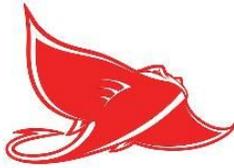


## St. Charles County Family YMCA Stingrays



### All you need to know

#### **Who we are**

The Stingrays are a competitive swim team offering high quality coaching and technique instruction. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice and summer swimmer to high school / club team competitor. We accept swimmers aged 5-18 years of age who can swim the length of the pool in any stroke.

All of our coaches are certified in the YMCA Competitive Swimming program and have access to a very comprehensive training program. These certifications provide assurances that the time children spend on swim team will be quality time. The focus of the coaching staff is to develop swimmers with proper stroke technique, endurance and sportsmanship. As a team we aim to present opportunities to help kids meet their full competitive potential, while emphasizing the core principles of the YMCA: Caring, Honesty, Respect, & Responsibility.

We are a nonprofit club that is part of the St. Charles County Family YMCA. The team is run by its coaches and Parent Board which meets each month. All members are welcome at each meeting and encouraged to be involved in team activities.

We are a USA Swimming team and will attend both USA sanctioned swim meets as well as YMCA meets. USA Swimmers will need to register with USA Swimming for an additional yearly fee (\$68) in order to attend the USA only meets. Our schedule will be published by early September.

#### **What to Expect**

**Practices** are held Monday through Friday. The number, length and time of practices depends on the level the swimmer is assigned. The earliest practices start at 5:30 and all practice is over by 8:30. Practices run from 45 minutes to an hour and a half in length. Lower levels are able to practice a few times a week while higher levels practice everyday. Swimmers are also able to participate in dryland practice several times a week.

We ask all swimmers to attend as many practices as possible in a week. We recognize that our swimmers are a diverse group of kids and many have other commitments, so we do not have a required attendance number. As with most sports, the more practice you put in the better results you will achieve so we hope to see you often.

**Meets** are held October through April. Last season we participated in just over a dozen meets and we expect this year to be similar. Meets are held during the weekends and most are within easy driving distance from the YMCA. While we do not have a requirement for meet

participation, we expect swimmers and their families to participate in our home meets, the regional championships and the area finals. As a team, the more participation we have in meets the better our results will be.

**TeamUnify** will be our primary mode of communication with your family. You will receive an invitation to TeamUnify upon joining the team, and you will need to verify your account right away. Emails will come via TeamUnify to your inbox to announce upcoming meets as well as providing general announcements from the team. TeamUnify is also a website that provides a great deal of valuable information about our team. In addition, you will need to commit to or decline meets using the TeamUnify website in advance of each meet. The process is fairly simple, but feel free to ask other parents or board members for help as needed.

**Social media** is another way that we share news about what is happening with our team. The Stingrays Facebook page is located at [www.facebook.com/SCCYStingrays/](http://www.facebook.com/SCCYStingrays/). All families are required to sign a release form with registration. If you do not want your child featured on our Facebook page or website, please notify our team administrator in writing of this request.

**Parent Involvement** is a crucial part of any swim team. We are not able to put on a home meet without an all-hands on deck approach. As these are our main source of fundraising we need all parents to be involved. None of the jobs are difficult but we need everyone to be successful. At away meets our team will be responsible for providing several timers (a job that sounds scarier than it is) and we expect all families to share this responsibility equally throughout the season.

The Parent Board meets monthly to discuss a variety of issues and we welcome all parents to participate and be involved in planning for the team.

**Fees** for swim team range from \$45-\$65 per month, with discounted rates for additional swimmers in the family. All families must have a household membership to the YMCA. The cost for this is \$71/month. Meet fees vary by meet, but average \$4 per race with most kids swimming 4-6 races per meet. Financial assistance is available through the YMCA. Inquiries for such can be made at the front desk.

The first practice of the year will be held on September 9th . Our current practice schedule is below.

**Level 1- Can swim one length of the pool on front and back using any stroke. Working on learning specific stroke techniques and endurance. Tuesday/Thursday- 5:30-6:15 p.m.**

Level 2- Can swim freestyle and backstroke for several laps at the pool without stopping. Working on techniques of all strokes as well as learning racing starts and turns. Monday/Wednesday- 5:30-6:30 p.m.; Friday- 5:30- 6:45 p.m.

**Level 3- Can swim all 4 strokes legally (freestyle, backstroke, butterfly, and breaststroke). Working on endurance, times, reaching intervals, and stroke technique. Monday thru Thursday- 7:00-8:30 p.m.; Friday- 6:45- 8 p.m. Saturday (without meets)- 12:00- 1:30 p.m.**

Level 4- Advanced swimmers. Training and working toward reaching goals will be emphasized. Monday thru Thursday- 7:00-8:30 p.m.; Friday- 5:30- 6:45 p.m. Saturday (without meets)- 12:00- 1:30 p.m.

**Dryland: Monday thru Thursday- 6:30- 6:55 p.m. Open to swimmers in Levels 2-4. Strongly encouraged for swimmers in Levels 3 & 4.**