

**Summer 2022**

June 6 – July 27

Updated 03/09/2022

****

**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 5-18 years old. Practices are held in the South/Lap pool at Four Seasons I. A swimmer’s age group is determined by June 1, 2022.

**Team Philosophy:**

The coaching staff believe in giving every swimmer a chance to participate and improve. The success of each swimmer is measured by an improvement in his/her personal times and enjoyment of the team, not by how he/she perform against teammates or another team.

**Pre-Requisites:**

Stingrays Swim Team is open to any child/teen who can demonstrate a basic understanding of all four strokes (butterfly, breastroke, backstroke and freestyle). 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 help from the parents. All Stingray families are expected to volunteer at a minimum of three swim meets during the season.

**Program Fees & Registration:**

$90.00/Swimmer

One-on-One Coaching Lessons: $20.00/lesson

**Team Suit**

Female: Wave by Speedo

Male: Wave Wall by Speedo

Location: The Lifeguard Store, <https://theswimteamstore.net/teamlogin/index/loginpost?username=fourseasons&password=association>

Username: fourseasons

Password: association

A person wearing a swimsuit

Description automatically generated with medium confidence****

**PRACTICES / MEET SCHEDULE / TEAM EVENTS**

**Swim Practices (South/Lap Pool): Mornings**

**What do I need for practice?**

* Swimsuit: competitive style
* Goggles
* Swim Cap (required for girls)
* Beach Towel
* Kickboard/Pull Buoy
* Fins (if possible)
* Positive Attitude

\*Find all supplies at The Lifeguard Store

|  |  |  |
| --- | --- | --- |
| Ages 13 – 18 | Monday-Friday | 7:30 AM – 8:30 AM  (4 Lanes) |
| Ages 11 – 12 | Monday-Friday | 8:30 AM – 9:30 AM  (4 Lanes) |
| Ages 9 – 10 | Monday-Friday | 9:30 AM – 10:30 AM  (4 Lanes) |
| Ages 5 – 8 | Monday-Friday | 10:30 AM – 11:30 AM (4 Lanes) |

**Swim Practices (South/Lap Pool): Evenings**

|  |  |  |
| --- | --- | --- |
| Ages 13 – 18 | Tuesday, Thursdays, Fridays | 3:00 PM – 4:00 PM  (4 Lanes) |
| Ages 11 – 12 | Tuesday, Thursdays, Fridays | 4:00 PM – 5:00 PM  (4 Lanes) |
| Ages 9 – 10 | Tuesday, Thursdays, Fridays | 5:00 PM – 6:00 PM  (4 Lanes) |
| Ages 5 – 8 | Tuesday, Thursdays, Fridays | 6:00 PM – 7:00 PM  (4 Lanes) |

**Summer Swim Schedule:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day / Date** | **Team vs.** | **Location** | **Warmups / Meet Start** |
| Tues. June 14 | Inter-Squad Meet | Four Seasons | 4:45 PM/5:30 PM |
| Thur. June 16 | \*Normal Parks & Rec | Normal Parks and Rec | 4:45 PM/5:30 PM |
| Tues. June 21 | G.E | Four Seasons | 4:45 PM/5:30 PM |
| Tues. June 28 | Crestwick Country Club | CCC | 4:45 PM/5:30 PM |
| Thurs. July 30 | G.E. | G.E. | 4:15 PM/5:00 PM |
| Thurs. July 7 | \*Normal Parks and Rec | Normal Parks and Rec | 4:45 PM/5:30 PM |
| Tues, July 12 | Crestwicke Country Club | Four Seasons | 4:45 PM/5:30 PM |
| Friday July 15 | B-Meet | Anderson | 5:00 PM / 6:00 PM |
| Tues. July 19 | Rain Date for Dual Meets if needed | TBD | TBD |
| Saturday July 23rd &  Sunday July 24th | Conference  10 and under swim in the morning  11 and older swim in the afternoon | Normal West High School | 10 and under 7:30/8:30am  11 and up 12:00/1:00pm |

*\*****Dairy Queen*** *on Veterans Parkway: After these meets, Stingray swimmers and their families are invited to celebrate a fun meet by going to Dairy Queen. This is not required but a fun team building activity!*

**ADDRESSES FOR AWAY MEETS:**

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

**Crestwicke Country Club:** 15671 E 910 North Rd, Bloomington, IL  
**Anderson Pool:** 100 S. Maple Street, Normal, IL  **G.E. Pool:** 1750 General Electric Rd, Bloomington, IL

**Normal Community West High School:** 501 North Parkside Rd, Normal, IL

**Team Events:**

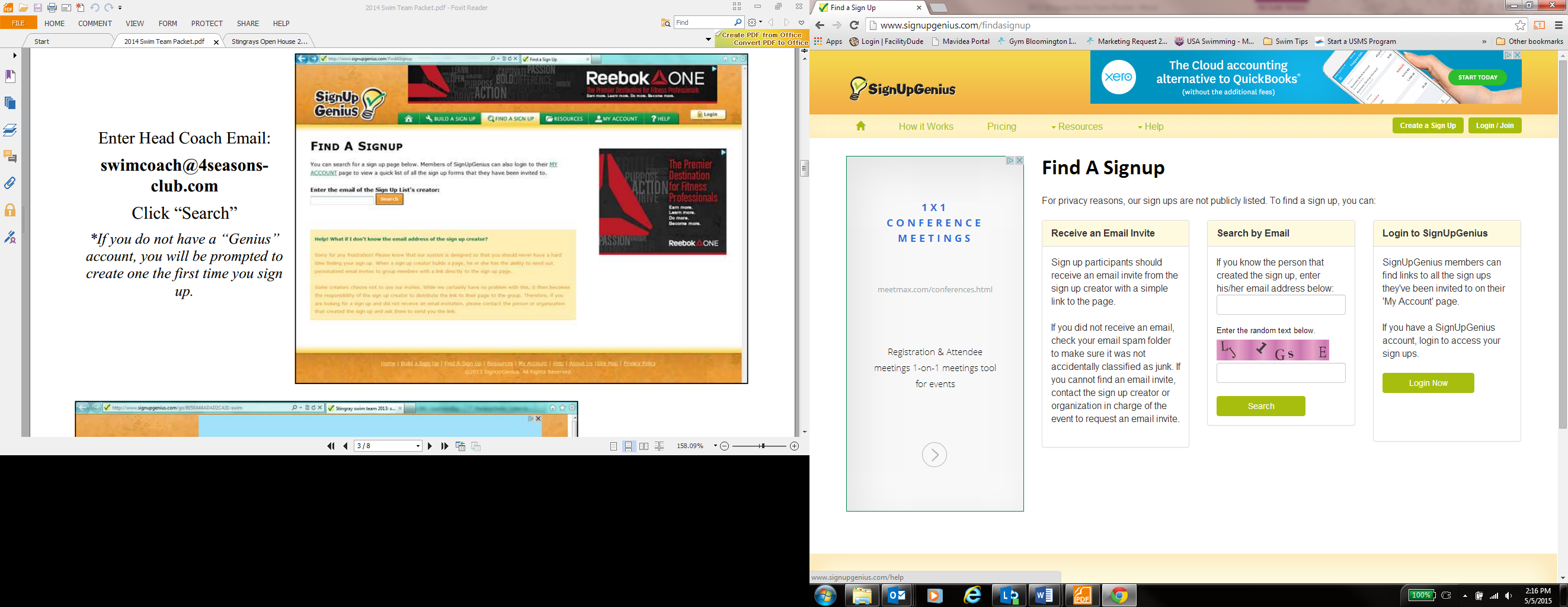
|  |  |  |  |
| --- | --- | --- | --- |
| ***Date*** | ***Event*** | ***Location*** | ***Time*** |
| June 7 | Officials Training  (returning only) | Anderson Pool (Normal) | 5:00-7:00pm |
| June 8 | Meet Manager Training | G.E. | 6:00-7:00pm |
| June 17 | Individual and Team photos at 4-seasons | Four Seasons | TBA |
| June 9 | Officials Training (new only) | Anderson Pool (Normal) | 5:00-7:00pm |
| July 22 | Pre-Conference Party | Four Seasons  East court | 5:30-7:00pm |
| July 30 | Awards Pool Party! | Four Seasons Pool Party | 3:30-5:00pm |

Please note, we will be following IPDH guidelines pertaining to COVID for Swim Team. Meets and practices are subject to change based on updated guidelines.

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

**VOLUNTEER SIGN UPS**

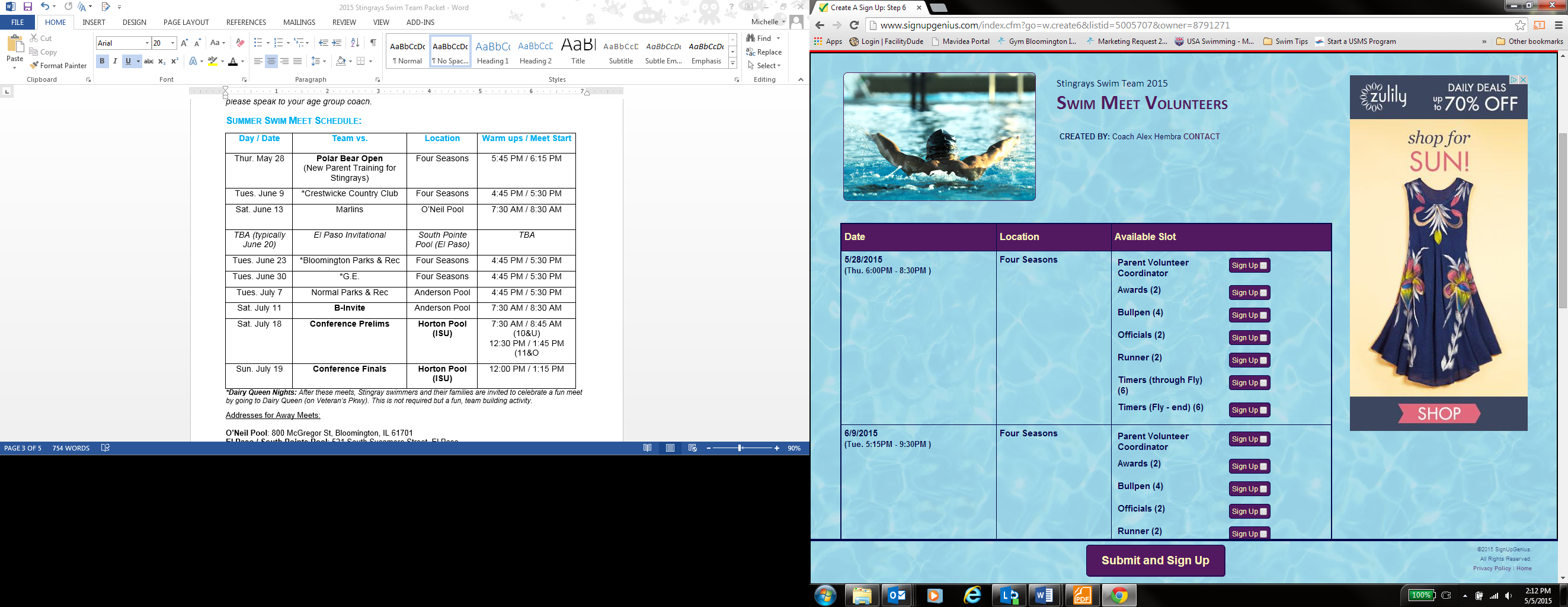
[**www.signupgenius.com/findasignup**](http://www.signupgenius.com/findasignup)



**Enter Head Coach Email:**

[swimcoach@4seasons-club.com](mailto:swimcoach@4seasons-club.com)

**Click “Search”**



**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…**

**Stingray Swimmer Responsibilities**

**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 Marian 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 Marian for details!

**\*Volunteer Coordinator:** We need a responsible, dedicated parent at each meet to keep track of parent volunteers. This coordinator makes 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 Marian!

**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 are waiting for your next event. Bring 3 towels and warm clothes to stay warm between races. Do not eat a big meal before a meet. Swimmers are not allowed in the North or Baby Pools during home swim meets.   
**S**upport each other  
**T**reat yourselves, coaches, and other swimmers with respect  
**I**nclude other swimmers  
**N**ever say "can't"  
**G**o for your best time every time  
**R**ealize your full potential  
**A**lways be prepared and on time for practice and meets  
**Y**ell and cheer for teammates  
**S**trive to be Super Stingrays

**CONTACT the COACH:**

[swimcoach@4seasons-club.com](mailto:swimcoach@4seasons-club.com)

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