

# South Whidbey Stingrays Parent Handbook

**2021-2022**



**Island Athletic Club  
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**Welcome to South Whidbey Stingrays**

## **Stingray Mission**

We are a recreational swim team that accepts swimmers ages six to seventeen years of age. Our mission is to provide a fun and inviting atmosphere to learn the four competitive strokes of swimming. Swimmers will develop endurance, strength, work ethic, positive self image and above all a love for the sport of swimming. Our coaches are committed to serving both the recreational and competitive swimmer

## **Stingray School Year Season**

**Fall Session:** September 28-November 18

Swim Meet: November 16

Awards: November 18

**Winter 1 Session:** November 30: February 3

Swim Meet: February 1

Awards: February 3

**Winter 2 Session:** February 8-March 31

Swim Meet: March 29

Awards: March 31

**Spring:** April 12-June 2

Swim Meet: May 31

Awards: June 2

30 Minute Fitness Challenge: March 8

## **Practice Days/Times/Coaches**

Tuesdays and Thursdays

Green -4:05PM-4:50PM, Coach Laurel

Bronze -4:05PM-4:55PM, Coach Jackson

Silver -3:00PM-4:00PM, Coach Rob

Gold -3:00PM-4:00PM, Coach Kristi

No practice Dates:

December 21,23 and 28,30

## **Equipment needed:**

Girls –one-piece swim suit

Boys –Jammers (they look like bike shorts)

Goggles

Short Bladed Training fins - [www.swimoutlet.com](http://www.swimoutlet.com)

Swim cap -New swimmers will be provided a Stingray team cap.

Face mask and Zip Lock bag for storage.

## **Stingray Fees Per Session:**

Member: \$150

Non-member: \$190

An email will be sent out when registration is open for each session.

## **Swim meet information**

Fall Meet (See where you are at Meet): November 16

Winter 1 Meet: February 1

Winter 2 Meet: March 29

Spring Meet: May 31

Warm-up starts at 4:00PM for **all** practice groups. The meet will begin around 4:20PM and will end around 6:00PM. Swimmers do not need to bring their fins.

### **What will my child be swimming?**

**8 & U:** 25 yards of each stroke (freestyle, backstroke, breaststroke and butterfly), 100 yard Individual Medley (IM), 50 Freestyle

**10 & U:** 50 yards in freestyle, backstroke and breaststroke and 25 yards in butterfly, 100 IM, 100 Freestyle

**12 & U:** 50 yards in freestyle, backstroke, breaststroke and butterfly, 100 IM, 100 Freestyle

**14 & U:** 50 yards in freestyle, backstroke, breaststroke and butterfly, 100 IM, 100 Freestyle

**18 & U:** 50 yards in freestyle, backstroke, breaststroke and butterfly, 100 IM, 100 Freestyle

*(IM= 25 yards of each stroke in this order: fly, back, breast, free)*

**Green Practice groups** are encouraged to swim at least 2 events and up to 4 events with coach's approval.

**Bronze Practice Group** will swim at least 3 events but may swim up to 4 events with coach's approval.

**Silver and Gold Practice Groups** will swim 4 events.

### **Heat Sheets**

A heat sheet will be sent to families prior to the swim meet indicating age group, events, heat and lane assignments. The age group is determined at the time of registration. It is imperative that you contact Kristi Eager if your child will not be participating in the meet prior to the day of the meet unless circumstances prohibit advanced notification.

### **Awards**

**Personal best ribbons** will be given in each event that the swimmer has improved his/her time. If a swimmer improves in 4 events they will be given a **FAB 4** award. Swimmers who beat a team record in their age group will be given a **TEAM RECORD** award and medal.

Swimmers individual time for each event will be posted in the pool area the following practice. An asterisk (\*) in place of their time indicates that the stroke was not performed legally. See disqualification guidelines.

Awards will be given out at the practice following the swim meet.

Please encourage your child to keep their ribbons in a special place so they can monitor their own improvements and have goals for themselves.

### **Order of Events**

8 & U 50 Yard Freestyle  
10 & U 100 Yard Freestyle  
12 & U 100 Yard Freestyle  
14 & U 100 Yard Freestyle  
18 & U 100 Yard Freestyle

8 & U 25 Yard Backstroke  
10 & U 50 Yard Backstroke  
12 & U 50 Yard Backstroke  
14 & U 50 Yard Backstroke  
18 & U 50 Yard Backstroke

8 & U 25 Yard Butterfly  
10 & U 25 Yard Butterfly  
12 & U 50 Yard Butterfly  
14 & U 50 Yard Butterfly  
18 & U 50 Yard Butterfly

8 & U 25 Yard Freestyle  
10 & U 50 Yard Freestyle  
12 & U 50 Yard Freestyle  
14 & U 50 Yard Freestyle  
18 & U 50 Yard Freestyle

8 & U 25 Yard Breaststroke  
10 & U 50 Yard Breaststroke  
12 & U 50 Yard Breaststroke  
14 & U 50 Yard Breaststroke  
18 & U 50 Yard Breaststroke

8 & U 100 Yard Individual Medley  
10 & U 100 Yard Individual Medley  
12 & U 100 Yard Individual Medley  
14 & U 100 Yard Individual Medley  
18 & U 100 Yard Individual Medley

## **Disqualification Guidelines**

We will be disqualifying swimmers who do not swim the stroke legally or do not execute the start, turn or finish of the race legally. If your child is disqualified, please reassure them that this is a learning tool and it will only make him/her a better swimmer. It also helps to keep the races fair.

### **Starts:**

- Swimmer must have one hand on the wall until the sound of the whistle

### **Freestyle:**

- Swimmer must touch with one hand at each wall

### **Breaststroke:**

- Swimmer must touch each wall with two hands.
- Swimmer may not use the flutter, dolphin or scissors kick.
- Hands may not be brought back behind the hip line.
- Swimmer must break the surface (breathe) with every arm pull.

### **Backstroke:**

- Swimmer must stay on their back from the start of the race until the finish of the race.
- Swimmer may use any part of their body to touch the wall as long as they stay on their backs.

### **Butterfly:**

- Both arms must be brought over the top of the water simultaneously.
- All up and down movement of the legs must be simultaneous. (no breaststroke, scissors or flutter kick).
- Swimmer must touch the wall with two hands at each wall.

Walking on the bottom or pulling on the lane line for any event is not permitted.

## **Practice Group Description and Advancement Criteria**

### **Green (8+ yrs.)**

The Green practice group is geared toward the swimmer who is new to swim team and is 8 years and older. In this practice group, swimmers will learn the basic skills such as breath control, balance, kick, and timing of each of the 4 competitive strokes.

Swimmer must be able to swim 25 yards of freestyle, face in water with side breathing, 25 yards of backstroke and have some experience with breaststroke and butterfly.

### **Bronze (8+ yrs.)**

The Bronze practice group is our developmental group geared toward swimmers 8 years and older. Swimmers will learn the basic skills such as breath control, balance, kick, and timing of each of the 4 competitive strokes. They will be introduced to flip turns, pace clock and intervals.

Swimmers must be able to perform the following:

- 25 yards of Breaststroke
- 4 x 50 Free, RI=:15, without stopping
- 2 x 50 Back, RI=:15 without stopping
- 25 yards of Butterfly
- Somersault

### **Silver (11-18 yrs.)**

Swimmer is 11-18 years old and must be able to perform the following:

- swim 100 IM with no disqualifications
- flip turn
- can perform 8 x 50 free @ 1:15
- perform simple freestyle and stroke drills

Must have coach's permission to swim in this practice group.

### **Gold (13-18 yrs.)**

Swimmer is 13-18 years old and must be able to perform the following:

- swim 200 yards of freestyle with flip turns
- swim 8 x 50 free @ 1:00
- 50 Yards of Butterfly
- can perform a legal breaststroke pullout
- perform more complex freestyle and stroke drills

Swimmer must have coach's permission to swim in this practice group.

**PROCEDURE FOR DISCIPLINARY ACTION:** We strive to create a positive environment for your swimmer and expect swimmers to come to practice ready to swim and participate in the planned activities. The Head Coach should always be notified about any problems or concerns with swimmers, coaches and/or parents. Below are the procedures for disciplinary action for swimmers.

1. The swimmer receives a verbal warning from the coach.
2. The swimmer will be asked to sit out of the pool on the deck.
3. The swimmer will be asked to sit out of the remainder of practice and the Head Coach will contact the parent. The swimmer will not be able to return to practice until the parent(s) and swimmer have met with the Head Coach to discuss a resolution.

### **Swim Team Policy and *Waiver of Liability***

1. Swimmers and parents agree to abide by the rules that apply to members of Island Athletic Club. A copy of Rules and Conditions of Membership is available upon request.
2. Parents/Guardians are financially responsible for any damage caused by their child(ren) at Island Athletic Club.
3. All swimmers must have a signed Swim Program Registration Form & Waiver of Liability on file.
4. Only swimmers who are currently enrolled in Stingrays swim team may enter the Club.
5. Only the child enrolled in Stingrays may use the pool during the practice session or swim meet. No other family members are allowed use of the Club, pool or hot tubs unless they pay for a Day Pass.
6. Non-members may only arrive 15 minutes before practice/swim meet begins and must leave 15 minutes after practice/swim meet is over.
7. If non-members wish to use the pool or Club facilities after practice or swim meet, they must pay for a Day Pass.
8. Failure to comply with this policy or instructions of the swim team coaches and/or staff of Island Athletic Club may result in swimmer being expelled from the swim team without refund for that month.

### **Club Use Guidelines**

Swimmers may use a locker or use the hooks available in the shower area. There will be a \$20 replacement fee for any key that is lost.

A few reminders for the locker rooms:

- Use lockers for personal items but bring towel and shampoo in the shower area.
- Shower before entering the pool or hot tub
- Dry off before entering the locker area
- Keep showers to a minimum – no horseplay
- Be respectful of other members and staff
- Clean up after yourself (make sure all items are placed in locker or on the hooks)

**COVID-19** All swimmers, coaches, visitors, and staff will follow Washington State & Island County guidelines and mandates in place to combat the spread of COVID-19 in our community.

Current requirements are posted throughout the Club.

It is recommended swimmers bring a small plastic “zipper” bag to store their face mask while swimming. For easy access, keep it next to the pool.

**Face masks are required on the pool deck, in the hot tub, and in the locker room.**

**In an effort to the prevent overcrowding our locker rooms, swimmers are encouraged to leave the pool area immediately after practice and exit the Club, showering at home.**