

South Whidbey Stingrays Parent Handbook

2025-2026

SOUTH WHIDBEY
STINGRAYS



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

**Head Coach Rob Jung
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Welcome to South Whidbey Stingrays

Stingray Mission

We are a recreational swim team that accepts swimmers six to eighteen 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 ethics, a 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.

2025 - 2026 Stingray School Year Season

New Swimmer Tryout: TBD
Fall Clinic: TBD

Winter 1 Session: TBD

Swim Meet:

Awards:

No practice November 27; December 23 & 25; December 30 & January 1

Winter 2 Session: TBD

Swim Meet:

Awards:

Spring: TBD

Swim Meet:

Awards:

Practice Days/Times

Tuesdays and Thursdays

Gold -	3:30PM - 4:30PM
Silver -	3:30PM - 4:30PM
Bronze -	4:35PM - 5:25PM
Green -	4:35PM - 5:20PM

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 with a Stingrays team cap.

Stingray Fees Per Session:

Fall Session: \$TBD

Winter and Spring Sessions: \$TBD

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:

Winter 2 Meet:

Spring Meet:

Warm-up starts at 3:30PM for **all** practice groups. The swim meet will begin around 3:45PM and will end by 5:30PM. 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 Group is encouraged to swim at least 2 events and up to 4 events with coach approval.

Bronze Practice Group will swim at least 3 events but may swim up to 4 events with coach 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 swim meet prior to the day of the meet, unless circumstances prohibit advanced notification.

Awards

Personal-best ribbons will be given for 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 if 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

Super Swimmer (6 years+) WITH COACH APPROVAL when offered.

The Super Swimmer is a developmental group for young swimmers, teaching fundamentals of the 4 competitive strokes. Must be able to swim 25 yards front and back strokes.

Green (8 years+)

The Green practice group is geared toward the swimmer who is new to swim team and is ages of 8+ yrs. 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 years+)

The Bronze practice group is our developmental group geared toward swimmers 9 years and older. Swimmers will learn 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.

Bronze (9 years+) continued

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 years)

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 years)

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

Swim Team Policy

1. Swimmers and parents agree to abide by the rules that apply to members of Island Athletic Club. A copy of The 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 Temporary Membership.
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 Temporary Membership.
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.

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 parents. 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.

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 a towel to the shower area.
- Shower before entering the pool or hot tub
- Dry off in the shower area **before** entering the locker area
- Keep shower time to a minimum – no horseplay
- Be respectful of other members and staff
- Clean up after yourself (make sure all items are placed in a 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
Kathy Rogers