



LRR STINGRAYS

**Parent Meeting
April 26, 2026**

2026 Stingrays Board of Directors

Position	Name(s)	Email
Team Representative	Katy Kownacki	teamrep@lrrstingrays.com
Asst. Team Representative	Theresa Greene	assistantteamrep@lrrstingrays.com
Data Coordinators	Jeff Markowitz	data@lrrstingrays.com
Volunteer Coordinator	Jenny Castilleja	volunteermanager@lrrstingrays.com
Officials Coordinator	Richard Anderson	officials@lrrstingrays.com
Table Workers Coordinator	Kristen van de Graaff	tableworkers@lrrstingrays.com
Treasurer	Gloria Sim	treasurer@lrrstingrays.com
Secretary	Allison Covey	secretary@lrrstingrays.com
Concessions Director	Allison Parsons & Katie Palacios	concessions@lrrstingrays.c





**Why did you
sign up for
the LRR
Stingrays?**

**What's the
best part of
summer
swim?**



2026 STINGGRAYS COACHING STAFF



Head Coach

Jett Lee



Email: headcoach@lrrstingrays.com

Assistant Coach

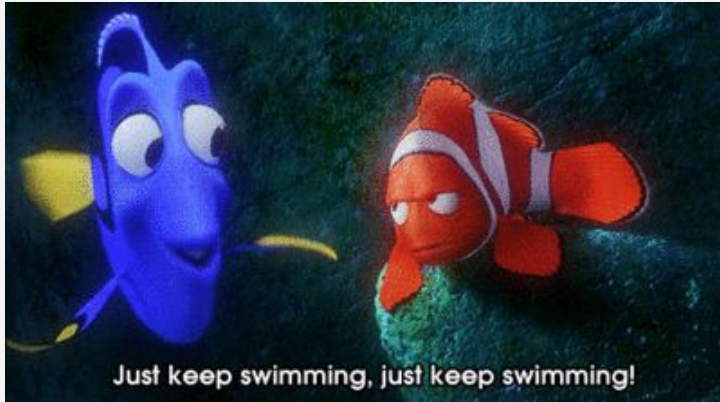
Samantha Rojas



Email: assistantcoach@lrrstingrays.com

JUNIOR COACHES!

Got a swimmer who is 15 or older? Being a junior coach is a great part-time job that connects our older swimmers to our younger ones - this is what sets summer swim apart from any other youth sport!



Requirements:

- 15 years or older
- Lifeguard Certified (Pool Operators license is optional)
- 15 year olds will also need a work permit

Volunteer coaches can be 14 - just need to be interested in helping our youngest swimmers!

Little Stingers Coach

Hannah Warnick



Email: littlestingers@lrrstingrays.com

LITTLE STINGERS

Stingrays “Learn to Swim” program

- Typical ages: 4-8
- Priorities: water safety & pool deck safety

Coach Hannah & Little Stingers Junior Coaches

- Little Stinger Evaluation: tbd
- Swimmers placed into groups based on assessment of swimmer abilities
- Practices: scheduled by group
 - 30 minutes, M-F
 - June 22 - July 24



2026 SCHEDULE



2026 PRACTICE SCHEDULE

Age Group	Afternoon Practice (May 26 – Jun 17)	Saturday Practice (May 30 & June 6 only)	Morning Practice (Jun 18– Jul 20)
13-18	3:45 - 4:45	8:00 - 9:00	8:00 - 9:00
8 & Under	4:45 - 5:30	9:00 - 9:45	9:00 - 9:45
9-10	5:30 - 6:30	9:45 - 10:45	9:45 - 10:45
11-12	6:30 - 7:30	10:45 - 11:45	10:45 - 11:45

- ★ Picture Day (No Practice): June 24
- ★ Practices after July 21 are adjusted for Divisional/All-Star Swimmers



Northern Virginia Swim League

Division 3 Teams

Little Rocky Run <i>Stingrays</i>	Donaldson Run <i>Dolphins</i>	Hunt Valley <i>Stingrays</i>
Little Hunting Park <i>Gators</i>	Mantua <i>Marlins</i>	High Point <i>Hippos</i>

Division 3 2026 Schedule

Saturday, June 20 @ 9am	LRR @ Little Hunting Park
Saturday, June 27 @ 9am	LRR vs. Donaldson Run (HOME)
Saturday, July 4 @ 8am	LRR @ High Point Pool
Saturday, July 11 @ 9am	LRR @ Mantua
Saturday, July 18 @ 9am	LRR vs. Hunt Valley (HOME)



Western Fairfax Development League

WFDL Teams

Little Rocky Run <i>Stingrays</i>	Poplar Tree <i>Pirates</i>	Virginia Run <i>Riptide</i>
Oakton <i>Otters</i>	Pleasant Valley <i>Piranhas</i>	Greenbriar <i>Dolphins</i>

Monday, June 22 @ 6pm	LRR vs. Virginia Run (HOME)
Monday, June 29 @ 6pm	LRR @ Greenbriar
Monday, July 6 @ 6pm	LRR vs. Oakton (HOME)
Monday, July 13 @ 6pm	LRR @ Pleasant Valley <i>IM is the first event at this meet</i>
Monday, July 20 @ 6pm	LRR @ Poplar Tree



2026 NOTABLE DATES

LRR Stingray Events

- **June 13:** Time Trials - 7:30 am Warm-ups
- **June 15:** Makeup Time Trials - 5:30 pm Warm-ups
 - limited lanes, limited or no concessions, no rain date
- **July 1:** Family Fun Night
- **July 25:** End-of-Season Banquet

NVSL Championship Events

- **July 8:** Divisional Relays - pm @ Donaldson Run
- **July 15:** All-Star Relays - pm @ Sleepy Hollow ***MORNING!!!***
- **July 26:** Individual Divisionals @ HOME
- **August 1:** Individual All-Star Championship @ Vienna Woods

the “nitty gritty”



MEET ELIGIBILITY



- **Divisional Meets:**

- NVSL/Saturday meet entries for each swimmer is determined using the ladder and coaches competition strategy

- **Developmental Meets:**

- WFDL/Monday meet entries are open to ALL swimmers, with some restrictions on stroke selections

- *Swimmers may only swim each stroke one time during a “swim week” (Saturday to Friday)*

WEEKLY MEET ENTRIES

Divisional Swimmers
(Determined using the ladder and coaches competition strategy)

Two individual events on Saturday
=
1 exhibition event + IM on Monday

One individual event on Saturday
=
1 regular event, 1 exhibition event + IM on Monday

Developmental Swimmers
(Open to all swimmers)

Meet entries chosen by the swimmer with coach approval if "new" stroke

2 regular events + IM

SwimTopia!



Week at a Glance

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
POOL AM	Practice	Practice	Practice <i>swimmers notified of Saturday participation</i>	Practice	Practice <i>swimmers notified of stroke assignments</i>	NVSL meet	No Swim
POOL PM	WFDL meet		*RELAYS* 7/8 & 7/15		Pep Rally		
ONLINE	Declare swimmer for NVSL meet by midnight		Email notification of NVSL participation	Updated ladder posted (usually by 8pm)		Declare swimmer for WFDL meet by 4pm	



Important Weekly Deadlines

Monday	Midnight	Parents must DECLARE swimmer availability for the upcoming Saturday meet. <i>If NOT declared by this timeline, your swimmer will not be seeded.</i>
Wednesday	8am	Swimmers' families are notified that they have been selected to compete in the upcoming Saturday meet.
Thursday	8pm (approx)	Updated ladder is posted (after opposing team seeding is received from the Division Coordinator).
Friday	During practice	Swimmers are notified of stroke assignments for the Saturday meet.
Saturday	4pm	Parents sign up swimmers for the upcoming Monday night meet. There can be no exceptions to this timeline.

- ★ **Please don't miss deadlines**
 - Usually not recoverable because of the processes that we're required to follow.
- ★ **Monitor email closely**
 - Unexpected things can and do happen. Changes often have to be made with very little advance notice.

VOLUNTEERING

Our season cannot run without volunteers!!!

- Volunteer sign ups open! Sign-ups must be completed before first day of practice or your swimmer will not participate
- Volunteer requirements:
 - Stingray Families - 7 jobs per family
 - Little Stinger ONLY Families - 2 jobs per family (social events)

Other important notes:

- Make sure to check in with the volunteer coordinator when you report for duty
- You are responsible for finding your own replacement if you cannot fulfill your volunteer obligations
- Include your cell phone number when you sign up

VOLUNTEER JOBS

TIMER

*Times the whole meet.
Requires standing. Three
timers needed per lane.
Must be 18+ and wear
white shirt & navy
bottoms.*

MARSHAL

*Monitors assigned area
for safety & volume.
Wears bright vest*

CONCESSIONS

*Works the snack shack **or**
picks up/delivers ordered
items **or** mans the grill
(Monday meets). Two
shifts for open & close*

TABLES / RUNNER

*Verifies times and DQ
sheets. Assists data
coordinators.*

CLERK OF COURSE

*Makes sure swimmers are
in correct lanes.
Organizes swimmers
before the start.*

SET-UP/TAKE-DOWN

*Sets up the pool before
the meet (stacking chairs,
setting up time boards,
etc.), then returns pool to
operating status. Very
physical job.*

SOCIAL EVENTS

*Organizes and helps run
pep rallies, senior night,
family fun night, and
banquet. Set up & take
down of these events*

*****OFFICIAL*****

*Officiates meet. Requires
NVSL training. Email
Officials Manager if
interested - no other
volunteer jobs required*

If your swimmer swims in extra meets, such as relays or divisionals, you may be asked to volunteer at those meets in addition to your standard obligation

STAY INFORMED!!



LRR Stingrays Website:

<https://lrrstingrays.swimtopia.com/>



Follow us on Instagram:

@lrr_stingrays

*Look forward to a
Weekly Newsletter!*



Join us on Facebook:

<https://www.facebook.com/groups/215004806235680/>

“Little Rocky Run Stingrays”

DIVE TEAM???

Little Rocky Run does not have a dive team, but if your swimmer is interested in dive, they are allowed to join any other NVSL dive team while swimming for the Stingrays!



Greenbriar:

<https://greenbriar-pool-dive-team.swimtopia.com/>



Fairfax Station:

<https://fairfaxstationflyers.swimtopia.com/dive-teame>



Lakeview (Kings Park West):

<https://lakeview.swimtopia.com/>

TEAM SUIT & CAP

Team Suit Store through Cassel's Sporting Goods - open until May 10!



<https://littlerockyrunteamsuits2026.itemorder.com/shop/home/>

SPIRITWEAR

Buy your Stingrays Spiritwear through Custom Apparel by Dana!



<https://fca309-86.myshopify.com/collections/lrr-stingrays>

Submit your order by May 28!



GO STINGGRAYS!!!