



# Newsletter



Visit our website at <http://www.okotoksstingrays.ab.ca>

## COACHES' CORNER

Swimmers, please make sure that you are at practice on time!!! "On time" does not mean 5:30, it means 5:15. Stretches are EXTREMELY important to ensure that your muscles are properly warmed up before getting in the pool to avoid injuries. Coaches take attendance and give important information to swimmers before practice and this is also the best time for the team to get together as a group to practice cheers and have a chance to chat with each other. If you cannot be on time because of other commitments, we completely understand and respect that. However, if you cannot be on time because you are dilly-dallying in the change room, that is unacceptable. Parents, please help the coaches and your swimmers by getting them to the pool on time! Thank you!

Late Afternoon swimmers, please remember that there is dryland training every Monday, Wednesday and Friday from 4:30-5:30. This is a really great way to get into shape and get an edge on competitors, so please make the effort to commit to this extra training. You will see results in the pool!

### Golden Flutterboard:

Every 2-3 weeks the Late Afternoon swimmers will be completing a test set we call the "Golden Flutterboard". This is 200m flutter kick as fast as possible. Whoever takes off the most time wins the honor of using the coveted golden board until the next time the swimmers are challenged. Because this was the first Golden Flutterboard of the season, the winner was the swimmer with the fastest time. Congratulations to **Jilene Ruby** who amazed us all with a time of 3:47!

### Early Afternoon Group:

Swimmers are continuing to work on backstroke and freestyle and everyone can swim and/or kick at least one length of the pool now, way to go!! Some of the swimmers are beginning to work on breaststroke and the coaches are so impressed with the swimmers' whip kick. We are very confident that we will have an extremely strong 8 and under group this season!

### Late Afternoon Juniors:

We are also working on breaststroke in this group, one of the hardest strokes to learn and perfect. An easy way to remember the steps is: pull-breathe-kick-gliiiiide, and don't forget to touch with two hands! We are swimming up to and sometimes more than 2000m each practice which is awesome! While we will still focus mainly on technique during the rest of May we will also begin more speed and endurance training in preparation for our meet at the beginning of June.

Coach Amie

### Late Afternoon Intermediates:

My group continued with their breaststroke work this past week and really impressed me. We also started to pick up the meters and intensity in practice. They were attentive and focused well on Monday when we worked with the whole group on streamlines and break outs. This coming week we will continue to work on freestyle, backstroke, and breast stroke and will also start to really work on butterfly.

Coach Brittany



## Swimmers of the Week

Early afternoon Swimmer of the Week goes to Kaitlyn for always showing up with a big smile and lots of positive energy. Way to go!

Julia Paterson earned Swimmer of the Week in the late afternoon for being the only swimmer who showed up for all dryland session this week. Thanks for being a great role model Julia!

## Stingrays Meet

Sign up sheets are posted inside the pool viewing area for our own Stingrays 25<sup>th</sup> anniversary swim meet on June 2nd! You have until Friday May 25<sup>th</sup> to sign up for your events. There will be four 6 and under events; short free, back, breaststroke and flutterboard. Don't forget to sign up for relays! They are lots of fun and they are worth double points to the club! Let's have as many Stingrays teams as we can! Parents, please sign up to volunteer for the meet as well. We need help from every family in order to make this meet work. There is a **Volunteer Sign up Sheet** on the wall as well.

## Communications

We'll be setting up a large plastic file box to help us communicate. There will be a file folder for each family. You can leave messages for other families, or the executive and swimmers will pick up meet ribbons from these folders. We'll keep it in the on deck swim box during the week, and set it out on a table during practice.

We're also posting all kinds of information on the pool wall by the viewing area for the competition pool. Check there for sign up sheets, meet entries, and meet invitations.

## Bottle Drive

Don't forget our bottle drive this Sunday! We're meeting at the Morris Gibson School parking lot. Angie has sent out emails and there's lots of info posted at the pool. Join us afterwards for a potluck BBQ at Angie and Phil's

## DQ DQ DQ DQ DQ DQ DQ

Have questions about the word that shall not be spoken? DQ?

If you see a person in white talking to your child after a race and your child has a look of confusion or is already crying and they may be carrying a Dairy Queen Coupon.....it is possible your child has been DQd

This means that they have been disqualified and their time is not valid.

### 10 + 1 Common reasons for a DQ are:

1. The swimmer mixes up kicks and strokes (flutterkick during fly, scissor kick during breast)
2. Breaking the arm motion in the breast stroke, like adjusting your goggles
3. Touching the wall with one hand instead of two in breaststroke and fly, either on your turn or finish
4. Doing more kicks or pulls in a row in breaststroke
5. Stopping and standing up in the water
6. Having your toes above the water when you are in the backstroke start position
7. Failing to touch the wall on a flip turn
8. Arms not in sync on fly
9. Flipping onto your front to look for the wall or touch the wall in backstroke
10. Arms going below the waist during breaststroke
11. False starting or moving after the whistle

This list of course is not exhaustive. The Official usually tells the swimmer why they were DQd so they can tell their coaches. Younger swimmers may not remember or understand what the Official said. Expect disappointment and tears. Like most things.....they'll get over it!

## Bring Out Your Socks!

The coached would like each swimmer to bring in a couple of socks. They don't need to be matching, it can be a couple of mis-mated socks. The swimmers need to use them for drills, and it's cheaper than the commercial version.

## Team Suits Are Here!

Team suits are here and Dawn will be bringing them to the mock meet on Friday, as soon as the orders get sorted out. If you haven't actually ordered a suit, we do have some extras, so speak with Dawn on Friday. Dawn Stang is looking after our swim equipment and apparel this swim season. Dawn carries goggles, fins and caps as well as swim suits and stingray shirts. Dawn's at most practices, or you can call her at 938-0774.

## Moving Bleachers

We're looking for someone with a flat bed truck or a trailer that can help us move bleachers. The bleachers are about four feet wide by 14 feet long, and they need to come from Edison School to the pool on Friday night, and then back on Sunday morning.

Please call Bob Thodas at 995-2833 if you can assist

## New Team Cheer

Here's our new team cheer. You'll be hearing it a lot this year. It goes to the tune of the Spiderman theme song:

**Okotoks Stingrays**

**We can beat you anyday**

**In the pool**

**We are fast**

**Watch us as we speed right  
past**

**Look out!**

**Here come the Stingrays!**

## Mock Meet

We'll be having a mock meet this Friday. Coaches would like all swimmers on deck at 5:00 pm. This is a great opportunity for swimmers who have never been to a swim meet to get a feel for how things go. We'll need some parent volunteers to time and marshal. Don't worry if you don't have any experience. This is just for fun, and it's a good time to try out timing. It's not very hard and you get a great view!

## Pool Deck Etiquette for Parents

This is a new experience for our club! We actually have the benefit of watching our swimmers from the pool deck. This is just a gentle reminder to parents to let the coaches coach! Please don't distract your child when they are working hard and trying to stay focused.

