

# 2011 Stingray Swim Team Handbook



Coaches, Jim Jackman 464-2236

and Christopher Toler

Swim Rep. Isabelle Sullivan 745-5989

## **Swim Team Fees:**

Children (ages 5 – 14).....\$75 each

Seniors (ages 15- 18).....\$55 each

\*Please note that young swimmers **must** be able to swim 1 length of the pool unassisted.

Swim Suits (optional but encouraged):

Girls – \$50.99    Boys - \$32.99    Caps - \$10

## **Classification of Swimmers by Age as of May 31:**

Mini Mites..... 6 and under

Mites..... 7 and 8

Midgets..... 9 and 10

Juniors..... 11 and 12

Intermediates..... 13 and 14

Seniors ..... 15 -18

## **Fundraising**

This year, each family is encouraged to help in as many fundraising activities as possible. We have many events for you to participate in that will help the Surreywood Stingrays with the cost of operating our team! 100% of our fundraising efforts go to the cost of paying coaches, providing end of the year medals, meet supplies, swim team entry fees to RMAL, maintenance of our equipment and more. Below are some of the ways you can participate.

Yard Sale \* Splash-A-Thon \* Pictures \* Spirit Wear\*

Baked goods for home meets \*

## Parent Volunteers

**All parents** are required to volunteer with our swim team. It takes many hands to effectively run a swim meet. We need parents to help with set up, clean up, timing, strokes and turns judges, concessions, splash-a-thon, and our yard sale.

## Important Stingray Dates and Times

### ***Practice Times:***

May 23 – June 16 M-F (excluding Memorial Day)

5:30pm – 6:00pm – Mini Mites and Mites

6:00pm – 7:00pm – Midgets and Juniors

7:00pm – 8:00pm – Intermediates and Seniors

June 20 – July 18 M-F

9:00am – 10:00 am Seniors and Intermediates

10:00am – 11:00 am Juniors and Midgets

11:00 am – 11:45am Mites and Mini Mites

6:00pm to 7:00pm – All Ages

### **June 2 - Pictures**

Individual pictures will be held from 5:00pm to 6pm and team picture at 6pm. Purchase of pictures helps support the swim team and preserves the wonderful memories of a fun summer for a life time! Thanks to Danielle Paquette for contributing 30% back to the swim team!

### **June 11 - Strokes and Turns Clinic**

This free clinic will be for Midgets through Seniors. It will begin at 9am and go for 2 to 3 hours. The clinic will be run by Scott Soukcoup and friends. Sign ups will be posted at the pool on May 31<sup>st</sup>.

### **July 16 - Yard Sale**

This is an opportunity for all families to donate items and to help work the sale. **Bring priced items** to 7716 Yorkdale Dr on Friday 7/15 or by 7am on the 16th. Gently used furniture, tools, children's clothes (only), toys, books, and anything else you think will sell. All proceeds will go to the stingray swim team. We must have 6 adults helping with the sale. We will also need folks with trucks to haul away what is left after the sale.

### **July 9 - Splash-A-thon**

Children can participate in our annual splash-a-thon by getting folks to sponsor them for swimming. Sponsors can be per lap or a flat fee given to the swimmers. The child who raises the most money wins an \$100 prepaid credit card! Pizza will be served to all swimmers. This event begins at 6pm and goes till 9pm and is only open to swim team members participating in the fund raising.

### **July 28 – Team Awards Ceremony and Dinner**

Please have all food at pool by 5:45pm. Dinner starts at 6pm. Pool Party for team follows from 8pm to 9pm.

Everyone is to bring a 2 liter bottle of something to drink.

Last name A-M, brings a side dish **and** dessert

N-Z, brings a main dish

## ***Meet Schedule:***

\*All meets begin at 6pm. All swimmers should report at **4:45** for home meets and **5:15** for away meets.

**Friday**, June 17<sup>th</sup> Surreywood @ Brandermill

Tuesday, June 21 Smoketree @ Surreywood

Tuesday, June 28 Willow Oaks @ Surreywood

Tuesday, July 5 Brandermill @ Surreywood

Tuesday, July 12 Surreywood @ Smoketree

**Monday**, July 18 Surreywood @ Willow Oaks

## **Championships:**

MONDAY, JULY 25<sup>TH</sup> 10 & UNDER 6pm

TUESDAY, JULY 26<sup>TH</sup> 11 & UP 6pm

### **Championship Eligibility**

The championship meet will include all RMAL clubs. A swimmer must have swum as a registered swimmer in at least 3 RMAL regular season meets to be eligible to compete in 2011 championship meet. A swimmer entered in any individual event or relay at the championship meet must have swum that stroke he/she will swim as a registered swimmer at least one time at a scheduled RMAL meet during the current league season. Sliver qualifying times for the championship meet must be achieved at the previous championship meet, during the current RMAL season, or at a USA swimming meet since the last RMAL championship meet. **NO time trials will be accepted.**

## Directions to RMAL Division B Pools

<b>Brandermill</b>	From Powhite Pkwy: first cross-over Charter Colony, and then turn left onto Brandermill Parkway. Cross-over Genito Road, and make next right onto North Beach Road. Pool will be on right.
<b>Smoketree</b>	Courthouse Road to Smoketree entrance. Turn onto Smoketree Drive and pool is on right past the Catholic Church.
<b>Willow Oaks</b>	Starting at Forest Hill and Chippenham Parkway; east on Forest Hill, turn left into Willow Oaks Country Club. The left turn is just after Rettig Road and just before Powhite Parkway. Once on WOCC property, the fitness/pool building is the large, predominantly framed building. 2007 Special Note: Golf course/parking lot construction underway. Parking will be limited – suggest carpooling!