have finished their race. If you are swimming on a relay please wait until all racers have finished before you leave the block area.
4. The coaches want to see ALL swimmers immediately after they have finished swimming their races. This is our time to discuss aspects of their races with them and if we find out they have been disqualified for something we need to

act quickly if we want to try to appeal the call. Many times if swimmers have been disqualified they are upset and we want to explain and calm them down first. We would also like to talk to the swimmers before they head to the heat area to remind them about things they need to work on during the race. This is not always possible though!

5. If your swimmer does not want to swim one or more of their events they MUST talk with a coach about this first. If we see that you have No Showed for your event there may be a harsh consequence for this at practice the following week! It is also helpful to the heating area people as well. If you have an event you must leave for before you are done swimming please let us know you are leaving. The heating area personnel will usually come find me if they can not find a swimmer and this way I am not running all around trying to find someone who is not going to swim.
6. After the meets are over we still need help at away meets dismantling the team tent. Gary is so awesome to tow this heavy and very cumbersome tent around for us. However, it is not fair to make him take it down and pack it away too! So if you are swimming the IM's please help us pack up the tent!
7. I had a couple of parents this past weekend let me know last minute that they had conflicts or sick kiddos that we not going to be able to make the meet. Thank you all so much for this information as it is really stressful when you are looking for swimmers that are not coming. Please feel free to call me or e-mail me with any problems or conflicts that may arise throughout the season. You will find this information on the website!
8. Don't forget to sign up for the upcoming swim meet by WEDNESDAY of each week. If you will not be at the meet, please mark that in the pink or blue books as well.

We are looking forward to a great summer. If you have friends who want to join our team, it is not too late! Have a great week, Stingrays! GET STUNG!