

## Red & Blue Recap

The opening two meets of the Fall Stingrays season is a lot of swimming fun. First, is our **Pentathlon** Big Brother-Little Brother/Big Sister-Little Sister Meet—full of friendship and swimming, then a fun splash in the Oasis. But nothing brings out the competitive spirit, fun and good humor like the **Red & Blue Meet** when, for a few hours, Stingrays become *Red Rays* and *Blue Rays*. Families with multiple swimmers find their swimmers on opposing teams—a household divided.



At the **Red & Blue** we swim meters, not yards. We were in close-to-evenly-divided teams: 58 *Red Rays*, 57 *Blue Rays*. **Coaches Ian, Francine, Carly, and Larry led the Red Rays.** **Coaches Pike, Mark, Michael, Ron, and Jack led the Blue Rays.** How did we do? A meet results page can be found [HERE](#), just click. But which team won? Coaches on both sides claimed victory. Red Rays Coach Larry held up a blue #1 sign; unsure. Add up the points; do the math.

So, the fun of the **Red & Blue** is the spirit of friendly, intra-mural competition. But the *point* of the **Red & Blue**: Early in the new short course

season, the pool at Mountain View is set up to long course meters, giving coaches a good long look at the technique of our swimmers. Are we swimming the essentials of each stroke? In a long course pool, we get to see a lot of swimming—technique and form, body line and tempo. Stop watches are put away. We are reminded of the meet's focus: "How are we *applying* the things we are *working* on in practice?" The **Red & Blue** is about Stingrays' swimmer development philosophy. On that mission we're united.

The final event of the meet was the 400 freestyle. A last young swimmer (first in his age group!) touches the wall to a roar of cheers from *both* Red & Blue Stingrays. Because, in the end, that's who we are; Stingrays all.



**Go Rays Go!**

### Heads Up:

Next meet is the **ABSC Invite, October 25, 26**. Those participating need to arrive early on Sunday to avoid the Athens Half-Marathon Road Race traffic. Be early on Sunday!

**Dynamo Turkey Trot** for 10 & Unders, Sunday, November 3. Sign up now!