

# The Sacramento Stingrays 2015 Swim Team Handbook



Welcome to the Sacramento Stingrays Swim Team. We are one of 5 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 over 50 years, having called the Greenhaven Cabana Club North our home for the past 30 plus years, and now beginning in a new home at John F. Kennedy High school. We are looking forward to a happy, healthy, fun, and successful season with all the swimmers and their families, old and new.

## Team Communication

Our main methods of team communication are e-mails and postings to our team website. During the season, newsletters, bulletins and announcements are sent out via e-mail, text and postings to the website. Our team website is [www.sacramentostingrays.com](http://www.sacramentostingrays.com)

At each practice and meet will be a crate containing folders. Each family should check their family folder for any group or team specific information or swimmer ribbons pertaining to their family. The head coach and assistant coaches will make themselves available to speak with parents if 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 when approaching coaches on deck.

## **2015 Swim Team Board Members**

<u>Title</u>	<u>Name</u>
President	Tom Wildemann
Vice President	Marcelle Minor
Secretary	Carrie Kazorke
Registrar	Shelley Renner
Head Coach	Eddie Maximo
Champs Representative	Josh Harmatz
Treasurer	Richard Banister
League Representative	Victor Kushida
Fundraising Coordinator	Sandra Lee
Website Administrator	Denise Modar
Volunteer Coordinator	Wendi Imageri
Member-at-large	Roy Modar
Member-at-large	Brie Bajar
Member-at-large	Jennifer Malana
Member-at-Large	Michael Greenlow
Snack Bar Coordinator	Gary Lee
Computer & Colorado Operator	Bruce Rymer

## **PRACTICES**

Regular Season Practice begins Monday, April 6th. The posted time schedule is subject to change at the discretion of the head coach. Swimmers may be placed in a different time slot according to the number of swimmers in a particular age group. There is no practice on Saturdays or Sundays.

### **Stingrays Practice Schedule for 2015 Swim Season**

#### **April 6th - May 15th**

5:30 - 6:00 6 and Under

5:45 - 6:45 7-8 First 15 minutes of turns and starts

6:30 - 7:45 9-10 First 15 minutes of turns and starts

7:30 - 8:45 13- and Over First 15 minutes of turns and starts

\* All times are subject to change

\*\*9/10's, 11/12's could be placed in another age group level based on their ability at the coaches discretion.

#### **May 18th - June 12th**

4:00 - 4:30 6 and Under Silver Group

4:30 - 5:00 6 and Under Gold Group

5:00 - 6:00 7/8

6:00 - 7:15 9/10 and 11/12 First 15 minutes of turns and underwaters

7:00 - 8:30 13 and older

\* All times subject to change

\*\* 9/10's, 11/12's could be placed in another age group level based on their ability at the coach's discretion

**\*\*\*The summer practice schedule is still tentative and subject to change pending final acceptance by Kennedy H.S.**

#### **June 15th - July 30th**

6:30—8:00 13 and older

8:00—9:15 11/12's

9:00—10:15 9/10's

10:00—11:00 7/8's

11:00—11:30 6 under Gold and Silver

\*\*\*Make up practice will be held from 4-5 PM daily except for Friday. No makeup practice on Friday!

\*\*\*Time schedules could adjust based on the needs of the Kennedy High School Swim Team.

### DRYLAND

Dryland will only take place during the practices when time allows. The first 15-20 minutes of practice will consist of Dry Land. Swimmers must be dressed and ready for dryland at their scheduled practice time. -Come dressed in workout apparel (swim suit underneath) and shoes and socks.

### RULES FOR SWIMMERS AND PARENTS

1. Swimmers should be ready to get in the water at the start of your swimmer 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 needing to stay for the practice should stay off the pool deck and refrain from talking to the Coaches or swimmers during the session.
6. Any parents with other children not participating in the swim practice are fully responsible for supervising their children.

### REFUNDS

Should a swimmer opt not to remain on the team, refunds will be given. To receive a refund, families must notify the swim team registrar.

#### **Stingrays Registration Refund Policy:**

- A. For a new swimmer:

- a. Will receive a full refund of the registration fee if the request is received by April 15th.
  - b. Will receive a full refund minus a \$25 processing fee if the request is made between April 16 and April 30.
  - c. Will receive a 50% refund if the request is made between May 1 and the Stings vs. Rays Meet.
  - d. After Stings vs. Rays, no refunds will be given.
- B. For a returning swimmer:
- a. Will receive 50% refund of their registration fee if the request is received between April 1 and the Stings vs. Rays meet.
  - b. After Stings vs. Rays, no refund will be given.
- C. Refunds must be requested in writing and forwarded to the Registrar. Email requests are accepted.
- D. If a swimmer is dismissed from the team due to disciplinary issues at anytime during the season, the swimmer will forfeit their registration fee.

### **TEAM SWIM SUITS**

Wearing a Team suit is expected at swim meets. New team suits are selected every 2 years. (We are currently in the second year of the suit chosen) Team swim suits are available from California Swim Shop and at the team registration night.

### **SWIM MEETS**

Swim meets are hosted and operated solely with volunteer support from the active Stingray family members. Each parent (mom and dad) or guardian is required to give volunteer service to the team for all home meets and some away meets (Please see the Volunteer Coordinator for specific needs). Everyone's help is essential at each meet in order that the meet run smoothly and efficiently. Some jobs that are necessary to each meet are mentioned below. Please see our registration packet or the volunteers section on our website for a more detailed listing of volunteer jobs.

### **Volunteering with the Stingrays**

Simply, parent participation makes the recreational swim season possible, functional and fun. Without volunteers, swimmers cannot compete and swim meets cannot run. Each family member must volunteer at every "home" meet at which their swimmer attends. Some jobs are also required in "away meets (i.e. Team Parent, Timer). For parents who are involved in the excitement of a meet, time

seems to pass more quickly. And in working with others, friendships develop which in-turn lead to camaraderie, added excitement and fun. 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 2015 events include; Swim a Thon, and Movie Night.

Alternate volunteer jobs will be assigned on an as needed basis (please see volunteer coordinator). Additional volunteering is required at Champs; parents are required to volunteer for one shift each day their swimmer swims.

Please visit the team website at [www.sacramentostingrays.com](http://www.sacramentostingrays.com) 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 fun also! So, the more we get involved, the more fun we will all have and the better our team will be.

### **Swim Meet Basics**

1. Sign your swimmers in to the meet by signing their name in the meet binder located at the check-in table.
2. Notify the head coach in writing (i.e. email, text, phone call) at least a week in advance if you are planning to miss a meet.
3. Arrive at meets and report to the check-in clerk no later than 7am.
4. Check-in with your team parent. Let them know where you are sitting. *\*13-18 year olds are excluded from this step.*
5. Listen for warm-up announcements.
6. Check heat/lane assignments before and after scratch session.
7. Swimmers must report to Ready Bench when called. Listen for announcements to avoid missing races.
8. Clean up after yourself. *\*A clean-up policy will be announced at the start of this season by the head coach.*
9. Help breakdown.

**Note:** To be eligible to swim at the SSL Champs meet, a swimmer must compete in a minimum of 1 dual meet. 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 some of the facilities. In particular, the dive pool, at 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 each individual meet for first through sixth place for each heat. Families are asked to collect their ribbons from their family folder. The ribbons are usually in the folders on the Monday or 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 Party at a location TBA at the end of the swim season.

### **Award categories:**

- |         |   |                          |
|---------|---|--------------------------|
| 6&Under | <ol style="list-style-type: none"><li>1. <b>High Point Boy - 6&amp;Under</b></li><li>2. <b>High Scores - All age groups combined.</b> 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).</li><li>3. <b>Most Improved Swimmer - One boy and one girl.</b></li><li>4. <b>Coaches' Award - One boy and one girl based on sportsmanship, cooperation, team spirit, and attendance at practice and meets.</b></li><li>5. <b>Most Valuable Swimmer - Overall top boy and top girl point winners at league dual meets and Championships.</b></li><li>6. <b>Stingrays Spirit Award - The one swimmer that embodies the spirit of the team and is voted on by their fellow swimmers.</b></li><li>7. Swimmers who have been with the team a long time and have reached the age of 18 will be recognized.</li><li>8. Team members who break team or league records will be recognized and have their names entered on the Record Board.</li></ol> | <b>High Point Girl -</b> |
|---------|---|--------------------------|



**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*



## **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.**

_____	_____	_____
Swimmer Signature	Swimmer Printed	Date
_____	_____	_____
Swimmer Signature	Swimmer Printed	Date
_____	_____	_____
Swimmer Signature	Swimmer Printed	Date

**\*\*Signatures are required for both the Parent/Guardian and Swimmer.**