



**Stingrays May Days!**

**Ready/Set/Goals! Sportsmanship, Spirit & Skill!**

Welcome to **May Days** 2017! We Stingrays are delighted to be back in the water & invite you to follow our progress & success throughout this summer season. Tho’ Sportsmanship always reigns supreme, our team is constantly looking to churn things up. To that end, during **May Days** we’re introducing a secondary focus: **Ready/Set/Goals**! Each Stingray will be challenging him-/herself to look deeply inward & perform better outward. **Ready**? **Set** that reasonable **Goal**, attain it, **Set** another **Goal**, achieve it. Miss that **Goal**? Try it again. **Ready**?Repeat. Lifelong Personal-Bests only come true once you’ve established a **Ready/Set/Goal** pattern. Well, our roster is looking good this year [150+/- swimmers], and the hard-working Board is coalescing nicely. So we can still hang our swim caps on that befitting “small-but-mighty” moniker.

You might have seen a “new” coach running around the deck. Nope, no need for a double-take. If Coach Katie Bortolleto looks familiar, it’s because, well, she is. Katie was a Stingrays coach from .07 to .11 & highly instrumental in our winning three of five consecutive titles. When her family moved their residence, they became members of Spare Time’s Johnson Ranch. As a team parent of Joey & Luca, Katie learned other tricks, some of which we’re excited to implement as **Ready/Set/Goals**. Following a brief hiatus, Coach Jeff is back where he loves to be. Coach Stephanie, per her norm, never ceases to lead in Team Fun and will be bringing *our* Turnbull Twins, Sebastian & Cameron, poolside -- indoctrinating them as x2 Mini-Mini Rays. And, of course, role model Mia Leisten, a popular second-year coach, is here demonstrating our sport’s skills. Then to round out the staff, in **May Days** an additional assistant will be chiming in with our mantra, “We Believe We Can!”

After their high-school swim season & grad ceremonies, three big-and-mighty Stingrays will be diving back in during **May Days**. Not only are we looking forward to their team return, but we’re ecstatic for their shiny futures. Entering as freshmen into the Class of 2021 are Jason Feldkamp/UCLA, Catherine Hensley/UA and Jeff Pimenta/UC Berkeley. Outstanding Stingrays, scholars & athletes!

Speaking of “small-but-mighty,” let’s acquaint you with **Ready/Set/GO** Mini Rays. 18 wee ones, under the tutelage of Coach Stephanie, commence their meets on May 5. Held from 5:45 till 6:15 on the Fridays before our Stingrays duals, the Mini Rays also swim their 25s on **May Days** 12 & 19. If you’d like to wander out & cheer them on, you’ll be amazed at their weekly advancement & paralleled pride! And then our Mighty Minis wrap up on June 16, giving their Mini Muscles a well-earned rest.

Okay. Swim meets on **May Days** for our 6&Us through 18s begin on May 6, when the clock starts clicking for Time Trials and the team kicks off its **Ready/Set/Goals**! This year GR is slated to host four meets, two of which are in **May Days**. The Arden Hills Otters will be greeted on May 13, followed by the Elk Grove Piranhas on May 20 … and Memorial Day on May 27 concludes our **May Days**!

**We Believe in GRRC!**