

Forest North

*Stingrays*



Swim Team

2010 Handbook

[www.stingraysaustin.org](http://www.stingraysaustin.org)

# FOREST NORTH STINGRAYS 2010 BOARD

[www.stingraysaustin.org](http://www.stingraysaustin.org)

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## FOREST NORTH STINGRAYS 2010

### Practice Schedule

(Subject to Change)

**May 10 - May 28**

**Monday - Friday**

**June 1 - July 16**

**Monday - Friday**

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<b>6/Under</b>	<b>4:15 - 4:45</b>	<b>6/Under</b>	<b>10:30 - 11:00</b>
<b>New 7/8</b>	<b>4:15 - 4:45</b>	<b>New 7/8</b>	<b>10:30 - 11:00</b>
<b>7/8/9</b>	<b>4:45 - 5:30</b>	<b>7/8</b>	<b>9:45 - 10:30</b>
<b>10/11/12</b>	<b>5:30 - 6:15</b>	<b>9/10</b>	<b>9:00 - 9:45</b>
<b>13/14</b>	<b>6:15 - 7:15</b>	<b>11/12</b>	<b>8:00 - 9:00</b>
<b>15/17</b>	<b>6:15 - 7:15</b>	<b>13/14</b>	<b>6:30 - 8:00</b>
		<b>15-17</b>	<b>6:30 - 8:00</b>

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No practice on May 31 (Memorial Day)

No swim meet on July 3rd

## Welcome to the Forest North Stingrays Swim Team!!!

### We are so excited to have you join us for the 2010 season!!!

Joining a swim team is the perfect way to spend your summer. Not only do you get to see your friends almost every day, but you get fantastic exercise as well as awards like ribbons, certificates, trophies, and maybe even some cool prizes! It is based on having fun but it is also a very big commitment. Swimming is different than most sports whereas more volunteers are needed to run meets – more dedication is necessary for each child to improve – and it is also more expensive to run a swim team. Therefore, in joining the Stingrays Swim Team, you are agreeing to the following:

**1- One parent/adult family member is expected to volunteer at least ½ of each meet.** Sign up early so that you can get the volunteer position you prefer. Please read the Volunteer Section of this handbook for more details.

**2- Your child must attend all practices and meets that they are able.** Dedication is the secret to a great team. If your child will miss more than 2 consecutive days at any one time, please let the coaches know. If your child will not be attending a meet – the coaches **definitely** need to be advised ASAP. This is very important. We do not want to disappoint any children by having to scratch their relay team because someone was unable to attend and did not notify the coaches in a timely manner. This information should be put in writing in the coaches folder, by the Tuesday prior to the Saturday meet, as well as verbally making sure that the coaches know that your child will not be at the meet. If your child is absent for more than two weeks without contacting a coach, we will assume that he/she no longer wants to swim and they will be dropped from the roster and no longer considered a part of the team.

**3- Your family is encouraged to participate in the Stingrays fundraiser.** Fundraising is necessary for our Swim Team, as well as most other non-profit organizations, so that our registration costs can be kept reasonable. The money we raise will help cover some of the fees associated with our Swim Team Banquet at the end of the season and help to purchase equipment that may be needed. Please read the Fundraising Section of this handbook for more details.

**4- Have Fun!!** In addition to the practice sessions, pep rallies, and swim meets, the Stingrays Swim Team will offer your family several opportunities to have fun this summer. Read the newsletter each week and watch for our team activities. Possible activities might include: Movie Day, Schlitterbahn or Belton Water Park, Volente Beach, skating, Round Rock Express game, etc. There is also a Banquet at the end of the season that you will not want to miss!!

The Stingray Swim Team is a recreational summer non profit organization whose goals are to: provide an enjoyable summer activity for the families in our area; assist the youth in developing physical fitness, self-discipline, self confidence, good sportsmanship, and determination; assist the youth in developing good swimming skills and improving technique; instill self and team pride as they watch their improvements throughout the season and reach their goals; and to develop a strong team environment where each and every swimmer is an essential part of the team.

We have been serving our youth since 1981. Our swimmers, ages 4-17, compete with other community teams in the Northwest Swim Circuit. We have a fine coaching staff that teaches and helps to improve swimming skills with a strong emphasis on individual improvement.

The Stingrays are a friendly, family-oriented team with strong traditions and dedicated parent volunteers, without whom we'd be lost. The season runs from early May to early July. Practices are held daily at the Springwoods MUD pool (afternoons in May, mornings in June and July). Our meets are held on Saturday mornings starting after the end of school, and we have family Pep Rallies the Friday night before each meet.

## Minimum Requirements of a Swimmer

Please understand that practice is for improving skills and training. While some skills will be taught, practice is not a group swim lesson. Upon registering for the team, a swimmer must be able to swim one length of the pool on their back and/or on their stomach. Any swimmer who is not able to meet this requirement by May 22 (Time Trials) will not be placed on the team. You may receive a partial refund of your registration fee for that child, however the MUD fees and Insurance fees are non-refundable. Please keep in mind that it is a NWSC rule that a swimmer must compete in 2 dual meets to be eligible to compete in any post-season meets (Divisionals and Invitationals). If you are interested in purchasing private lessons, please speak to a coach for information.

## Communication

Each family will have a file folder in a crate at the pool. If we have information specific to your family, a note will either be emailed and/or left in your folder. All information regarding upcoming events will be sent out as a group email as well as posted on the team website ([www.stingraysaustin.org](http://www.stingraysaustin.org)). Please be sure to visit the website and subscribe to the Stingrays mailing list and get the latest Stingrays news - hot off the press!! We will also have the information available at the pool for those who do not have internet access. This information will include newsletters and reminders of upcoming events. Newsletters are published each week and sent out as an email on Thursdays or Fridays and can be placed in family folders for anyone who does not have internet access. It is the swimmer's responsibility to check the web site and their folder each week in order to stay informed about upcoming events. After meets, ribbons will also be placed in each family's folder.

There is also a coaches' folder in the back of the crate. If you have a comment or concern, please write a note on one of the designated forms in the crate and place it in their folder and they will address it as soon as possible. If you want a personal reply, please leave your name and phone number or email address. Any information regarding missing practices and or meets can be placed in the coaches' folder.

## Practice

Practice is the most important thing swimmers can do to improve their times and technique. Swimmers are encouraged to attend all practices. Please be consistent in your attendance, and let the appropriate age group coach know if you will be missing practice for an extended period of time by putting a note in the coaches' folder and/or verbally letting them know. See the practice schedule for detailed dates and times for each age group. Parents are welcome to stay and watch their children's swim practice, however, they are **not allowed on the deck at any time** during practice. It is easier for children to concentrate when they aren't distracted by parents or siblings. If you need to talk to a coach, please leave a note in their folder or wait until after all practices have been completed.

## Pep Rallies

Friday night prior to our **HOME** swim meets, (**June 11, June 25 and and July 16**) we will have a Pep Rally at the Springwoods Park on Anderson Mill Road. This is a wonderful time for team bonding and building team spirit! They are a lot of fun and we encourage everyone to attend. We always have an inexpensive dinner that is put together by a different age group that brings and serves the food each week. Information regarding the Pep Rally, the menu, and the theme for the week will be in the newsletter. The coaches will announce the Swimmer of the Week for each age group for boys and girls and time improvement ribbons are passed out at the Pep Rallies! Please try to come to as many as possible!!

## Meets

Swimmers are allowed to compete in a maximum of 3 individual events and 2 relays (1 relay for 6 and Under) at each swim meet. The coaches will determine which events your children will swim - with the swimmer's and team's best interest in mind. The coaches will also determine all relays positions. Meet information will be in the newsletter each week. It is very important that your swimmer(s) arrive at the meet on time so that they may check in and be ready to swim before warm-up begins. If your swimmer is late to the meet, they may be scratched from relays and possibly individual events. Your teammates may also lose the opportunity to swim if you are late, so please plan on arriving no less than 15 minutes prior to warm-up.

## Annual Swim-a-Thon Fundraiser—Wednesday, June 30, 2010

Fundraising is a very important aspect in the development of the Stingrays - as with all non-profit organizations. We cannot rely on sponsorships and membership fees alone to cover the costs of our wonderful coaching staff, sound system rental, printing costs, ribbon fees, medals & trophies, circuit fees, team pizza party, various equipment, team t-shirts & swim caps, etc.

This year, we will be concentrating on one BIG fundraiser, rather than several smaller ones. We have hosted Swim-a-Thons for the past 10-15 years, and have always been thrilled to be able to donate half of the proceeds to a worthy charitable cause. We would like to focus on the Swim-a-Thon this season for fundraising. We will be participating with the American Red Cross again this summer for our Swim-a-Thon, so watch the newsletter and website for details later in the season!

It's a fun & easy way to raise money for our team. Each swimmer will be given a form to collect pledges - based on the amount of laps he/she swims. The actual Swim-a-Thon will be held during a regular practice day and we'll have several parent volunteers counting laps and bringing yummy goodies for all the swimmers to enjoy after they swim.

We have donated money in the past to the organizations such as the Red Cross, the Cystic Fibrosis Foundation, the Chase McGowen Medical Assistance Fund and the Miracle League at Town & Country. We will announce the charity that we will be swimming for later in the season. The children look forward to this event every year and it's a great opportunity to get the community involved with helping others.

### Equipment

**Team Swimsuits:** While not required, it is recommended that each swimmer purchase a team suit to wear at swim meets. If they choose not to purchase the team suit, the girls should wear a black one-piece suit, and the boys should wear a black speedo or jammer. If you have any questions as to what is appropriate attire for practice or meets, please ask a coach.

**Team T-shirts:** A Stingrays T-shirt is included in the registration fee. Please have swimmers wear them at all meets and team functions. It is an important aspect in the development of team spirit. You can purchase extra t-shirts at registration or at the swim shop during home meets while supplies last.

**Swim Caps:** A Stingrays swim cap is also included in your registration fee. These caps must be worn at meets by all swimmers. All swimmers whose hair is longer than the top of their ears must wear a cap at practice. Proper technique cannot be achieved when hair is in the way. Extra swim caps will be available at the swim shop during home meets while available.

**Goggles:** Although not required, goggles are strongly recommended. They improve the swimmer's vision in the water, as well as eliminate irritation caused by pool chemicals. Check the fit of the goggles before you purchase them. Goggles that don't fit properly leak, and leaky goggles are worse than no goggles because they distract the swimmers. Goggles will be available at the swim shop during home meets.

**Ear Drops:** When water is left in a swimmer's ear for an extended period of time, it causes an ear infection called Swimmer's ear. This is very painful, but easily avoidable, simply by placing 2-3 drops in each ear after every practice. Swimmer's Ear drops are available at most drug stores and some grocery stores.

### Schedule

(Subject to Change)

May 22	Time Trials ( <b>Home</b> )
May 29	Anderson Mill ( <b>Away</b> )
June 5	Wells Branch ( <b>Away</b> )
June 12	Steiner Ranch ( <b>Home</b> )
June 19	Blockhouse Creek ( <b>Away</b> )
June 26	Georgetown ( <b>Home</b> )
July 3	NO MEET
July 10	Brushy Creek ( <b>Away</b> )
July 17	Divisionals ( <b>Brushy Creek</b> )
July 18	Invitationals ( <b>UT</b> )

## Meet Information

**Please notify the coaches in writing (in their folder) and in person if you will be unable to attend any meets. Please make sure they have this information no later than Tuesday on the week of that meet.** If a last minute emergency should arise, please call one of the board members in the front of the handbook. The first thing each swimmer needs to do when they arrive at a swim meet is check in with their age group/pit parent. Even if they are late, have them check in with their pit parent before they join the team in warm-up so that they are not scratched from relays and/or individual events.

Once your swimmer has checked in, please check yourself in at the Ribbons/Scoring Table to confirm your volunteer position, whether you are working the 1st or 2nd shift. This way we can be sure that you are there & and that all of our shift positions are covered for the meet.

All swimmers should stay in their pit with their age group parent during meets. This ensures that they will get to the ready bench on time to swim their events. It is **not** the pit parent's responsibility to search for each swimmer for each event. It **is** the swimmer's responsibility to stay with their age group and notify their pit parent if they are leaving to go to the concession stand, bathroom, etc. The pit parents would also appreciate it if you would check in with them on occasion to see if there are any issues that you may help in resolving.

The only swimmers that may leave prior to the end of the meet are those in the 6 & under age group (their last event is 47) or any swimmer that is not swimming in the relays at the end of the meet. Please be sure your child has advised his/her pit-parent when they are leaving. There is usually a break during all meets. Generally the break takes place after event 45.

Be prepared to do your best at a meet by bringing all of the following: team suit, team cap, towels, team shirt, goggles, books, games, a blanket or tarp to sit on, and sun block. **Label all of your items with your name and team name!**

### SCHEDULE OF EVENTS FOR DUAL MEETS

(Subject to change):

Event #	Age Group	Event	Event #	Age Group	Event
1 -	mixed 6/U	100 Free Relay	44-45	6/U	25 Butterfly
2-3	7-8	100 Medley Relay		BREAK	
4-5	9-10	100 Medley Relay	46-47	6/U	25 Breaststroke
6-7	11-12	100 Medley Relay	48-49	7-8	25 Breaststroke
8-9	13-14	200 Medley Relay	50-51	9-10	25 Breaststroke
10-11	15-17	200 Medley Relay	52-53	11-12	25 Breaststroke
12-13	6/U	25 Freestyle	54-55	13-14	50 Breaststroke
14-15	7-8	25 Freestyle	56-57	15-17	50 Breaststroke
16-17	9-10	25 Freestyle	58-59	7-8	50 Freestyle
18-19	11-12	25 Freestyle	60-61	9-10	50 Freestyle
20-21	13-14	50 Freestyle	62-63	11-12	50 Freestyle
22-23	15-17	50 Freestyle	64-65	13-14	100 Freestyle
24-25	9-10	100 IM	66-67	15-17	100 Freestyle
26-27	11-12	100 IM	68-69	7-8	25 Butterfly
28-29	13-14	100 IM	70-71	9-10	25 Butterfly
30-31	15-17	100 IM	72-73	11-12 25	Butterfly
32-33	6/U	25 Backstroke	74-75	13-14 50	Butterfly
34-35	7-8	25 Backstroke	76-77	15-17 50	Butterfly
36-37	9-10	25 Backstroke	78-79	7-8 100	Free Relay
38-39	11-12	25 Backstroke	80-81	9-10	100 Free Relay
40-41	13-14	50 Backstroke	82-83	11-12	100 Free Relay
42-43	15-17	50 Backstroke	84-85	13-14	200 Free Relay
			86-87	15-17	200 Free Relay

## VOLUNTEERS

The Stingray Swim Team is known for its focus on personal best and team commitment. Swimming is different than most sports whereas more volunteers are needed to run meets. The Northwest Swim Circuit and the Forest North Stingrays are both parent run organizations. It would not be possible to run a meet without our wonderful volunteers. We count on the parents of our swimmers to help out at each meet (seven shifts per season). Volunteering is not only necessary, but also a fun way to get to meet new folks and pass the time away doing something productive. Home swim meets require about 100 volunteers, not counting the 32 Team Parent positions. Away meets require about 90 volunteers, not counting Team Parents.

We NEED everyone's help and support! Therefore, in joining the Forest North Stingrays, you are agreeing that one parent/adult family member will volunteer at least 1/2 of each meet—which will be a total of 7 shifts for the 2009 season. We have tried to make volunteering as painless as possible. Every volunteer opportunity is listed online through our links on our website (under "Volunteers"). As mentioned above, each family is responsible for seven (7) shifts throughout this season (1 shift = half a meet). Working a whole meet counts as 2 shifts. Please review the following descriptions to see what may interest you and please feel free to try different positions throughout the season. They are all FUN!!

### Swim Team Volunteer Positions

- The **Starter** starts each event with the announcement of the age and stroke and the words 'Swimmers take your marks', then pauses to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. He/she shall be the sole judge of false starts and all false starts shall be restarted.
- The **Announcer** is responsible for calling the event number, age group, sex, and event name so that the swimmers will know when to report to the ready bench.
- The **Lane Timers** keep an accurate time (using a stopwatch) of the swimmer in the lane to which they are assigned and record all three times on the event card at the end of the event.
- The **Stroke Judges** observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke.
- The **False Start Judge** drops the false-start rope into the water only when the starter signals a false start and will also be responsible for flipping the event board.
- The **Exchange Judges** are responsible for observing exchanges in all relay events.
- **Ready Bench** workers organize the swimmers into pre-determined heats before the start of each event.
- **Runners** are responsible for delivering the completed event cards and DQ forms for each race from the timers and judges to the scoring table.
- **Scoring/Ribbon Officials** identify the official time for each swimmer in an event and determine the official order of finish, according to the recorded times. They keep an accurate count of the team points as the meet progresses, post official results, and prepare ribbons.
- **Team Parents** check in the swimmers in their age group upon their arrival at the meet. During the meet, they are responsible for distributing event cards and seeing that the swimmers make it to the ready bench with their event cards in hand.
- The **Set-Up/Clean-Up Crews** set up covers, ropes, tables and chairs in preparation for the meet, and take down and store these items at the end of the meet.
- The **Concessions Group** sets up and operates the concession stand throughout the meet. This includes purchasing items and transporting them to and from the meet, taking inventory of items and organizing baked goods donations. At the conclusion of the meet, they take down the stand and store it for use at the next meet.

There is a mandatory **Officials Clinic** held each year to train and certify the following officials: starters, stroke judges, exchange judges, and meet director. We only have ONE scheduled official's clinic, which is prior to the first meet of the season. **It has been scheduled for May 21, 2010 at 6:30 PM the Springwoods Pool.** Even if you do not think you will be volunteering for one of these positions, PLEASE attend the officials' clinic. If we do not have enough certified judges at a meet we would have to forfeit.

# MY VOLUNTEER SCHEDULE

## **May 22 — Time Trials (Home)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **May 29 — Anderson Mill (Away)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **June 5 — Wells Branch (Away)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **June 12 — Steiner Ranch (Home)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **June 19 — Blockhouse Creek (Away)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **June 26 — Georgetown (Home)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **July 10 — Brushy Creek (Away)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_

## **July 17 — Divisionals (Brushy Creek)**

1st Shift: \_\_\_\_\_

2nd Shift: \_\_\_\_\_