

## Introduction

The Stonecreek Swim Team Board of Directors and the Coaching staff would like to welcome you all to another season and our championship team.

If you are new to us, we know how those first few weeks can leave you a little lost as you navigate through finding all the information that you need. This survival guide is your go to source for many of the answers you need. If you've been with us awhile, please take a look at these pages for any updates and changes. As Coach Herbert says in his welcome letter, we are always learning and growing.

If you still have questions after checking these pages, please do not hesitate to reach out to us. If any of us do not know the answer, we will find out. You also just might hit on something else we need to add to these pages. It takes a team, and you are a vital part of it.

Step 1 though...get connected so that if a weather event occurs or some other emergency that you need to know about happens you will have the up to the minute information that you need. Join our [Remind group](#) and bookmark our [team website](#).

[Step 2](#)-Find out how to log in to your very own account on Swimtopia. Some of the information you need on this website is password protected and you will most certainly want to know your swimmers times after the meets. Logging in provides you with all of this information. There's an app too for those of you that use mobile devices more than desktops.

The best communication is through each other though so please share information with your swim friends, even if you think they may know it already. This way everyone will be in the loop!

Here at Stone Creek Stingrays we strive for excellence both in the water and on the deck. In order for our swimmers & Team, to achieve this, and be a Championship Team, there are some Core Values and Principles that need to be exhibited. These Values and Principles are ultimately derived from the Head Coach, and Coaching Staff and are needed in order for the Team's success.

Below are the key ones for STCST.

- **Safety**
- **Team**
- **Commitment**
- **Spormanship**
- **Teamwork**

**Safety** is the #1 goal for the Stingrays. The Coaching Staff & Board, make this our #1 priority for the Team. Teaching & instilling this into our stingrays while in or around water is critical and essential. All decisions made by the Board and Coaching Staff for this team during the season have this as our primary objective. Hence we ask our parents and swimmers to do the same when participating in team events and activities, having that safe eye, not only for yourself but for others on the team on the whole. Where everyone is looking out for each other, hence the team on the whole is safe at all times.

**Team** refers to the STC Swim Team as a whole. This includes swimmers, parents, grand-parents, siblings, and friends. Since as a team, you are stronger together as a whole than an individual. You are also as strong as your weakest link. So we emphasize togetherness, comradery, and family. Together we stand, together we fall. Everyone matters, our Coaching staff coach a team of swimmers not individuals. Where we share one goal which is - "We Rule the Water". Achieving this, the swimmers must train and swim, HARD, FAST, and SMART. In other words, everyone should strive to achieve their best at all times. We look out for one another, take care of one another and cheer for one another. Where everyone is on the same page, with one voice, one goal, one team, one desire "To Rule The Water". Finally, since we are a team, our actions must reflect this, no one is above the team, and every swimmer, team official, team volunteer, parent, board member, and coaching staff is important to the success of the Stone Creek Stingrays Swim Team. We need to have the mentality that it's "All for one, and one for all". Hence why they say there is no I in TEAM.

**Commitment** is a principal component to every successful person or Championship Team. You can only control you, you are only accountable for you, and only you can determine your success. This is very important for swimmer's/athlete's to learn, not only for competition but for life in general. If every stingray has this mentality, and is coming to practice, and meets with this type mindset then we are all on the same page, and you need to be willing to put in what is required for you and the team's success. Coming to practice regularly, competing in our Dual Meets, Invitationals, and Postseason Meets are vital to the success of the team. Recognizing that the Team has a Season that lasts 11 weeks, and ensuring that you play a major role, you are attending, and are being accounted for, in your training and performances. Realizing that your success, and the team's success go hand in hand. With this type of attitude in our team

then the Stingrays continued success, in our new Division and in NWAL, will continue to be on its upward trajectory of progress within the league.

**Sportsmanship** is one of the major key components to a successful team. It's the affirmation that a swimmer/athlete is disciplined enough to have perspective, maintain poise and do what's best for his or her teammates during competition. It's an understanding of and a commitment to fair play, ethical behavior, integrity, and general goodwill towards fellow teammates, officials, and opponents. When we cheer or support, we do this for the whole team, not just for certain swimmers on our team. We need to show our fellow competitors courtesy, respect and kindness. Stingrays must congratulate their competitors after each race, before leaving the pool or deck, by shaking the hands, or with a hand gesture or a verbal acknowledgement to the other swimmers in their heat, including those from the opposing team. Historically, our team has exhibited good sportsmanship, and we intend to see and hear this continue. Our Coaching Staff tries to instill it by showing a "practice what you preach" mentality. They also reinforce it with our older stingrays, explaining that they need to also lead by example, by showing the younger stingrays how it is done at practice, on deck, during meets, and all scheduled team events.

**Teamwork** is what we do collectively together as a team. It's another key component of a Championship Team. Are we all working on the same common goal, are you being challenged & challenging your fellow teammates? The role of your coach is to challenge your swimmers to be out of their comfort zone, only then will they be able to reach their goals. With everyone being accountable, and looking out for each other, this helps build a family, that team bond, and it helps reinforce community togetherness, where you look out for each other while striving for excellence, helping your teammates and giving back to the community. Younger, and less experienced swimmers and their parents gain confidence, and it also emphasizes the importance of positive communication, and feedback. You are a product of your environment, and if we can nurture this positivity, this togetherness, this drive within the team, then they will now be more open to the coach's instruction, less likely to get flustered, and take the options and comments with an awareness to listen and use as constructive. They'll also be more aware of their own errors, looking out for them, and being mindful when they occur, and hence more willing to correct these errors. Remember the old saying, that "You can only get out what you put in". If we are all doing this with that common goal of success, then win, lose or draw we will be giving our best, in practice and in competition. Then all we can do is see where the chips land. Hence this reinforces the quote that says "Teamwork makes the Dream work". With this in mind, now we will have a greater chance of success, since there is and I, in Win, and like our motto says "We Rule the Water".

Finally If we as a Team, train with the mentality that we Swim to Win. Since we determine our destiny! No one or other Team does, only we do!!! Then the Latin saying "Possunt Quia Posse Videntur" which in Latin means "They can because they think they can". Will come through, since Champions don't wait for it to happen, they make it happen.

## **ATHLETE EXPECTATIONS**

- Come prepared for practice everyday, this includes a proper suit, towel, dry land gear and fluids for hydration. This is for all practices.
- Be on the deck and in the proper attire, on time, and ready to begin each practice.
- When the coaches are addressing the swimmers in practice, only the coach should be talking. Listen and follow directions given by the coaches, and refrain from talking back, or arguing with them since this is disruptive, and can be considered rude, and disrespectful.
- Stay for the entire practice time unless prior approval from the coach has been given. If you need to leave practice early, kindly address one of the coaching staff cordially.
- Be courteous: use proper language, and tone of voice, including refraining from negative comments, about or to any swimmer, coaching staff or anyone in general, during practices, meets, and team functions.
- Come with a positive attitude daily, with accountability to yourself and your fellow teammates. This ensures that everyone is striving for excellence.
- Keep your hands and feet to yourself -- no splashing, dunking, hitting anyone, or horseplay, etc will be tolerated during practice, and definitely not at meets.
- Properly use equipment including avoiding throwing goggles/caps, sitting or standing on kickboards under water, hanging on lane lines. Since these are dangerous practices and should be avoided for the safety of the team.
- Walk on the deck at all times.
- Follow all posted rules for the facilities we use during practice and at meets.
- Take care of the facility, Clubhouse & bathrooms. Treat them in the way you would want someone to treat your home.
- Report any improper behavior found in the restroom/locker room, deck, play park area, or parking lot to a Coach immediately. If none are available, then have your parents bring it to the attention of a Board Member.
- All Coaching staff decisions are final.
- All Concerns & complaints should be brought and addressed to any coaching staff individually, and not open to the whole team. If during practice ask to speak cordially with a coach so as to not disrupt the practice or address the issue with an available Board Member.

## **Facility Expectations**

- Young children should be under the supervision of a parent, guardian or authorized person when on the grounds and not in the pool area.
- Tennis court areas are for StoneCreek residents utilizing it to play tennis or related activities.
- Keep all areas clean after utilizing them. This includes the basketball courts, bathrooms and back park space.
- Splash Pad is only open during community pool hours for residents of StoneCreek and their guests. It should not be used during swim team practices.



## NORTHWEST AQUATIC LEAGUE PARENT/COACH CODE OF CONDUCT

Children's sports are supposed to be fun-for the children. Unfortunately, many parent, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following Code of Conduct is for parents and spectators to abide by at every practice, meet and invitational.

### Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

### I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups. 1
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, vapes, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet/Invitational suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Parent/Guardian signature

# Safety Protocols

## Covid-19 Prevention

Prevention of Covid-19 through the wearing of masks is encouraged if you are at greater risk of exposure. Athletes should come dressed for practice each day, but stay home if they are unwell, suspect exposure or have symptoms. Once they arrive, their temperature will be checked and recorded. Once practice is completed they are asked to exit out the back gate to minimize traffic at check-in.

If a swimmer develops symptoms or is exposed at any time outside of practice, we ask that you notify us ASAP so that we can begin our contact tracing, by notifying any swimmer, parent, volunteer or coach that was at practice and came into contact with the said swimmer. Please bring documentation of negative Covid tests or isolate the CDC recommended number of days before returning to practice.

## Medications and Health Concerns

All Medical conditions of swimmers should be brought to the Head Coach's attention, so the team can keep a record of all swimmers with updated medical conditions. Also to avoid any serious health crisis, emergency based medication, such as epi-pens or inhalers, we strongly advise that these devices should be brought to every practice and meet. At check-in daily the device should be placed in a ziplock bag and labeled clearly with the swimmers name. It should be handed to either a check-in desk volunteer, or a coaching staff who will ensure it is placed in the designated receptacle. It can be picked up at the end of practice or at the end of every week. If possible and extra one is available it's advised that the device be left with the coaching staff for the season. This way if there is a medical emergency, all coaches, volunteers will have at hand, and know where to go and get the appropriate medication to administer if needed.

Any chronic health concerns that may impact or be exacerbated by practice should be brought to the Head Coach's attention. So workouts could be adjusted to prevent further injury. If an athlete becomes ill, they are advised to stay home to prevent spreading the illness within the team.

## Safety on the Deck

Swimmers are expected to follow the [code of conduct](#) at all times, which can also be accessed within the Survival Guide on the website. They are expected to follow the Facility Pool Rules at all times at practice, and while away at a Dual Meet or NWAL Invitational.

We ask that parents remain outside the gate during practices to minimize traffic on the deck, and for everyone's safety. We also advise that the gate used to enter practice should not be used to exit practice. This is to avoid congestion by the check-in desk. All swimmers are asked to exit the pool area by the play park after every practice. But in the event of an emergency swimmers and volunteers should exit the pool under the coaching staff instructions. Parents and

siblings are more than welcome to go to the park at the back of the pool, and sit and watch the practice.

### **Inclement Weather**

Coaching staff make the final call on any weather event that will pose a safety risk during practice. If rain is heavy enough that visibility of the bottom of the pool is impaired, practice/meet may be delayed or canceled. At the first visible or audible sound of thunder and lightning, practice will be immediately delayed/canceled for at least 30 minutes after sighting. At that time all swimmers, volunteers as well as coaching staff will clear the pool deck immediately. At that time we ask that everyone should evacuate to a safe place and await further instructions as to the recommencement of practice/meet.

Swim Invitationals are determined by the facility rules which may be different from NWAL rules, and they are called by the Meet Referee. Every attempt to provide notice as soon as possible will be made by communicating first through Remind or onsite. Website notice will also be provided if possible, but may have a delay.

# Swim Practice

## Practice Schedule 2022 Season

Practices run Tuesday through Friday

**Kindly note that all former Stingray Swimmers will initially remain in the Group they were assigned & practiced in last season. All new swimmers to the team will have to complete an In Water Evaluation on the dates below, also former swimmers will be evaluated and all Groups will be made final after the Time Trial. Groups are assessed by skill level instead of age.**

**April 12th, 2022-April 22nd, 2022-** All groups come prepared for Dryland with tennis shoes, water/Gatorade. If a mask is worn, please bring a labeled ziplock bag to store it in for moments not in use during practice. Also **any swimmer with a medical condition i.e asthmatic, or with severe allergic reaction using an epipen, will need to have it in a labeled ziplock bag for the Coaches to have for practice and Meets.**

- Advance Group - 4:00-5:00 PM (New High School swimmers)
- Beginner Group - 5:00-5:30 PM (New Elementary swimmers)
- Intermediate Group - 5:00-5:45 PM (New Middle School Swimmers)
- Lesson Group - No Dryland if in preschool, Elementary & above may attend at Head Coach's discretion.

**April 26th and 27th 2022-** In Water Tryouts and Group placement. **Pup Program also begins.** Bring a mask (with labeled ziplock bag), water/Gatorade, Towels, Goggles, a swim cap and suit, and swim aid equipment (kickboards etc...) if you own it. Also **any swimmer with a medical condition i.e asthmatic, or with severe allergic reaction using an epipen, will need to have it in a labeled ziplock bag for the Coaches to have for practice and Meets.** Put your suit on under your clothes prior to coming to practice.

- New High School Swimmers - 4:00-5:00 PM
- New Middle & Elementary Swimmers - 5:00-5:30 PM
- All prior Groups swimmers come at the times above for the first two weeks.

**New Swimmer Tryouts after April 27th will be held on Tuesdays and Thursdays until May 5, 2022.**

**May 3rd through May 26, 2022 - Regular Practice**

- Advanced 4:00 - 5:00 PM
- Lessons 5:00 - 5:30 PM
- Beginners 5:00 - 5:30 PM
- Intermediate 5:30 - 6:10 PM

**May 27, 2022-TBD**

## **May 31st -June 10th 2022-SUMMER PRACTICE**

Morning Practice: Tuesday's - Friday's

- 6:00AM - 7:45AM Advanced
- 7:45AM - 8:15AM. Lessons
- 7:45AM - 8:30AM. Beginners
- 8:15AM - 9:30AM Intermediate

Evening Practice : Tuesday's - Thursday's

8:15PM - 9:15PM

All competitive swimmers are strongly encouraged to practice within their assigned group, and to come to both practices. Morning practice will focus on stroke correction, while evening practice will solely focus on starts and turns.

**June 14th-June 17th 2022**-Divisional Practice

**June 21st-24th 2022**-Invitational Practice

Be on time, dressed-out and ready to swim at your appointed practice time. You will not be allowed in the pool area if you are not scheduled to swim.

### **DAILY PRACTICE CHECKLIST**

1. Tennis Shoes and Dryland Clothes-Be prepared for Dryland at all times.
2. Practice Suit - Girls must wear one-piece suits
3. Goggles - we recommend Jr. Vanquishers
4. Swim Cap - long hair must be capped, you can buy these from the team
5. Towel - early season practices are cold, bring extra towels to keep warm
6. Water Bottle - it's easy to become dehydrated, please bring water to drink
7. Good Attitude - smile, it's contagious

Swimmers must check in with the parent volunteer working gate duty.

Our coaches are certified Red Cross Life Guards, HOWEVER, there are no additional life-guards on duty. To ensure the safety of parents, siblings and other team members not currently swimming, NO ONE is allowed on deck during practice.

Refrain from approaching the coaches during practice. If you have a question/concern for a coach, please see her/him between practices, through email or by phone.

# Dual Meets and Divisionals

When you join the Stone Creek Stingrays, you have the opportunity to either swim competitively or choose to be non competitive. All the daily practices lead to us competing in the NWAL Summer League against other teams in our Division. Practices are Tuesdays to Fridays starting April 12th for the next eleven weeks, with Meets on Saturdays, in May and June. The NWAL Season begins with our in-house Time Trial/Mock Meet on May 7th, and it will end with our Divisional Meet on June 18th. This is considered the regular season and what your registration fees cover. In addition we have Mid-Season & Postseason Invitationals that we attend that require qualification times to be eligible for entry and a nominal per race fee that is charged by the invitational hosts.

For 2022 we are a part of the W4 Division, with the following Team: Bridgestone, Country Lake Estates, Wimbledon, Heatherwood & Cypress Mill.

Below is our Met Schedule for the 2022 NWAL Season.

## Schedule

May 7-Home in house mock meet and time trials.

May 14-Away at Bridgestone

May 21-Home with Country Lake Estates

May 28-Away at Wimbledon

June 4-Home with Heatherwood

June 5-Summer Heat invitational

June 11-Away at Cypress Mill

June 12-Pentathlon invitational

June 18-Divisionals at Home

June 24-26-RWB and Ponderosa invitationals

## Attendance

Competition is an integral part of our swimmers growth and development, helping our youth understand what their practice leads up to, motivating them for further success, giving them avenues for setting goals and helping them grow skills such as grit, perseverance, good sportsmanship and teamwork. Mark and clear your calendars early to make the most of the experience and do your part within the team. Communication is key. If there is a reason you cannot make a meet, let a coach know. After two absences with no communication our coaches have to take action to protect the interests of the team. Consequences include not being entered into future meets or relays.

## Meet Preparation

Arrival time for our meets is generally around 6:30 AM to give swimmers time to settle in and for the adults to find a halfway decent parking spot. (Parking is at a commodity) Bring tents and canopies for shade, cover for the ground as some of our swimmers lay out between races, lawn

chairs and some cash for the concession stand to support your team. Coolers with healthy snacks and hydration are also good. Also be sure to pack the extra pair of mirrored or shaded goggles for outside meets in case the main pair breaks.

### **Time Trials**

This is our in-house practice meet for both our swimmers and our volunteers. By NWAL rules we cannot enter any swimmer into a dual meet race with no time (or NT for short) for this reason as well it is important for all to be present. Even though this is a practice meet, the time earned sets the seeding (what lane swimmers swim in) for the next meet so it is important for swimmers to try to get their best time.

If you cannot make this meet, please let one of your coaches know as soon as you know. Practice will have to be used to get a time in so the earlier they know, the easier it is to get this taken care of. There are tight deadlines to enter swimmers into the dual meets so a limited number of opportunities the longer you wait to let the coaches know.

### **Dual Meets**

Again, arrive at 6:30 am. Each team has a designated spot to set up tents so watch your email for instructions or check the website calendar for information as it comes out. We do everything as a team so find your fellow Stingrays at setup. The first thing swimmers should do is check-in. There will be a table set up to find out race and lane assignments and to let the coaches know you are here. This is critical for relays as there is a scratch meeting before the meet starts where alternates are added to those events.

To help swimmers know when they will go to the ready bench for their races a sharpie is usually used to write event numbers on their arms. Sometimes even heat and lane information can be written, but can change at the ready bench more readily in a dual meet. It may look like this:

<b>E</b>	<b>H</b>	<b>L</b>
<b>11</b>	<b>1</b>	<b>3</b>
<b>23</b>	<b>1</b>	<b>4</b>
<b>33</b>	<b>1</b>	<b>6</b>
<b>59</b>	<b>2</b>	<b>3</b>
<b>79</b>	<b>1</b>	<b>5</b>

At dual meets, swimmers are entered into no more than 3 individual races and 2 relays. Our coaches choose these events to balance the needs of the team and make the best decision for the athlete's growth. All competitive swimmers are also automatically entered into every meet unless they notify the coaches of an absence.

After check in there will be a warmup, an officials meeting and a timer's meeting. If you signed up to volunteer please check in with the volunteer coordinator for instructions. If you haven't signed up and you can volunteer, let them know as well. There is likely some place you can be used to help.

## **Relays**

There are two sets of relays in a meet. The first is at the beginning and the second is at the very end. It is imperative that you do not leave the meet early without checking in with a coach and notifying them; even if your swimmer is not in that ending relay. Your swimmer may be an alternate. Nothing is sadder than seeing three upset swimmer faces when their teammate cannot be found and they now do not have the opportunity to compete. Just like individual events, the coaches determine who is on the relays and in what order they swim.

## **Results**

Official results are often posted somewhere around the deck, but if you miss it they will become available in Swimtopia. There is a mobile app too where you can find a record of past and future times.

Look for success in a number of ways. Individually your swimmer may place in a race and earn a ribbon or medal, but they may also grow and earn a PB (personal best) They contribute to the team as well and earn points. These points in head to head competition determine if the Stingrays will come out at the top of the standings for another year. All are worthy of celebration.

## **Divisionals**

The last regular season meet has all teams in the division competing together in a divisional. In order to be entered into this meet, swimmers need to have competed in two dual meets. Invitationals do not count. There is also an added mixed relay in the middle of the meet.

# The Ins and Outs of Invitationals

NWAL Summer League is the biggest youth swimming league in the USA, and the season comprises the following types of Swim Meets. A Time Trial (In-House), Dual Meets with each Team in your respective Division, a Divisional Championship Meet with all Teams in your respective Division, and Invitationals both Mid Season & Postseason with all Teams in NWAL..

These Invitationals are not restricted to any Division, or individual Team, since the only way a Team, or swimmer can participate or be entered, is to meet the required time standard for your swimmer's age group. Hence participants that make them are able to see and experience their true growth in the water as their entry in the meet isn't handed to them like in Dual Meets, and swimmers have to meet a predetermined time standard in order to participate.

Mid Season Invitationals are like its name implies, they are usually in the middle of the NWAL season. It officially kicks off with the In-house Time Trial, and it ends with the Divisional Championship Meet. Our STC Stingray Swim Team usually goes to two Mid Season and two Postseason Invitational Meets every Season where going to these meets offers a variety of opportunities to compete with the best swimmers across NWAL, and this helps grow our champions into top notch swimmers.

These Invitationals have an additional fee per event including Relays, with most having qualifying times depending on your age group. With these meets having time standards, the swimmers are able to put their skills to the test without the limitations of a maximum number of events, like with Dual meets. Since their participation can only be guaranteed by meeting the standard for each event. These are the meets where swimmers drop serious time as they compete with the best of the best.

To take advantage of this opportunity, the first thing a swimmer will want to do is pay attention to the qualifying times and then set a goal to make them early on in the dual meets. Check out some of the qualifying times from the 2022 season below, including the pinnacle Postseason Ponderosa Invitational which is called "The Best Of The Best Meet", and it occurs on the last weekend in June.

Mid Season Qualifying Times-Please be advised that alternate invitationals may be picked if entry caps are reached. The earlier we can confirm your attendance, the better chance we have of not being locked out of an invitational.

Date(s)	Meet
June 5	Summer Heat
June 12	Pentathlon

End of Season Qualifying Times

Date(s)	Meet
June 25-26	Ponderosa
June 24-26	RWB

Some Invitationals have what is called a \*Bonus\* which means usually if you can qualify for 3 events you can swim for all. Some, like the Pentathlon, are structured differently with each swimmer swimming every stroke and the ribbon winners determined by a combined score. Our coaching staff picks out the best series of invitationals to provide the greatest growth for the team.

### **Signing Up**

Just like in Dual Meets, Coaching staff will choose the events for swimmers. The only difference is that swimmers are entered in all events they qualify for, and hence they will need to pay for those events or [opt out](#) of the invitational. While every athlete has a favorite stroke, we believe in well rounded athletes, which will allow them growth in all their strokes and therefore choosing to opt out of individual strokes isn't allowed. If there is an injury that a coach needs to be aware of that could be exacerbated by performing, please discuss it with them. Coaching staff has the final authority on what events are signed up for. For more information on this policy and its rationale, please see [Practice and Meet Expectations](#). Payment for invitationals can be processed at the front desk.

### **Mid Season Invitational Protocols**

Because we are a team, we sit together as a team. If the invitational is set up outside, bring your canopy's for cover, tarps for the ground to keep your athlete dry, coolers with snacks and beverages to keep everyone hydrated and energized, blankets, camping cots, chairs to rest between races etc... If the setup is indoors, the canopy may not be needed, and spacing may be tight but the same niceties apply.

**We collect any awards at the end of the meet so that we get them all, but also so that we have an opportunity to celebrate your athlete as a team at a later ceremony. Please do not go collect your ribbon and take it home as your athlete will miss out on this.**

Please also keep an ear open for any team building, social activities we may pull together around invitationals. We may spontaneously organize to go hang out at a restaurant afterwards to catch a bite to eat together so keep an eye on Remind.

### **End of Season Invitational Protocols**

The last week of practice is reserved for all who have qualified and are registered for the end of season invitationals. We have a tradition on one of the last mornings of practice to hold a send off breakfast for our athletes as well.

Some of our athletes will achieve times to qualify for Ponderosa, and Red, White & Blue. We put up the timelines for the end of season invitationals so that our athletes can coordinate and not have to sacrifice their races at one of the other invitationals to compete at Ponderosa. Our head coach and many of our veteran parents have experience with this and can strategize with you.

We again sit together as a team, but because this may be the last time we see each other, you can go ahead and pick up your ribbons and medals. Rest assured, if any are left behind we will still have someone to collect them and they will be available at StoneCreek.

### **Invitational Swag**

Most invitationals have t-shirts and other merchandise available for purchase at the meets. Some also have pre-order options available. Watch this website for more information on how to pre order as the season progresses.

### **Results**

Results will become available in Swimtopia sometime after the meet is held, but they are also posted on location.

# Team Swimsuit and Gear

## Swimsuit

Our team colors are blue and black. The suit we have chosen for the team is the [Nike Hydrastrong Tie Die in Game Royal](#). This suit comes in two different back styles for females (Crossback and Spiderback) and in both a jammer and brief for males. This suit should be reserved for competition to provide the greatest durability and competitive edge. Unlike other articles of clothing, swimsuits are not bought bigger to grow into. You want the suit to be form fitting and most likely of a smaller size than you are used to prevent drag in competition and repel water. To get the best edge in swimming, most competitive swimmers choose suits one to two sizes lower. High School girls run from sizes 24-28. Buying smaller increases the durability of the suit as well because as the suit loosens from the water it will adapt to fit the swimmer and reduces the damage done to baggy fabric. If you are unsure of your athlete's size you can use sizing charts ([female/male](#)) or go to a swim store like D &J's to be measured. Check in with the front desk to speak with a coach for their expertise, or ask for opportunities to be measured. Any similar suit in style of the athletes choice in our team colors should be used for practice. Lycra and Spandex tend to wear out faster, while Polyester blends are more durable. Ensure your athlete rinses the chlorine out after practice for the greatest durability.



Crossback



Spiderback



Jammer



Brief

## Swim Goggles

A quality pair of goggles will prevent a lot of mishaps interfering with an athlete's best performance on race day. Walmart and Target brands do not tend to get a good seal or fit and

athletes will lose them when they come off the blocks. Affordable competition grade goggles such as Tyr Velocity or Speedo Vanquishers are popular brands. If your athlete wears glasses they even come in optical varieties to match their prescription. Get multiple pairs in case one breaks. Also, have on hand a clear pair for invitationals and indoor meets and a mirrored or darkened pair for outdoor competitions.

### **Swim Cap**

Silicone caps tend to last the longest. Any good cap is recommended for practice, and if you have long hair consider turning your ponytail up into the cap rather than bun style. [Team Caps](#) for meets are available for purchase for \$7

It takes a village to pull off a swim season. While we, like many area teams, collect a volunteering deposit it is not our intention to use it as a source of income. We can't do this without our volunteers and keep our rates affordable. Volunteering has tremendous rewards though beyond just the return of a check at the end of the season. It's an opportunity to dive in, get connected and utilize your unique talents to help enhance the experiences our athletes have. To find out more on how you can help out, please contact [volunteercoordinator@stonecreekstingrays.com](mailto:volunteercoordinator@stonecreekstingrays.com)

**Requirements for return of deposit:**

- 35 Pts Total
- Volunteer at 2 dual meets
- Volunteer at 1 invitational or divisional.

Extenuating circumstances will be considered by presenting them to the board.

**High Schoolers**

1 hr per week for a total of 10 hours to receive the high school rate.

*Volunteer work by any swimmer regardless of age, done in excess of any other volunteer requirements may be applied to the family's commitment.*

Any high school student joining independently, may fulfill the family volunteer requirement without putting down a deposit, by signing and completing an agreement to complete 20 hours of volunteer work throughout the season.

- [High School Swimmer Registration Discount Waiver. for Swimmer with Additional Swim Siblings.](#)
- [High School Swimmer Volunteer Check & Registration Discount Waiver.](#)

2 pts are earned for every hour volunteered.

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**Committees**

Become a part of the committees that plan and do much of the behind the scenes work. They are:

**Maintenance-** Liaisons with the board and the coaching staff and is responsible for cleaning bathrooms, organizing garage, repairing various equipment and setting up/taking down for meets and practice as needed.

**Front Desk-** Manages daily attendance at practice, check in at Meets, directs parents to information on websites as needed to answer their questions, Receipts for payments made for registration, invitationals, volunteer deposits etc...helps treasurer with collection of funds.

**Banquet/Social-** Liaisons with the board and plans venue and activities for end of year banquet and during season social activities including annual end of year invitational morning breakfast.

**Concession-** Maintains inventory, menu (after consulting with coaching staff to ensure food choices that help athlete performance) and staffing for home meet concessions stands and snack bars.

**Fundraising-** Plans revenue generating opportunities for the team including fundraising events such as dinners and game nights, spirit nights with local restaurants, swim a thons etc... and executes those events.

**Merchandise-** Assists with the order and distribution of the team t-shirt. Maintains inventory and sales of other merchandise such as team caps, additional t-shirts, Team Mom or Team Dad shirts etc. Also responsible for disseminating information on divisional and invitational swag and organizing pre-ordering for that.

**Volunteer-** Liaisons with the board and coaching staff to help coordinate point tallies for volunteer requirements, finds volunteers for critical areas and ensures meets are adequately staffed. Also maintains and collects stopwatches for meets.

**Communication-** Liaisons with the board, coaching staff and committee leads to Assists with webpage, Remind, phone trees to update and disseminate information (Including emergency cancellations) to the team. Translators needed for this committee as well.

**Officials/Meets-** Takes appropriate training, works with coaching staff on infractions and understanding their role, and serves in the role at the meet to help it run. Roles include, Referee, Starter, Stroke and Turn officials, Computers (Lead), Ready Bench (Lead) of which all require a background check. Additionally Ready bench assistants, Timers, Runners, DJ/Announcer, Computer Assistants serve on this committee.

**Awards-** Recommend end of year trophies/certificates. Work with coaching staff to plan awards for mid and end of season award ceremonies. Ensure mid-season invitational ribbons are picked up at the end of the meet for the mid season ceremony. Get Ribbons and prepare them from each dual meet.

**Membership/Registration-** Assist with recruitment events. Help with beginning of year registration and assist in ensuring accurate records.

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## **Volunteering at Meets**

A meet could not happen without the help of many volunteers. Look for sign up for any of these roles.

**Setup** (Home Meets Only)- Usually done the night before and incentivized with a higher point value. This includes setting up tents over the swimmer area, cordoning off deck area, moving ready bench and behind the block furniture and bringing out the concession side blocks.

**Tear Down** (Home Meets Only)- Done after the meet and incentivized with a higher point value. This includes taking down, and putting away all of the meet furniture, as well as any cleanup on the grounds, in the bathrooms and in the kitchen.

**Head Timer**- Keeps two stop watches running for each race in case one of the lane timers has a watch malfunction. Swaps with lane timers watches as needed. Also helps the referee ensure that all lanes have the proper number of timekeepers.

**Lane Timers**-Start and Stop watches for races.

**Timer/Scribe**-Start and stops watches for races as well as writes down times from all 3 timers in lane.

**Ready Bench Lead**- Organizes the swimmers by Event, Heat, and Lane on the benches. Ensures that the swimmers are lined up, and taken to the correct end of the pool for each Event and Heat being swum. Communicates with the referee and works with him/her to combine heats as needed. Also ensures the heats are flowing to blocks to keep Swim Meet rolling, may hold Clerk of Course certification.

**Ready Bench Assistant**- Helps Lead with any tasks they need including getting messages to announcer, or computer personnel, helping swimmers get to blocks etc...

**Concessions Lead**- Works with the board to determine inventory needs and manages the concession stand at the home meets. Checks with coaching staff to ensure that some of the items on the menu have adequate nutrition for swimmers. Also responsible for the flow of cash.

**Concessions Assistant**- Helps in the concession stand. May involve preparation & heating of items, and light cleanup. May also run water out to officials and coaches, and meet volunteers.

**Computer Time Verifiers**- Assists with verification of times between time sheets, and final result report. May also assist computer personnel with data entry and printing.

**Time Sheet Runner**- Gathers completed Timer Sheets from the timers, and carries them to the computer room. Post Meet Results, brings new Timer sheets out to timers as needed and directed by the Head of Computer's. May pass messages to the referee from the computer room.

**Ready Bench Runner-** Passes messages between the computer room, and the Lead of Ready Bench. Also communicates with the announcer on what events are needed at the ready bench and any missing swimmers for upcoming heats. May also pass messages between referee and ready bench.

**Custodial-** Checks bathrooms periodically for needed toiletries. Cleans as needed. Surveys grounds and reminds families to clean up and “leave no trace”.

**Check In Desk-** Takes temperatures of swimmers, marks attendance for the swim meet, and helps them know their races. Writes event information on swimmers arms with sharpie if needed, to help the swimmers remember their events.

**Age Group Mom/Dad-** Stays with their group of younger swimmers in the team family tents to help them know when they should be reporting to the ready bench. Assists with caps, goggles and other needs. May assist at check-in.

**Announcer-** Plays the in between races music and makes announcements for meet as necessary.

**Officials-** Requires specialized NWAL rules training and certification plus a passed background check. These people will be wearing badges and usually wearing white. They run the meets.

*Referees-* Meet and Deck Referee may be the same person, but the Meet referee is the lead official and may be anywhere on the grounds managing the meet. The Deck Referee blows the whistle by the starter and keeps the meet flowing.

*Starter-* Announces each race and sends the swimmers off.

*Stroke and Turn Officials-* Alerts the Referee of any rule infractions (DQ's) seen in their jurisdiction.

*Team Representative-* Is the liaison between the coaching staff, other officials and the opposing team. Is also a communication center for our team's parents at a meet.

*Computers-* Enters results from races into the Swimtopia system.

**COC-Clerk of Course-** Ensures entries into races are following NWAL rules.

We are a 501(c) non profit organization who aims to provide the highest quality experience for swimmers in our communities while maintaining affordable registration fees. Fundraising activities allow us to support those registration rates, provide assistance to low income families, purchase needed equipment, pay for relays at invitationals and provide a season long set of team building activities culminating in our end of year awards banquet. Every dollar counts!

Many of our fundraising activities can be boosted by asking local businesses to donate items off our requested donation list or making a donation of these items yourself. Here is sample list of the things needed.

### [Needed Donation Items](#)

#### **Stonecreek Booster Program**

For a single \$25 donation we will thank our Silver Boosters with their very own StoneCreek Stingray Booster Decal so that all know their contribution to helping our swimmers on their journey to becoming champions. Gold level Boosters who contribute \$50 or more are invited to attend our invite event on May 14, 2022.

### [Booster Application](#)

#### **Stonecreek Sponsorship Program**

Area businesses can give their advertising dollars an altruistic spirit as well, by sponsoring anywhere from \$25 to the sky's the limit. For more information on how we thank our sponsors and send your business logo for advertising, please contact Lenny Cervantes at [boardpresident@stonecreekstingrays.com](mailto:boardpresident@stonecreekstingrays.com) and fill out the [Sponsorship form](#). Families that bring in their own business sponsorships can have this applied towards their individual goals.

#### **Invite Only Events**

Mark your calendars for May 14, 2022 for a night of [Texas Hold Em](#) with refreshments and music.

#### **Spirit Nights**

Join us April 30, 2022 after our parent meeting and work session at Los Faroles for lunch. A percentage of all orders is being donated back to our team.

Stay Tuned for additional nights as they are planned. These events are opportunities for our families and friends to have a night out while the restaurants agree to support our team with a portion of the proceeds.

#### **Concessions**

A small beverage service is available at each practice to keep swimmers hydrated. Small Gatorades and water are \$1 a piece.

Each home meet also has a full concession stand available with breakfast, lunch and snack items. Proceeds are returned to the team.

### **Family Fundraising Deposits**

To keep our registration rates low for all our families we ask for a team effort to bring our athletes the best through fundraising. Each family commits by laying down a deposit that is returned once individual fundraising goals are met. For 2022 the following activities will meet that goal.

4 boosters at any level. **or**

1 business sponsorship at \$300 level

Additional activities may be considered by the board and hardship requests accepted on a case by case basis.

Our top 2 families who exceed those goals will be honored at our end of year banquet.