

STINGRAYS



SWIM TEAM
FOUR SEASONS HEALTH CLUB

Summer League 2023

June 1 – July 21

UPDATED 04/12/2023



WHAT IS STINGRAYS?

Stingrays Summer Swim Team is a recreational Summer League swim team representing the Four Seasons Health Club during June and July. 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, 2023, or in some cases, the day of the swim meet. This program is separate from the year-round competitive swim team that trains at Four Seasons I.

Four Seasons 'Stingrays' Swim Team will participate in the Mid-State Swimming Conference (MSC) for the 2023 summer swim season; Stingrays will host MSC meets the following summer. Aside from the Stingrays, six teams currently compete in MSC to provide opportunities for swimmers, families, and teams to compete in a fun, competitive environment in the Summer that includes indoor and outdoor swim meets. It is a large conference that is expanding across Central Illinois and growing. Additional Information can be found here:<https://msc.swimtopia.com>

Summer Coaches

Lead Coach - 8 & Under: Coach Alondra

Lead Coach - 9-10: Coach Kylie

Lead Coach - 11-12: Coach Roxane

Lead Coach - 13 & Over: Coach Allyson

Additional Coaches: Coach Jenna, Coach Katy, Coach Alex, Head Coach Edie

The season runs June 1 - July 21 - (Mid-State Conference and Recreational meets)

Dual/Tri NSC Conference Meets: No events fees, spectator admission fees apply.

Recreational Swim Meets: Events fees apply (ex., El Paso Invite).

2023 Mid-State Conference: Athletes attending at least 3 (three) MSC Conference Swim Meets during the season can compete at Conference on Sunday, July 16. Event fees apply.

2023 Mid-State Conference Juniors: Athletes attending at least 2 (two) MSC Conference Swim Meets during the season can compete at Conference Juniors on Sunday, July 16. Event fees apply.

Attendance:

All Stingrays swimmers are encouraged to attend as many practices as possible.

TEAM PHILOSOPHY:

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

PRE-REQUISITES:

FOUR SEASONS 'Stingrays' Swim Team is open to any child/teen who can demonstrate a basic understanding of all four strokes (butterfly, breaststroke, backstroke, and freestyle). The final approval is at the discretion of the Head Swim Coach. Summer Swim Team is for all swimmers in the community and surrounding areas. You do not have to be a member of Four Seasons to be a part of the Summer Stingrays Swim Team.

PARENT EXPECTATIONS:

We cannot run a successful swim meet without help from the parents. All Stingray families are expected to volunteer at swim meets during the season.

Team Apparel / Swim Suits:

Four Seasons 'Stingrays' Swim Team athletes are not allowed to wear suits, caps, shirts, etc., with any 'club' or 'YMCA' governed team logos at any MSC/recreational swim meets. Competing in apparel not related to a MSC team will be disqualified from the competition.

PROGRAM FEES & REGISTRATION:

2023 Summer Swimmers Only (June/July): \$90.00/Swimmer

Registration for the SUMMER TEAM - Four Seasons Swim Team (Stingrays) can be done through Swimtopia at <https://fourseasonsstingrays.swimtopia.com>. Registrations are charged a \$3.30 fee per athlete which will show up as a 'technology charge' upon registration.

Stingrays current 'Year-round' Swim Team Swimmers: Only pay the technology charge upon registration through Swimtopia at <https://fourseasonsstingrays.swimtopia.com>.

One-on-One Coaching Lessons: \$15.00/lesson for a 30-minute session.

Email coach.stingraysswimteam@gmail.com for scheduling.

Team Suit / Apparel

The 2023_season offers a variety of swimsuit choices for your swimmer.

Female: Speedo Race Maze Super Proback One Piece, color: Speedo Blue

Female: Speedo Race Maze Flyback One Piece, color: Speedo Blue

Male: Speedo Race Maze Jammer, color: Speedo Blue

Male: Speedo Race Maze Brief, color: Speedo Blue

-Or- Any solid black one-piece, jammer, or brief

Purchase: You can purchase your swimsuit through any online retailer (ex: Swim Outlet) or local retailer.



Stingrays Team T-shirt: <https://www.signupgenius.com/go/10C094BAFAF22AAFE34-team>

for order details and payment.

Equipment, swimsuits, etc., can be ordered through the Stingrays Swim Team Store (Swim Outlet)

<https://www.swimoutlet.com/collections/stingraysswimteam>.

What do I need for practice?

- Swimsuit: competitive style
- Goggles
- Swim Cap (required for girls)
- Water Bottle
- Beach Towel
- Kickboard/Pull Buoy
- Fins (if possible)

PRACTICES / MEET - TEAM EVENTS SCHEDULE

SWIM PRACTICES - FOUR SEASONS I (SOUTH/LAP POOL): MORNINGS

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

SUMMER SWIM MEET/EVENTS SCHEDULE:

Day / Date	Event/Meet	Location	Warmups / Meet Start
April 15 - June 1	Registration Opens		https://fourseasonsstingrays.swimtopia.com
(Sa) April 22	Informational Meeting	Four Seasons I Pool Deck	10:00 am

(Th) June 1	T-Shirt Apparel Order Deadline	Signup Genius	https:// www.signupgenius.com/go/ 10C094BAFAF22AAFE34- team
(Th) June 8	FSST, TST @ CWSC	Springfield	5:30 pm / 6:00 pm
(Sa) June, 17	**El Paso Invitational	El Paso	TBA
(Sa) June 10	FSST, DOL @TST	Taylorville	8:30 am / 9:00 am
(Tu) June 13	**Pontiac Pacers Swim Meet	Pontiac	TBA
(Tu) June, 20	FSST, DOL @ CASC	Springfield	5:30 pm / 6:00 pm
(Sa) June 24	FSST, CASC @ DOL	Petersburg	8:30 am / 9:00 am
(Tu) July, 4	No Practice		
July	Team Pictures		TBA
July	Tenative Home Meet	Four Seasons I	TBA
(Th) July 6	FSST, CASC @TST	Taylorville	5:30 pm / 6:00 pm
(Tu) July 11	FSST, CASC @ PCCC	Springfield	5:30 pm / 6:00 pm
(Th) July 13	Pre Championship Party	McGraw Park	6:00 pm
July 16	2023 Mid-State Conference Juniors	Eisenhower Pool, Springfield	8:00 am / 9:00 am
July 16	2023 Mid-State Conference	Eisenhower Pool, Springfield	12:00 pm / 1:00 pm
(F) July, 21	End of the Season Celebration	Four Seasons I	TBA
	**Recreational Meet		Tentative Schedule Meets/Events may be added/changed during the season.

ADDRESSES FOR AWAY MEETS:

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

Pontiac - Pontiac High School: 1100 E Indiana Ave Pontiac, IL 61764

CWSC Gators: 2725 Bennington Dr. Springfield, IL 62704

TST Tidal Waves: Manners Park Pool - S Main St. Taylorville, IL 62568

CASC Seacats: Columbian Aquatic Center - 2200 Meadowbrook Rd. Springfield, IL 62711

DOL Dolphins: Porta High School - BlueJay Rd. Petersburg, IL

Panther Creek Country Club Piranhas: 3001 Panther Creek Dr, Springfield, IL 62711

Please note that we will follow IPDH guidelines about COVID for Swim Team. Meets and practices are subject to change based on updated guidelines.

VOLUNTEER SIGN-UPS

POSTED ON SWIMTOPIA OR SIGN UP GENIUS

WWW.SIGNUPGENIUS.COM/FINDASIGNUP

Enter Head Coach Email:

coach.stingraysswimteam@gmail.com

Click "Search"

Date	Location	Available Slot
5/28/2015 (Thu. 6:00PM - 8:30PM)	Four Seasons	Parent Volunteer Coordinator Awards (2) Bullpen (4)

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.

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. Stingray parents may be asked to time at away swim meets.

***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 Edie 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 Edie 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! If you are interested in this position, contact Coach Edie!

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 as well as signing up online at www.stingraysswim.com by logging into your Stingrays account. Swimmers that do not sign up for a meet will be assumed not to swim 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: All ribbons can be picked up at the pool in the swimmer's file box. Each swimmer who completes the Summer Swim Team season will receive an individual trophy at the awards banquet.

Swim Meet lineups: Swimmers and parents may request events to swim in meets. However, coaches will have the final decision on the swim meet lineups based on what is best overall for the team.

Swim Meets: Bring chairs and activities to do during a swim 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 and bring snacks and plenty to drink during the meet. Swimmers are not allowed in the North or Baby Pools during home swim meets.

Support each other

Treat yourselves, coaches, and other swimmers with respect

Include other swimmers

Never say "can't"

Go for your best time every time

Realize your full potential

Always be prepared and on time for practice and meets

Yell and cheer for teammates

Strive to be Super Stingrays

CONTACT the COACH:

coach.stingraysswimteam@gmail.com

We're excited about another fantastic Summer Season of Stingray Swimming! See you on the pool deck!