



RAYS News



Thank You!

Thank you to everyone who helped to make out Apple Harvest Parking fundraiser such a huge success. We are still waiting on our final number from the YMCA parking lots but we made over \$4,700 from the TD Bank parking lots.

Hopefully by our October 22nd Booster Club meeting we will have our final total. Come and hear it first!

Booster Club

The Southington RAYS Booster Club will have our monthly meeting on Monday, October 22nd at 5 PM. We look forward to seeing everyone there. Don't be surprised if we start talking about our winter fundraiser, Holiday Wreath Sales. Our first home meet is coming up in early November and we are looking for a **concession stand coordinator** this is a great chance to help out the team.



Record Board

The Long Course record board has been updated. Go down to the pool and check it out during open swim and see which RAYS have new records. Thank you to Krista Colby for her dedication in working with our vendor to keep our record boards up to date!

GIRLS		10 & UNDER		EVENTS	
OVER	13 & 14	11 & 12	10 & UNDER	50 FREESTYLE	100 FREESTYLE
28.33 '15	S. Meade 28.11 '15	M. McPhee 30.94 '15	A. Demaree 32.20 '15	200 FREESTYLE	400 FREESTYLE
32.54 '15	S. Meade 1:04.69 '15	M. McPhee 1:00.28 '15	M. Whitaker 1:14.13 '15	800 FREESTYLE	1500 FREESTYLE
22.50 '15	M. McPhee 2:27.85 '15	M. Whitaker 2:27.80 '15	M. Whitaker 2:37.47 '15	50 BACKSTROKE	100 BACKSTROKE
30.42 '15	M. McPhee 3:18.28 '15	M. Whitaker 3:10.43 '15	M. Whitaker 3:04.91 '15	200 BACKSTROKE	500 BACKSTROKE
	A. Nadreau 2:12.55 '15	M. Whitaker 2:12.70 '15	R. Searson 2:27.23 '15	100 BREASTSTROKE	200 BREASTSTROKE
37 '15	S. Meade 1:13.05 '15	M. Hammarlund 1:17.42 '15	M. Whitaker 1:28.13 '15	100 FREESTYLE	200 FREESTYLE
37 '15	S. Meade 2:51.23 '15	M. Hammarlund 2:47.89 '15	K. Nguyen 4:08.42 '15	50 BACKSTROKE	100 BACKSTROKE
	A. Nadreau 45.87 '15	A. Demaree 47.13 '15	M. Whitaker 1:28.73 '15	100 BREASTSTROKE	200 BREASTSTROKE
1 '14	E. Haske 1:23.57 '15	M. Whitaker 1:05.87 '15	M. Whitaker 1:28.73 '15	50 FLY	100 FLY
'14	E. Haske 3:04.51 '15	A. Nadreau 3:26.24 '15	K. Nguyen 4:41.42 '15		
	M. Hammarlund 35.99 '15	M. Whitaker 42.54 '15			

Dates You Need to Know Now

- 10/20-21: USA IMX Meet – Cheshire
- 10/20: YMCA Pumpkin Meet - Wallingford
- 10/22: Booster Club Meeting 5 PM, room 301
- 10/26-28: USA LEHY Meet - East Hartford (**no Saturday 13/O**)
- 10/31: No practice - **Halloween**



IMX Meet:

Where: Cheshire Pool
520 S Main St, Cheshire

Who: Approved USA Swimmers 11/O

What: IMX Scored Meet

When: Oct 20-21

Saturday

9-12

Warm-up: 7:00 AM

Start: 8:00 AM

13/O

Warm-up: 3:00 PM

Start: 4:10 PM

Sunday

9-12

Warm-up: 7:00 AM

Start: 8:00 AM

13/O

Warm-up: 12:00 PM

Start: 1:10 PM

Fees: \$9 per event

IMX Meet

The first USA Meet of the season is an IMX Meet in Cheshire.

At an IMX meet everyone swims the same events. The events are scored, based on time and age and national ranking. Swimmers can earn between 1 and 1100 points for each event. Awards will be given to the top 6 finishers for each age and gender. Swimmers must complete in all events to be eligible for awards.

Once swimmers have completed all of the IMX events at a sanctioned USA Meet, they can sign-up for a Deck Pass Account and monitor their progress for the season.

Individual entries are \$9 per event. There are no relays at this meet.

Please note that the Sunday 13/O warm-up is now at **noon** with a **1:10 PM** start.



Saturday AM Session	
1st Half	Baribault
2nd Half	Donorfio
Alternate/Manager	Lamphere

Sunday AM Session	
1st Half	Laszewski
2nd Half	Malsheske
Alternate/Manager	Nadeau

Sunday PM Session	
1st Half	McInnis
2nd Half	Flynn
Alternate/Manager	Noonan

IMX Meet:

Where: Sheehan HS
142 Hope Hill Rd,
Wallingford

Who: YMCA Swimmers
11/U

When: Oct 20
Warm-up: 8:00 AM
Start: 9:30 AM

Fees: \$15 for meet

Pumpkin Meet

The first YMCA Meet of the season is the annual Pumpkin Meet. This meet is for our 10/U swimmers only. The cost to participate is \$15 and a check should be left at the front desk for YMCA swimmers. For USA swimmers, fees can be deducted from your escrow account.

This is a fun themed meet and there will be an award given to the team with the most "Spooky Spirit", which the RAYS have won in the past. There will also be heat winner prizes.

The RAYS do not need to provide any timers for this meet. Please arrive at 7:45 and swimmers should bring deck chairs.

Team Unify Tips

Want to know which events your child is swimming? Log on to Team Unify, select Team Events, find the event and click on the pink "Edit Commitment" button to see the coach approved events.




Meet Assignments



Part of attending meets as a team includes providing volunteer workers, typically **timers**. In addition to timers, the RAYS assign **alternates and session managers**. An **alternate** works when a swimmer is unable to attend a meet at the last minute. The **session manager** verifies that the assigned volunteers (or alternates) are present, checks in with the home team and reports any changes made to the timing assignments back to the team. The manager will also review the anticipated meet end time and adjustment the volunteer time slots to make them as even as possible. We usually receive our volunteer assignments shortly before the meet and get the assignments out as soon as possible.

We are fortunate to have many parents trained as officials. If you are **volunteering as an official** at a meet, it is your responsibility to let me know by the Wednesday before a meet or I will assume you are available to work as a timer.

And now for the **FREs** (Frequently Received Emails)

I can't work. When you sign your child up for a meet you will be expected to be available to work. If you have a conflict, it is **your** responsibility to find someone to take over your commitment. Please use the [Team Contact List](#) to find a replacement. Do not expect the alternate to step in. The alternates only work when a swimmer cannot attend a meet at the last minute. If we do not fill our assigned work positions, the team may be fined and that fine passed on to you.

My swimmer woke up sick! If you can, please contact the session manager with your swimmer's name and let them know that you need an alternate. Don't forget to let your child's coach know too!

Can I request a work time? Unfortunately it is unmanageable to accommodate requests. If you cannot work your assigned time, you must arrange for another parent to cover your time slot. Please let the session manager know who will be working during your assigned slot.

Why am I timing again? On average, families time 3 times per season. If you skip several meets, you may end up timing multiple meets in a row. And the more meets your child swims the more volunteer assignments you are likely to have.

My child is done swimming, can I go? We try very hard to ensure if a child is done swimming early in a meet that a parent is assigned to work the first half, however it may be necessary for you to stay beyond your child's last event. If you have a conflict you will need to find someone to cover the remainder of your shift before you can leave.

Mock Meet

We had another successful and fun mock meet! We hope all swimmers are more comfortable with meet procedures and that parents are confident in their abilities to time at a meet. If you weren't able to attend, here are a few pictures!

