

# Voorhees Swim Team 2019

## SWIM WITH THE STINGRAYS!

The Voorhees Swim Team is a summer activity for swimmers ages 5-18 who are beginner to advanced skill levels and who are interested in regular practices, competitive swim meets, and lots of fun!!

Last summer, over 100 Stingrays worked together to compete as a Tri-County Swim League Team while developing their swim techniques. We will be in the 'E' division this year. It will be a fun and exciting season!

The Stingrays enjoyed pancake breakfasts, pasta nights, and other team spirit events. The season ended with a banquet and dance party attended by many swimmers and their family members.

The fun will continue in 2019 with our Coaches Jeff DeNick and Kim McDonald!

## REGISTRATION

Team registration is open! Please register on the website by May 15th.

Registration fees for 2019 are \$100 for the first swimmer in each family and \$90 each for any additional swimmers.

Parents are also asked to contribute food to the home meets, snack bar, and/or social events approximately three times per season and work 4 swim meets. You will be able to sign up right on the TeamUnify website.

## PICTURE DAY

**Picture Day** is TBD. Swimmers must wear their team suit. More information and forms will be distributed at a later date.

## TEAM CLOTHING

The Stingrays' team suit for 2019 is the Speedo Reigning Light Flyback Blue/Green Eco for girls and the Reigning Light Jammer Blue/Green for boys. You can now order your suits on-line at [toadhollowathletics.com](http://toadhollowathletics.com). Instructions on ordering was sent out via email but if you have any questions please email [swstingrays@gmail.com](mailto:swstingrays@gmail.com).

Team suits are our uniform and are required for all swim meets. Swimmers must also wear their team suit on team picture day.

Swim cap orders are open! The cut-off date for purchase is May 14<sup>th</sup>. We need 25+ caps ordered as a team in order for the vendor to fulfill the order. Options and costs are below.

Latex - \$6

Silicone - \$15

Personalized - \$36 (Sold as a set of two). You can get first, last or nickname on the caps.

Please email [swstingrays@gmail.com](mailto:swstingrays@gmail.com) with your order. We will collect payments once we make the final order.

## 2019 MEET SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Location</u>
Sat 6/15	Time Trials	HOME
Sat 6/22	Barclay Farms	HOME
Wed 6/26	'B' Meet	TBD
Sat 6/29	Woodbine	HOME
Sat 7/6	Downs Farm	HOME
Wed 7/10	'B' Meet	TBD
Sat 7/13	Charleston	AWAY
Wed 7/17	'B' Meet	TBD
Sat 7/20	Georgetown	AWAY

8/3 - 8/4 Tri-County Champs @ Greenfields

Preliminaries Saturday, August 3rd  
Finals Sunday, August 4th

Monday, July 29th - End of Season Party (Tentative)

Monday, August 5th—Celebratory raft night to congratulate tri-county qualifiers

## 2019 PRACTICE SCHEDULE

The first official practice will begin on Tuesday, May 28th and is held after school. Ages 13-18 practice from **3:30 -5:00 PM**, ages 9-12 from **5:00-6:00 PM**, and returning 8 & unders from **6:00-6:45 PM**. New swimmers will have evaluations on May 30th and May 31st from 6:30-7 PM to determine placement. Once school closes and the pool is open full-time the practices are held in the mornings. Ages 13-18 practice from 7:30-9:00 AM, ages 9-12 from 9:00-10:00 AM, and 8 & unders including the pre-team from 10:00-11:00 AM. **The coaches will also have evening practices once morning practices begin on Tuesday and Thursday from 6:30-7:30 PM for swimmers in camp or have working parents.** All practices are held at Voorhees Swim Club Monday through Friday.

Coach DeNick will have a **mandatory parent meeting.**

**Mandatory Parent Meeting**  
Weds., May 29th from 6:30- 7:15 PM

## NEW SWIMMER EVALUATIONS

Hey kids, why not just jump right in and join the Stingrays? The Voorhees Swim Team is always looking for new, eager future Stingrays!! All new swimmers will be given an evaluation by Coach DeNick to determine the best placement for each swimmer.

**Dates:** May 30th and May 31st

**Time:** 6:30-7pm (just show up to one of the dates!)

**What to expect:** Each swimmer will be asked to swim a lap of freestyle followed by 1/2 lap of a different stroke. The following criteria will be used to determine where each swimmer will be placed:

**Swim Team:** (full team) Swimmer makes it all the way down the pool with no difficulty. Has most technique for regular swim team. Second stroke also needs little improvement.

**Pre Team:** (part of the team, can move up) Swimmer has moderate difficulty finishing one lap of freestyle, and is not able to legally swim a second stroke, or needs a lot of refinement.

**Lessons:** (not on team) Swimmer is unable to finish a lap and is unable to swim a second stroke.

## PARENTS MAKE A DIFFERENCE

Did you know that it takes approximately 35 people to run a swim meet? And that number does not even include the coaches and the swimmers! So who are these people?

**PARENTS.** Swimming is a family participation sport.

**All families are required to volunteer for at least four out of the eight meets their child (ren) swim(s).**

We are looking for parents to become certified as meet officials. Certification requires completion of a short educational workshop held locally. The meeting for this certification will be held on Saturday, June 8h. More information will be available as we receive it. Please email [swstingrays@gmail.com](mailto:swstingrays@gmail.com) if interested.

*We are also looking for volunteers to head different committees such as pancake breakfasts, pasta nights, concessions, etc. If interested, if email the above email address.*

## NOT READY FOR THE RAYS TEAM?

Participate in the Rays Pre-Team which practices each day 10:00-11:00 when Morning practices start. This group will focus on stroke technique, water confidence, kicking and Fun!! Taught by our own VST coaches and our VST captains. Join the fun.

## NEW TO VST?

The Big Ray/Little Ray Program matches all swimmers to partners so all can enjoy the fun together. Partners will meet you at our 1<sup>st</sup> Pasta Party and support each other all season long. Your partner will see you at practice, give your encouragement, walk with you into each meet, cheer and congratulate you. What a Blast!!