

STINGRAYS



SWIM TEAM
FOUR SEASONS HEALTH CLUB

Summer 2026

June 1 – July 18



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, 2025.

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, breaststroke, backstroke and freestyle). The final approval is at the discretion of the Head Swim Coach.

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:

\$100.00/Swimmer

One-on-One Coaching Lessons: 30.00/lesson

Team Suit

No required suit, please purchase anything blue, blue/yellow combined.

If interested Swim Outlet does have a Stingray Suit for both males & females

Female suit: <https://www.swimoutlet.com/products/sporti-stingray-fever-thin-strap-one-piece-swimsuit-22-44-8220096?from=c&color=bluegreen>

Male Suit: <https://www.swimoutlet.com/products/sporti-stingray-fever-jammer-swimsuit-22-44-8220097>



PRACTICES / MEET SCHEDULE / TEAM EVENTS

SWIM PRACTICES (SOUTH/LAP POOL): MORNINGS FIRST PRACTICE JUNE 1ST

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

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 or Online

SUMMER SWIM SCHEDULE:

Day / Date	Team vs.	Location	Warmups / Meet Start
6/16	Inter-Squad Meet	Four Seasons	4:45 PM/5:30 PM
6/18	Bloomington Parks & Rec	O Neil Pool	4:45 PM/5:30 PM
6/23	Family & Friends Fun Meet	Four Seasons	4:45 PM/5:30 PM
6/25	Bloomington Parks & Rec	O Neil Pool	4:45 PM/5:30 PM
7/2	Relay Meet	Anderson	4:45 PM/5:30 PM
7/7	Normal Parks & Rec	Anderson Pool	4:45 PM/5:30 PM
7/9	GE	G.E. Pool	4:30 PM/5:15 PM
7/14	Rain Date for Dual Meets if needed	TBD	TBD
7/18	Conference 10 and under swim in the afternoon 11 and older swim in the morning Finals for 11 and over after 10 & under	Anderson	11 and up: 7:30/8:00am 10 and under timed finals: 11:00/11:30am Finals 11 & over: 5:00/5:30pm

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

O Neil Pool: 1515 West E Chestnut St, Bloomington, IL 61701

TEAM EVENTS:

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Time</i>
June 2	Officials Training	Anderson Pool (Normal)	5:00-7:00pm
June 3	Meet Manager Training	G.E.	5:00-6:00pm
July 12	Pool Party!	Four Seasons Pool Party	3:00-6:00pm

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

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.

***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 Cara Meade

Stingray Swimmer Responsibilities

Sign Up / Sign Out for Swim Meets: Please sign up/out for each swim meet. Sign-up sheets will be a google form or can be signed up with their coach. 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.

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.

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

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

**CONTACT the Family & Facility
Services Manager:**

cmeade@4seasons-club.com