

Sacramento Stingrays
2020 Swim Team Handbook



Welcome to the Sacramento Stingrays Swim Team. We are one of 6 teams within the Sacramento Swim League, and one of only a handful of teams remaining in the south side of Sacramento. The Stingrays have existed for 60 years, having called the Greenhaven Cabana Club North our home for more than 30 years, with John F. Kennedy High school serving as our current home over the past few years. We are looking forward to a happy, healthy, fun, and successful season with all the swimmers and their families, old and new.

COMMUNICATION

Our main methods of team communication are e-mails, family folders and our [team website](#). During the season, newsletters, bulletins and announcements are sent out via the On-Deck app, e-mail, printed materials placed in family folders and via postings to the team website <http://www.sacramentostingrays.com/>

At each practice there will be plastic bins containing a folder for each family registered for the swim season. Families are responsible to check their family folder regularly for information and swimmer ribbons pertaining to their swimmer(s).

The head coach and assistant coaches will make themselves available to speak with parents as requested. Please remember that swimmer safety is very important, and coaches must focus on the swimmers in the pool during practice and swim meets. Please be considerate and refrain from approaching coaches on deck during practice whenever possible. There is generally a few minutes between each practice when a coach can speak to parents. It is recommended that you approach coaches during this time or email the [head coach](#) outside of practice times to assure the safety of all swimmers.

2020 Swim Team Board Members

<u>Title</u>	<u>Name</u>
President	Kendall Fuller
Vice President	Heather Johnson
Secretary	Becky Repka
Treasurer	Michael Greenlow
Registrar	Sandy Santiago
Champs Representative	Karen Combrink
League Representative	Lori Little
Member-at-Large	Heather Cheung
Member-at-Large	John Gonzalez
Member-at-Large	Stephen Jiang
Member-at-large	Rian Mason
Member-at-large	Michael Weatherall
Member-at-Large	Burt Yoshioka
Head Coach	Annie Santiago

PRACTICES

Regular Season practice begins Wednesday, April 1st. The posted time schedule is subject to change at the discretion of the head coach and/or the Stingray Board. Swimmers may be placed in a different practice group at the discretion of the head coach. There is no practice on Saturdays or Sundays.

Stingrays Practice Schedule for 2020 Swim Season

April 1st - May 8th

Pups: no practice, Group A (6&u): 6:00-6:30pm, Group B (7/8's): 6:30-7:00pm,
Group C (9/10's): 7:00-7:45pm, Group D & E (11&over): 7:45-8:30pm

May 11th - July 17th

Pups: 4:00-4:30pm Tues & Thur ONLY, Group A: 4:35-5:00pm, Group B: 5:05-5:50pm, Group C: 6:00-6:45pm, 11/12's: 6:45-7:45, 13& over: 7:45-9:15pm

July 24th - Aug 2nd

All Qualifiers - 8:00am-10:00am

DRYLAND

Dryland will take place at the discretion of the coach. Swimmers must be dressed and ready for dryland at their scheduled practice time. Come dressed in workout apparel (swim suit underneath) with lace up shoes and socks.

RULES FOR SWIMMERS AND PARENTS

1. Swimmers should be on deck and ready to get in the water at the start of your assigned group practice time. If a swimmer is more than 10 minutes late, it may result in the swimmer not practicing that day. This will be determined by the coach on deck.
2. Please inform the coach upon arrival if a swimmer needs to leave practice early.
3. Swimmers should always listen when the Coach is talking.
NOTE: Swimmers are expected to pay attention and participate in practice. Behavior that is distracting or bothersome to other swimmers is not acceptable. The coach will decide on the appropriate discipline.
4. Parents are expected to pick-up swimmers promptly at the end of the swimmer's practice session.
5. Parents who stay for the practice must stay off the pool deck and refrain from talking to the Coaches or swimmers during the practice session.
6. Any parents with other children not participating in the swim practice are fully responsible for supervising their children.

Registration Cancellation and Refund Policy

To cancel your registration, the request must be in writing and sent to the Stingrays Registrar at one of the following addresses:

- Mail - 1026 Florin Road, #310, Sacramento, CA 95831
- Email - registrar@sacramentostingrays.com

Refunds will be processed in accordance with the following schedule:

Refund Amount	New Swimmer	Returning Swimmer	Pups Program	High School Program
Full refund less \$25 processing fee	Received by April 30	Received by April 1	Received before Team Summer Practices begin	Received before High School Practice session begins
50% refund	Received between May 1 and the Stings vs Rays Meet	Received between April 1 and the Stings vs Rays Meet	Received after Team Summer Practices begin	Received between May 4 th and Stings vs Rays Meet
No refunds will be given	Received after Stings vs. Rays Meet		Received after June 30	Received after Stings vs Rays Meet
No refunds will be given	Swimmer is dismissed from the team due to disciplinary issues at any time during the season.			

TEAM SWIM SUITS

Wearing a Team suit is expected at all swim meets. Team swim suits are available from our [team website](#). Swimmers may wear a solid black or royal blue suit in lieu of the official team suit. All other swim suits are discouraged at meets.

VOLUNTEERING

Simply, parent participation makes the recreational swim season possible, functional and fun. Without volunteers, swimmers cannot compete and swim meets cannot run. For parents who are involved in the excitement of a meet, time seems to pass more quickly. In working with others, friendships develop which in-turn lead to camaraderie, added excitement and fun. It takes over 3,000 volunteer hours to run a swim season, not including board positions. Volunteers are essential to our meets and programs running smoothly; we literally could not do it without you! What this means is that not only are you committing your child to the team but yourself as well.

With that in mind, we are making strides towards ensuring that no one person shoulders too much, as many hands make light work! If we do not have enough individuals volunteering for positions, we end up with families committing themselves to multiple committees and not able to enjoy watching their children swim. Please keep this in mind as we move into our new season this year.

Volunteer Policies:

- We will be assigning a minimum number of hours required for each parent. You will see the number of hours/commitment expected listed alongside each position when it is time to sign up.
- We will be holding a Volunteer Sign-Up Event! This will be an opportunity for all families (new and returning) to learn more about each committee, mingle, and get pumped up for the upcoming season. We will no longer be taking peoples' 1st, 2nd, 3rd choices, and instead, you will simply sign up for the position that you feel suits your family the best, on a first-come-first-served basis.
- While we are not yet implementing a 'pay-to-play' model to our team for the regular swim season (we are one of the only teams that does not yet require it), we will be tracking hours spent volunteering this year through our team management software. Please make sure to not only sign up for a time slot while registering your children for a meet but also to check in on the day of your assignment to assure that your hours are tracked accurately. At the end of the season, your hours spent volunteering will be available for you to view. Our hope

is that you will see that meeting the minimum number of required hours is really quite easy!

- **We will be implementing a 'pay-to-play' model for Champs.** As the largest team in the league, we are required to fill the largest number of volunteer positions at Champs. The actual number of swimmers that we have attending Champs does not factor into that equation; we are assigned a certain number of positions that we **MUST** fill, by the league regardless of the number of swimmers swimming the Champs meet. Therefore, if we cannot fill those positions, we will be hiring outside help in order to fill any open slots this year.

WHAT YOU NEED TO KNOW ABOUT CHAMPS PAY-TO-PLAY POLICY

- If your swimmer attends Champs, you must sign up for and work your volunteer position. If you do not sign up or work your required volunteer position(s), the \$100 fee collected during registration will not be returned to you.
- If your swimmer does not attend Champs, and you do not have someone work your required volunteer position(s), the \$100 fee collected during registration will not be returned to you.
- If your swimmer attends Champs, and you sign up and work your required volunteer position(s), you will request your volunteer deposit be refunded to you. Watch for an email at the end of the season for instructions on how to request your refund.

Our hope is not to raise funds for the team, but to simply have our positions filled by our families!

If a parent is unable to fulfill his or her volunteer job at a meet, they should contact the Volunteer Coordinator Chair person for that job. They can then arrange to work a double shift at the following meet or volunteer at an additional non-meet event. Some of the non-meet events include; Sting-a-Thon, Champs Pasta Feed and Awards Night.

Please visit the [team website](#) for a list of volunteer positions available this season, a brief description of the duties, and any requirements necessary for completing the job. We all want to see our kids swim and have fun, and we want to have fun also! The more people involved, the more fun we all have and the better our team will be.

SWIM MEETS

Swim meets are hosted and operated solely with volunteer support from the Stingray family members. Each parent or guardian is required to volunteer throughout the season (Please see the Volunteer Coordinator for specific needs).

Everyone's help is essential at each meet in order to make the meet run smoothly and efficiently. Please see the [Info & Forms](#) section on our website for a more detailed listing of volunteer jobs.

SWIM MEET BASICS

1. Sign your swimmer(s) up for the meet on the team website prior to the designated deadline.
2. Arrive at meets and report to the check-in table no later than 7am.
3. Check-in with your team parent. Let them know where you are sitting and find out where they are sitting.
**13-18 year olds are excluded from this step.*
4. Listen for warm-up announcements and be ready on deck for designated warm-up time.
5. Check heat/lane assignments before and after scratch session.
6. Swimmers must report to Ready Bench when their event is called. Listen for announcements to avoid missing races. It is the responsibility of the swimmer to report to the Ready Bench on time.
7. Assure you have cleaned up after yourself prior to leaving the meet.
8. Help with team breakdown.

To be eligible to swim at the SSL Champs meet, a swimmer must compete in a minimum of 2 dual meets.

Swimmers and other children should not be running around or sitting at the edge of the pool, as this interferes with the duties of the meet officials.

Swimmers and family members must stay out of any secondary pools that exist at facilities, unless specific permission is given by the coach.

Kennedy High School is off limits during the meet, unless approved by the head coach. The Meet Referee may scratch a swimmer from the meet for misconduct.

AWARDS

Ribbons are awarded to each individual at all dual meets for first through sixth place for each heat. Families are asked to collect their ribbons from their family folder regularly. Ribbons are usually in the folders on the Tuesday following the meet. Additionally, awards are given in the categories listed below to recognize individual achievements and accomplishments during the season. Traditionally, these awards are presented at a Team Awards Night at a location TBA at the end of the swim season.

Award categories:

1. **High Point Boy** - 6&Under **High Point Girl** - 6&Under
2. **High Scores** - One boy and one girl from each age group. A minimum of ten swimmers will be recognized. At the Board's discretion, the number of awards given may be adjusted if the point spread is close (i.e., within two points).
3. **Most Improved Swimmer** - One boy and one girl from each age group.
4. **Coaches' Award** - One boy and one girl based on sportsmanship, cooperation, team spirit, and attendance at practice and meets for each age group.
5. **Most Valuable Swimmer** - Overall top boy and top girl point winners at league dual meets and Championships for each age group.
6. **Stingrays Spirit Award** - The one swimmer that embodies the spirit of the team and is voted on by the coaches.
7. Swimmers who have been with the team a long time and swim during their 18 year old year will be recognized.
8. Team members who break team or league records will be recognized and have their names entered on the Stingray website Record Board.

Parent/Swimmer Contract

Code of Conduct and Team Rules for Sacramento Stingrays Swim Team (Created 3/2015)

As a Parent of the Sacramento Stingrays Swim Team, I will abide by the following Code of Conduct:

1. As a parent, I will practice teamwork with all parents, swimmers and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at practice or meets, from the stands or any other area, or interfere with coaches on the pool deck.
3. As a parent, I will demonstrate good sportsmanship by conducting myself in a manner that projects respect, grace and thoughtfulness at practices and meets in order to earn the respect of my child, other swimmers, parents and coaches, as well as the officials, coaches, parents and swimmers at other teams.
4. As a parent, I will maintain self-control at all times. I will know my role and participate in making the team "work" and the environment a friendly one. (i.e. - Swimmers - swim, coaches - coach, Officials - officiate, Parents - parent).
5. As a parent, I will strive to enjoy my involvement with the Sacramento Stingrays Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
6. As a parent, I will be sure to have my child(ren) to practice and meets on time, and I will be sure that coaches are notified when that is not possible.
7. As a parent during competitions, I will make sure that questions and concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
8. As a parent, I understand that outward criticizing, name-calling; use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmers is not permitted and will not be tolerated.
9. As a member of this team, I realize that each parent or guardian must volunteer their time. I understand that this team cannot operate smoothly when we don't do our job(s). I realize that I must volunteer my time at both home and some away meets, and our championship meet at the end of the season. If and when my swimmer cannot participate in the meet, or I am not able to work, it is MY responsibility to alert the volunteer coordinator.
10. As a member of this team, I also realize it is my responsibility at meets to inform my child's team parent where we are sitting. I also understand that it is my responsibility to be sure my child is in the proper place at the proper time when the team parent escorts the swimmers to the ready bench. I understand that it NOT my responsibility to take my child to the ready bench.
11. As a member, **I promise to be aware of my other children.** Practices and meets are fun social events, but my children who are not swimmers should not be allowed to run free without any constraints. As an example, at Kennedy H.S. children should not be running the halls unsupervised, nor on the deck of the pool during practice. *(As a team we ask that you please define the rules, set your expectations of their behavior, and explain and administer the consequences should they fail to follow them.)*
12. **Fundraising Policy:** The Sacramento Stingray Swim Team is a parent volunteer run organization. In order to lower the overall cost to each family, and to buy and maintain our equipment, the Stingrays must engage in community fundraising. We therefore ask that each family participate as much as possible with our fundraising activities each swim season.

Sacramento Stingrays - Swimmer Code of Conduct

As a swimmer and member of the Sacramento Stingrays Swim Team, I will abide by the following Code of Conduct:

1. I will conduct myself with dignity and pride, and I will have respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules and any rules required by my coach.
4. As a matter of team pride and courtesy to meet hosts, pool facility operators, and janitorial staff members, I will work to leave my teams area in a neat and clean condition at the conclusion of each practice or meet session. I understand that this also applies to pool locker/rest rooms, bleacher areas, pool decks, and setup staging areas.
5. I will practice, project and teach good sportsmanship.
6. I will practice and promote positive team spirit and morale.
7. I will offer congratulations and encouragement to my opponents.
8. I will support my teammates at practice and at competitions. I will work with my team mates as a unit in a way that will benefit each team member. I will not put myself above the needs of the team.
9. I will follow verbal directions of the coaching staff. I will not be disrespectful towards another team member, my coach or parent.
10. I will respect the rights and space requirements of other groups using the swimming facility. I will not interrupt the practice of others using the pool and facilities.
11. I will follow the Stingrays Code of Conduct at our home as well as out of town meets and events.

Prohibited Behavior: At no time will the following be accepted:

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Abusive attitude and/or destructive behavior.
- Inappropriate or unruly behavior, including fighting or striking another swimmer.
- Inappropriate language (swearing or derogatory comments) or lying.
- Stealing and/or vandalism.
- Bullying or purposefully isolating another swimmer.
- Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all Stingray swimmers during practice, during swim meets, and at events sponsored by or in which the Sacramento Stingrays Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, being sent home from practice or meets at the parents' expense, expulsion from the team without refund, being barred from competition, or receiving any other disciplinary action that the Board deems necessary when a member fails to adhere to the Code of Conduct.