

South Whidbey Stingrays Parent Handbook

2022-2023



**Island Athletic Club
(360) 331-2582**

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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 Clinic: October 25-November 17

Winter 1 Session: November 29 - February 2

Swim Meet: January 31

Awards: February 2

No practice December 20, 22 and 27, 29

Winter 2 Session: February 7- March 30

Swim Meet: March 28

Awards: March 30

Spring: April 11-June 1

Swim Meet: May 30

Awards: June 1

Practice Days/Times

Tuesdays and Thursdays

Orcas -4:05PM-4:55PM

Bronze -4:05PM-4:50PM

Silver -3:00PM-4:00PM

Gold -3:00PM-4:00PM

Equipment needed:

Girls –One-piece swimsuit

Boys –Jammers (they look like bike shorts)

Goggles

Short Bladed Training fins - www.swimoutlet.com

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

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: Short session – No Swim Meet

Winter 1 Meet: February 2

Winter 2 Meet: March 28

Spring Meet: May 30

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)

Orca 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 Rob Jung 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 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.

Swimmer's individual time for each event will be posted in the pool area at 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

Swimmers will be disqualified when they do not swim the stroke legally, 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 end of the race.
- Swimmer may use any part of their body to touch the wall as long as they remain on their back.

Butterfly:

- Both arms must be brought over the top of the water simultaneously.
- All up and down movement of the legs must be simultaneous. (may not use 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

Orcas (6 + yrs.)

The Super Swimmer practice group is geared toward the swimmer who is new to swim team and is between the ages of 6-8. 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.

Bronze (9+ yrs.)

The Bronze practice group is our developmental group geared toward swimmers 9 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:

- Legal Breaststroke
- 4 x 50 Free, RI=:15, without stopping
- 2 x 50 Back, RI=:15 without stopping
- Body Dolphin with legs together
- 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

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

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. Only swimmers who are currently enrolled in Stingrays swim team may enter the Club.
4. 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 purchase a Day Pass.
5. Non-members may arrive 15 minutes before practice/swim meet begins and must leave 15 minutes after practice/swim meet is over.
6. If non-members wish to use the pool or Club facilities after practice or swim meet, they must purchase a Day Pass.
7. 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.

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)

Waiver of Liability

By voluntarily enrolling my child to participate in the South Whidbey Stingrays at Island Athletic Club, I acknowledge swimming and activities at Island Athletic Club involve inherent risks and dangers, including loss of or damage to personal property and serious personal injury or death. I am aware of and understand the scope, nature and extent of the risks involved in the activities and voluntarily assume and freely choose to incur any and all such risks of loss, damage, or injury, including death, and fully release the Club, owners, management and employees from any and all claims, suits, losses or related causes of action for damages or injury to my child, myself or our property which may arise in any way from such use or negligence. My child is in good health, and I am not aware of any reason why my child should not participate in swimming or activities at Island Athletic Club.

Coaches

Rob Jung

Brenda Lovie

Jackson Murphy