

STINGRAYS



SWIM TEAM
FOUR SEASONS HEALTH CLUB

Summer 2015

June 1 – July 19

Registration deadline: May 31, 2015



WHAT IS STINGRAYS?

Stingrays Swim Team is a recreational, competitive swim team that represents Four Seasons Health Club in the Twin City Swim Conference. The team is for boys and girls ages 5-18 years old. Practices are held in the South/Lap pool at Four Seasons I. Swimmer's age group is determined by June 1, 2015.

TEAM PHILOSOPHY:

The coaching staff believes in giving every swimmer a chance to participate and improve. The success of each swimmer is measured by an improvement in their personal times and enjoyment of the team, not by how they perform against their teammates or another team.

PRE-REQUISITES:

Stingrays Swim Team is open to any child who can demonstrate a basic understanding of all four strokes. The final approval is at the discretion of the Head Swim Coach. Swim Team is for Four Seasons members only.

PARENT EXPECTATIONS:

We cannot run a successful swim meet without our parent help. All Stingray families are expected to volunteer at a minimum of three swim meets during the season. New this season – “**Stingray Pride Points**”. Earn points each time you volunteer and a chance to win a free 3 month family membership! Prizes will be awarded at the team banquet at the end of the season.

PROGRAM FEES & REGISTRATION:

First Swimmer: \$75.00 Additional swimmers in family: \$40.00

One-on-One Coaching Lessons: \$15.00/lesson

REGISTRATION IS AVAILABLE ONLINE OR AT THE FSI FRONT DESK.

Step 1: Log in to www.myiclubonline.com under child's username / account.

Step 2: Go to “Shop” tab to purchase Stingrays Swim Team.

Step 3: Select the “1st Swimmer” option.

Step 4: Enter payment information when prompted.

You will receive a confirmation email and receipt from Four Seasons after your enrollment is complete.

Club - Location: [Four Seasons I Health Club...](#) Phone: (309) 663-2022

My Activities | **Classes** | **Shop** | My Account | Sign Out | Help

All Categories
Sessions & Services

By Appointment Only
Personal training sessions

Classes
Group classes

Additional Services
Members only services

100 Mile Swim Challenge - 2015 (1 session. Book in Club)	\$5.00	Buy Now!
Advanced Vinyasa Workshop Mem (3 months)	\$35.00	Buy Now!
Line Dancing Couple	\$50.00	Buy Now!
Line Dancing Individual	\$30.00	Buy Now!
Polar Bear Swim Team - Fall Only (3 months)	\$30.00	Buy Now!
Salsa Dancing Member Couple	\$100.00	Buy Now!
Salsa Dancing Member Indiv	\$55.00	Buy Now!
StarGuard Renewal - June 6 (10 months)	\$80.00	Buy Now!
Stingrays Swim Team 1st Swimmer (4 months)	\$75.00	Buy Now!
Stingrays Swim Team 2nd Swimmer (4 months)	\$40.00	Buy Now!

PRACTICES / MEET SCHEDULE / TEAM EVENTS

SWIM PRACTICES (SOUTH/LAP POOL):

Ages 13 – 18	Monday – Friday	7:30 AM – 9:00 AM
Ages 11 – 12	Monday – Friday	9:00 AM – 10:30 AM
Ages 9 – 10	Monday – Friday	9:00 AM – 10:30 AM
Ages 5 – 8	Monday – Friday	10:30 AM – 11:30 AM

What do I need for practice?

- Swimsuit: competitive style
- Goggles
- Swim Cap (required for girls)
- Beach Towel
- Positive Attitude

**Coaches expect swimmers to attend at least 4 practices per week; a minimum of once a week is required to be eligible for swim meets. If your swimmer is practicing with a USA Swim Team, please speak to your age group coach.*

SUMMER SWIM MEET SCHEDULE:

Day / Date	Team vs.	Location	Warm ups / Meet Start
Thur. May 28	Polar Bear Open (New Parent Training for Stingrays)	Four Seasons	5:45 PM / 6:15 PM
Tues. June 9	*Crestwicke Country Club	Four Seasons	4:45 PM / 5:30 PM
Sat. June 13	Marlins	O'Neil Pool	7:30 AM / 8:30 AM
<i>TBA (typically June 20)</i>	<i>El Paso Invitational</i>	<i>South Pointe Pool (El Paso)</i>	<i>TBA</i>
Tues. June 23	*Bloomington Parks & Rec	Four Seasons	4:45 PM / 5:30 PM
Tues. June 30	*G.E.	Four Seasons	4:45 PM / 5:30 PM
Tues. July 7	Normal Parks & Rec	Anderson Pool	4:45 PM / 5:30 PM
Sat. July 11	B-Invite	Anderson Pool	7:30 AM / 8:30 AM
Sat. July 18	Conference Prelims	Horton Pool (ISU)	7:30 AM / 8:45 AM (10&U) 12:30 PM / 1:45 PM (11&O)
Sun. July 19	Conference Finals	Horton Pool (ISU)	12:00 PM / 1:15 PM

**Dairy Queen Nights: After these meets, Stingray swimmers and their families are invited to celebrate a fun meet by going to Dairy Queen (on Veteran's Pkwy). This is not required but a fun, team building activity.*

Addresses for Away Meets:

O'Neil Pool: 800 McGregor St, Bloomington, IL 61701

El Paso / South Pointe Pool: 521 South Sycamore Street, El Paso

Anderson Pool: 100 S Maple St, Normal IL 61761

Horton Field House / Pool: Corner of College Ave & Adelaide St in Normal, IL

TEAM EVENTS:

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Time</i>
June 2	Officials Training (returning only)	Anderson Pool (Normal)	5:00 – 7:00pm
June 3	Officials Training (new only)	Anderson Pool (Normal)	5:00 – 7:00pm
June 4	Tech Training (Team & Meet Manager Software)	Four Seasons II (Community Room)	5:30 – 7:00pm
June 5	Stingrays Team Building *all ages attend	Four Seasons	9:00 – 10:30am
June 9	Team Picture *Individual photos begin at 3:00pm	Four Seasons	4:00pm
July 3	Stingrays Team Building *all ages attend	Four Seasons	9:00 – 10:30am
July 16	Pre-Conference Party	TBA	5:30-7:30pm
July 21	Awards Banquet	TBA	5:30-7:00pm

Additional events will be posted on the Swim Team bulletin board on the pool deck.

Stroke Clinics



STRENGTH & CONDITIONING

Team Suit:

“RISE Aquatics Sandies Volt” – Polyester/Spandex



2012 W
College
Ave,
Normal, IL

VOLUNTEER SIGN UPS

WWW.SIGNUPGENIUS.COM/FINDASIGNUP

Enter Head Coach Email:

swimcoach@4seasons-club.com

Click "Search"

Resources Help Create a Sign Up Login / Join

Find A Signup

For privacy reasons, our sign ups are not publicly listed. To find a sign up, you can:

Receive an Email Invite

Sign up participants should receive an email invite from the sign up creator with a simple link to the page.

If you did not receive an email, check your email spam folder to make sure it was not accidentally classified as junk. If you cannot find an email invite, contact the sign up creator or organization in charge of the event to request an email invite.

Search by Email

If you know the person that created the sign up, enter his/her email address below:

Enter the random text below:

L 3 ✓ G s E

Search

Login to SignUpGenius

SignUpGenius members can find links to all the sign ups they've been invited to on their 'My Account' page.

If you have a SignUpGenius account, login to access your sign ups.

Login Now



Stingrays Swim Team 2015
SWIM MEET VOLUNTEERS
CREATED BY: Coach Alex Hembra CONTACT

Date	Location	Available Slot
5/28/2015 (Thu. 6:00PM - 8:30PM)	Four Seasons	Parent Volunteer Coordinator <input type="button" value="Sign Up"/>
		Awards (2) <input type="button" value="Sign Up"/>
		Bullpen (4) <input type="button" value="Sign Up"/>
		Officials (2) <input type="button" value="Sign Up"/>
		Runner (2) <input type="button" value="Sign Up"/>
		Timers (through Fly) (6) <input type="button" value="Sign Up"/>
		Timers (Fly - end) (6) <input type="button" value="Sign Up"/>

How to sign up:

- 1) Click "sign up" on the area you would like to volunteer.
- 2) You will be prompted to fill in your name & email address.
- 3) You will then click "Sign-up & Submit" and receive a confirmation email.
- 4) Volunteers must check in with the **Parent Volunteer Coordinator** at least 15 minutes before the meet begins.

Volunteer Positions (Descriptions) *Requires minimal training

***Timers:** This job is essential to the running of a swim meet; without timers, swimmers would never know how fast they swam! Using a team-supplied stopwatch, timers typically time half of each swim meet. This means that we need at least six timers per meet.

***Bullpen:** The Bullpen is where swimmers, especially the little ones, wait to go onto the pool deck before each race. Using a team heat sheet, Bullpen volunteers keep swimmers in their heat/lane order before they swim each race.

***Runners:** Individuals who volunteer for this job take time sheets from the timers to the computer so that times from each race can be entered to the meet managing software. Like timers, multiple people typically share this position, one for each half of the meet.

***Awards:** As times/places for each race are added to the meet managing software, individuals who volunteer to help with awards make sure that each swimmer receives the correct ribbons.

See next page for more...

Volunteer Positions (Descriptions) *Requires some special training

Officials: This is a special, trained volunteer job. Officials help keep the meet running smoothly, while also identifying any illegal strokes during each race. Our team needs at least three officials, but the more that we have, the better. If you would like to become an official, contact Coach Alex for details on training.

Tech: This is another special, trained volunteer job. During each home swim meet, we need a team of parents to help run the meet scoring software. You will be trained on how to manage the computer during swim meets so that times, awards, and the final score are all entered in a timely manner. Interested? See Coach Alex for details!

Volunteer Coordinator: This is a new volunteer position for the Stingrays this summer! We need a responsible, dedicated parent at each meet to keep track of parent volunteers. To make sure that we have all necessary positions covered, recruiting additional volunteers if needed, and leading our volunteers to success! Volunteer Coordinators will also help coordinate volunteers for B-Invite and Conference. This group will have access to the team Sign Up Genius and email list to help coordinate volunteers for each meet. If you are interested in this position, contact Coach Alex!

Stingray Swimmer Responsibilities

Sign Up / Sign Out for Swim Meets: Please sign up/out for each swim meet. Sign-up sheets are located on the Swim Team bulletin board on the pool deck at Four Seasons. Swimmers that do not sign up for a meet will be assumed not swimming at the meet. If a swimmer needs to cancel their sign-up, he or she must notify the age group coach at least two days in advance. A swimmer who is "signed out", but becomes available to attend the swim meet may be eligible to swim at the coach's discretion.

Awards: Ribbons are awarded through sixth place for individual and relay events. All ribbons can be picked up at the awards table during home swim meets, or at practices the day following an away meet. Each swimmer who completes the Summer Swim Team season will receive an individual trophy at the awards banquet.

Conference line ups: Swimmers and parents may request events to swim in at championship meets. However, coaches will have the final decision on conference line ups based on what is best overall for the team.

Swim Meets: Bring chairs and activities to do during a meet while you're waiting for your next event. Bring 3 towels and warm clothes to stay warm between races. Don't eat a big meal before a meet. Swimmers are not allowed in the North or Baby Pools during home swim meets.

Swimmers must swim in at least 3 dual meets to be eligible for the Conference Swim Meet.

Support each other

Treat themselves, coaches, and other swimmers with respect

Include other swimmers

Never say "can't"

Go for their best time every time

Realize their full potential

Are always prepared and on time for practice and meets

Yell and cheer for teammates

Strive to be Super Stingrays

We're excited for another fantastic season of Stingray Swimming! See you on the pool deck!

CONTACT the COACH:

Alex Hembra, Head Swim Coach
swimcoach@4seasons-club.com