



Thank you for your interest in the Stingrays Swim Team!



The Stingrays have been members of the Foothills Swimming Association, a non-profit organization, for over 45 years. As are all teams in the league, we are a parent-run team! Our goal is to provide a family-oriented, yet competitive environment that enables each swimmer to improve his or her technique while fostering fun and good sportsmanship. This year the Stingrays are excited about their 15th year at the Sixth Avenue West pool operated by the Foothills Parks and Recreation District. The pool is conveniently located at 400 Holman Way in Golden just off the Sixth Avenue and Indiana St. intersection. The summer club season generally runs from Mid-May to approximately the end of July, with practices held daily Monday through Friday and regular meets every Saturday with a few optional meets on Sundays or occasionally on weeknights if needed. We have come to recognize that the racing aspect of our team is not for everyone due to things such as Westernaire's, vacation plans, age, and many other factors. We always leave the decision to compete in meets up to each individual family along with the level of commitment you choose to give the team!

COACHING:

The Stingrays are excited to have their head coach, Heather Howe, returning for her 18th season with the team. We are also looking forward to the return of assistant coaches Kailey Petro and Alec Sutton.

PRACTICE TIMES:

This season, we will be having afternoon practices starting Monday May 14 until Thursday May 24. Starting Tuesday, May 29 we will be at our outdoor pool, in the morning from 8:30-10:30 AM. Please see the attached sheet for the practice schedule from 5/14- 6/9. Normal morning summer practice begins on Monday June 4.

On Mondays and Fridays,	First practice session will be from	6:45 – 8:30 AM
	Second practice session will be from	8:15 – 9:30 AM.

Tuesday, Wednesday, and Thursday we will be starting a little earlier		
.	First practice session will be from	6:15 - 8:30 am.
	Second practice will still be from	8:15-9:30 AM.

The first 15 minutes of practice consists of stretching and getting the swimmers into the appropriate groups. Parents and swimmers can choose which practice time works best for them and their swimmer(s). The team asks that each swimmer make at least three practices a week in order to get all swimmers prepared for the weekend meet.

FEE'S:

The cost to join the Stingrays Swim Team for the entire summer is \$160 for the first child and then a \$5 discount for each additional family member. There will also be a \$40 pool surcharge per family, which helps to cover pool time and other fees. Foothills Swimming Association requires a \$7 liability insurance fee annually. Swim Team fees have not increased in over 6 years! These charges cover coaching salaries, pool rental fees, all the swim meets, stroke clinics, end of the season gifts, and end of the season team banquet. We tell all the parents that you decide what you want this swim season to be like. Obviously we would love to have all our swimmers swim the swim meets, but if you choose not to swim meets that is totally fine! You only want to practice 2 times a week – totally fine, too!

PARENT VOLUNTEER INFORMATION:

As previously stated, all teams in the league are parent-run, meaning we need a TON of parent volunteers to assist in the running of all the swim meets. All training is provided free of charge to our parents. We do require each swim team family to give us a \$250 deposit (a credit card will be asked for during on-line registration) for volunteer hours. Then throughout the summer you are required to earn 12 points in order to

receive your \$250 deposit back (final board decision pending). If your point requirement is not met your credit card will be charged at this point. All families will need to sign up for their volunteer hours at our NEW website: www.stingraysswimteam.swimtopia.com This can be done at the time of registration or throughout the summer. However, don't wait too long as many positions do fill up quickly! We do encourage those families who are planning on swimming at the meets to PLEASE volunteer at the meets! There will be plenty of opportunities to fulfill your points because our team is also hosting the League Championship Meet and our league is hosting the State meet, too! So we have tons of areas we will be needing help with! We never turn anyone down who would like to go above and beyond their 12 points, too!

WEBSITE:

The Stingrays' website is: www.stingraysswimteam.swimtopia.com

This website is where you will register your swimmer(s), sign up for parent volunteer shifts, sign up for your races at the swim meets, be informed about the summer schedule, order team suits/ warm wear/ water world tickets, and many other cool things too!

TEAM SUITS:

Lastly, we do have a team suit for both boys and girls, but it is not mandatory to purchase one just to be on the team. We will have them available now for sizing and purchase and they will be available until June 17.

Once again, thank you for your interest in the Stingrays Swim Team. If you have any questions or concerns, please let us know!

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Summary Page of Team Requirements

	Practice Times	Swim Fees	Pool Surcharge	Liability Insurance	Volunteer Check	Volunteer Points
Swim Team	M& F 6:45-8:30 & 8:15-9:30 T, W, Th. 6:15-8:30 & 8:15-9:30	\$160 \$5 sibling discount	\$40 per family	\$7	\$250	12