

Hot Fun in the Summertime!



Remaining Schedule

This is It! Nor Cal Swim League's top-tiered Comstock Division Championships, held at UOP, is next weekend, July 21 & 22. Time flies when you're having Hot Fun in the Summertime!

Champs Stingrays Spirit & Pasta Party is the Thursday before ... carbo load before car load [and decorating cars]!

On the day before Champs, when many families and all coaches stay overnight on Friday and Saturday at UOP, there's a Breakfast of Champs [not Wheaties], where the coaches join the 13-18s to chow down before driving down.

On July 25, three days after Champs, is our exciting Awards Night, where all Stingrays are acknowledged for their performances throughout the season; the Stingrays Special Awards are bestowed; and the highlight, our annual slideshow, closes out the evening.

Last, but certainly least, for the oodles of Stingrays who will have met the rigid time standards, off we go to Woodland on August 4 & 5 for the Meet of Champs! 49 teams are due on deck for this one!

We Believe ...

... in thanking you for your support!

And hot times they are ... personal-best times, that is! Goal-setting is paying off like gold, as our smallest team in many sunsets splashes out one PB after another. On June 4, 289 Johnson Ranch Barracudas came calling. Awesome home meet! Outnumbered? Yep. Deterred? Nope. Michael Marks [aka The Produce Man] brought out his Good Day Sacramento camera crew for a live interview with Coach Jeff about nutritional value and kept the cameras rolling for the "I Believe" cheer. Off to the races!

The Rio Del Oro Rapids on June 23 was another team twice our size ... yet Gold River pulled out an astonishing aggregate of 119 personal bests, with 17 Stingrays counting 'em up in all of their events. Told you: Hot Fun in the Summertime!

The following day, with only four dedicated Stingrays, they duked it out in an invitational at Glen Oaks. This tiny contingency scored a whopping 136 points, dropped a whopping 14 times and came in fifth out of 17 teams -- earning High-Point trophies.

From 2018's total roster of 149, after the Del Norte meet on June 30, we were in for the win. And 35 had already qualified for the Meet of Champs on August 4. That's a long way off to go for the gold!

During our last official Dual Duel in the Pool against Glen Oaks, the most hospitable hosts in a laid-back atmosphere, our Strong Stingrays more than held their own. Yet again, personal bests were off the charts, many more have now qualified for Meet of Champions, and the League's two-day divisional fast meet hasn't even taken place!