

Stingrays Showtimes!



Time Trials - May 6

Oh, what a show! On this chilly morning, the Stingrays were off to the races ... but not without dry-land traditions! We began the day with equal parts heart-warmth & enthusiasm. First our talented septet [Ashley Brock, Kayla Hussey, Ava Ippoliti, Morgan Jones, Jordyn Larson, Kaeli Savorn & Jazmin Savorn] creatively harmonized a moving rendition of *The Star-Spangled Banner*. Surely these 11-12 vocalists drew upon their artistic skills by circulating the mic to each individual teammate. Go ahead. Put your hands over your hearts & listen to their pitch-perfect performance again: <https://drive.google.com/open?id=0B4hN5y72o8DKejZsWmotTkxvd3c>



Also before diving in, Coach Jeff announced the visit of Anthony Ervin, who also loves to hear & sing along to our National Anthem. We've been enthralled by & delighted with Jason Lezak for the past two years. As you might recall, one of his many claims to fame is having retired at age 37. Well, Anthony is still competing at 35 & is on the fast track to exceeding Jason's longevity. The ups & downs of Anthony's athletic & personal life are quite compelling, and he's coming to share a dynamic afternoon with us on June 4. Because the fees are increasing on a weekly basis, register online now. You will not want to miss Anthony next month, as you will be seeing a lot of Anthony in the future!

Welcome to the season of **Ready/Set/Goal!** Coach Jeff had a goal, returning to the pool-deck for March Clinics. Check. New goal: Toss that cervical collar -- on, going, going, gone -- at Time Trials. Check. What are your goals? Now that you have seed & Arden Hills times, fill out your Goal-Setting Forms [literally *time* after *time*] all the way through Champs. You'll be surprised at the power generated by psychically writing them down & psychologically achieving them. Check. Check. Check. Okay. To wrap up dry-land, mere minutes before hitting the H₂O, there was a boisterous blast-off: **"We Believe We Can!"** Tune in & get your chant on: <https://drive.google.com/open?id=0B4hN5y72o8DKOkFsTFFWOU1tOUU>



We BELIEVE in Ready/Set/Goal!



113 Stingrays & Mini Rays really rocked & rolled the pool -- and our Minis blew everyone away. Don't let those tiny bodies fool you. They're developing keen competitive spirits! Coach Stephanie is rightfully raving about Minis' Magic. This is Meet No. 1. Just wait until 4! Keep it up & move on up! In his first event of the day, the 100 IM, blazing Brady Calkins propelled off the block, finished with a 1:07.95, and shattered his own league record. Next? In the 25 back, he did it again ... bettering his own time from MOCs by clocking in at 15 flat. Kudos to our kiddos!

From what we hear, our inclined and scholastically **Ready/Set/Goal** for a PB, set best grade. **Pool & School** good sportsmanship. There important than respect & & rivals alike. Set the goal of like conduct with genuine



team is both athletically astute. While implementing a goal for a good/better/go hand-in-hand, akin to is absolutely nothing more kindness ... to teammates displaying good sportsman-handshakes & smiles!



Volunteers



We Stingrays are fortunate to have many new families this year. Some parents are being officially trained in more difficult roles; and returnees, who have happily served in other positions, are sharing their knowledge. Our Attitude of Gratitude is extended to those eagerly stepping up & filling the gaps! It's always been a source of pride to be known throughout our division as hosting the most fun, energetic, musical meets! This Takes a Village, and we'd appreciate coverage for the many tasks that remain open. Please go online & register right away. Once you receive that email that they've become available, you're certain to want your job of choice!

Website Updates

For your convenience & ease of reference, a myriad of revisions have been made. Those of the greatest significance at this time are found under the Parents Info tab. First & foremost, you'll note the inclusion of a comprehensive *Stingrays Handbook*. This is your go-to for all-encompassing swimming details. Just skim the Table of Contents & read away.

Check in periodically for the posting of our *Stingrays Spotlight*. You'll note that *May Days* has already been published ... as has this one. This is followed by the print-ready Gold-Setting Forms. Further down, please click on Volunteerism & Job Descriptions. The organization of our Volunteer needs & requirements are yours for the asking, and the bottom of the page leads you directly to the Job Descriptions in our *Stingrays Handbook*.

Please scroll on over to the final tab, Photos. If you haven't signed the Media Waiver, kindly do so; and then pass it on to one of our senior coaches, Kathleen Calkins or Tom Jones. As regards Facebook, we've deactivated a page & are now using the one named Gold River Stingrays. We encourage everyone to Like & Share and post with regularity. Let's go viral!

Okay. Johnson Ranch's invitational, scheduled for June 25, has been added to our Calendar. Registration is now open for this optional meet, the deadline is June 21, and they cap it at 350 participants. [Only on rare occasion is this maximum met.] You'll find a hyperlink on the Calendar from Johnson Ranch for signups through their club. Other information about swimmers' times, incentives, etc., is inclusive on our Website. Johnson Ranch conducts a wonderfully organized large-scale invitational meet. Hey! This is almost the last chance to kick through your Ultra-Short Race Pace Training [USRPT] before Champs.



The Stingrays could never **Ready** themselves to **Set** and accomplish our **Goal** without the support of GRRC. Thank you to its members for the never-ending encouragement & promotion of our team. We also invite you to Like & Share our Gold River Stingrays FB page. Other teams are using theirs with resounding results. Lastly, you're all invited to join us on June 4 when Anthony Ervin is on-deck. Please see Margaret at the front desk or Kathleen Calkins to secure your \$75 reservation. Anthony is truly nothing short of an amazing champion, and you're guaranteed to walk away as a huge fan! https://en.wikipedia.org/wiki/Anthony_Ervin

All right, Stingrays! It's **Ready/Set/Goal** Showtime!

BELIEVE in Belief!