



Newsletter



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COACHES' CORNER

Only a few more days until our first swim meet! A few reminders for the meet:

Please be at the pool by 7:15 AM. Warm ups start at 7:30 AM, but we need everyone there for stretches and a team meeting. Early afternoon swimmers will be doing a dryland warm up. After warm ups we will be meeting on deck for the team cheer.

Make sure you don't forget your goggles, caps, and definitely your bathing suit! Make sure you have lots of warm clothes, towels, healthy snacks and WATER!

Tentative relay teams will be posted on Thursday. If you know you will not be able to swim in the relays, let the coaches know ASAP! This meet we will not be choosing teams based on times, but instead will be trying to make as many teams as possible, so you might be moved up an age group or two. We will try and get all swimmers in at least one relay, but we cannot make any promises. If for whatever reason you are not in a relay in this meet, we will make sure you are in one at the next meet.

Please see your coaches before and after each and every race so we can give you advice and tell you how awesome you are!

Older swimmers: if you see a little Stingray wondering around looking lost, please help them out!

Let's show those other teams how great we are and what an amazing amount of team spirit we have! We want to be the team cheering the loudest and smiling the widest!!

Early Afternoon Group:

This week we've continued working on breaststroke, freestyle and backstroke. We've also started working on dolphin kick and having a lot of

fun swimming with fins! The mock meet was amazing, everyone was so impressed with how the early afternoon swimmers did, especially those who had never been to a swim meet before. This weekend is sure to be awesome!!

Late Afternoon Juniors:

As we get closer to the meet we're working on all those little details: streamlines, proper turns, dives, finishes. We've been working on breast stroke and everyone has great kick. Excellent jobs swimmers!

Coach Amie

Late Afternoon Intermediates:

My group worked hard and completed some tough sets, including a timed 400m. The times they achieved on the 400m were great and a few weeks from now they will swim it again to see how much they have improved. We also continued to prepare for the upcoming swim meet by working on turns and starts, which will continue into this week. Way to go guys, keep up the good work.

Coach Brittany

Late Afternoon Seniors:

Last week the group worked on building up our distances as well as starting some speed work. We had a challenging 1600m set which was quite difficult for all of you. Those who were able to finish it did very well. We had a 400 meter free test set which we will be doing this week again!!!! We also worked on turns and will continue to work on the smaller things for this upcoming week. I am very happy with my group and I am SUPER excited to see what will happen at the Okotoks meet. Just remember that it is not worth it to take that breath off the wall!!!! I am pretty sure that you will all survive those three strokes you should all be taking before you breathe. :)

Coach Andrea



Swimmers of the Week

Swimmer of the week for the early afternoon goes to Myah Fisk, for working hard and improving every single day. Late Afternoon swimmer of the week was Marissa Gruenke who wowed us all with a time of 6:17 during her 400 metre swim.

Team Pictures

Team photos will take place at the pool on June 13th at 4:30 pm. We like to take the team photo first so please be on time. Wear your team suit, your team T-shirt, and a big smile!

Bottle Drive

Wow! That bottle drive was terrific. We had a great response! A big thanks to those who helped out on Sunday, and an even bigger thanks to everyone who worked so hard on Tuesday getting the bottles in to the depot. We made about \$1850 this weekend!! Add in the additional donations we've had at the bottle depot since the beginning of the season and we've cleared \$2100!! That's a lot of bottles, as anyone who saw Phil and Angie's garage on Sunday can verify. Thanks to the Haworths for organizing it all, and hosting the barbecue afterwards. It was great fun.

Mock Meet

Thanks to all parents and family members who helped out with the mock meet. The swimmers had lots of fun and gained some valuable experience. It was sure great to see those little guys in the water, working so hard and having a good time. We're really looking forward to seeing everyone at the meet on Saturday. We've got 53 out of 58 Stingrays coming to the meet. That's terrific!!

Meet Volunteers

Thanks to everyone who signed up to help with our meet. We may shift you around a little to cover areas that we are responsible for, especially those of you that have lots of meet experience. We'll post and email a final list on Thursday. We've got 308 swimmers attending our meet!

First Swim Meet!!

On June 2nd, the Okotoks Summer Stingrays will host a swim meet for our region. This will be the first chance for swimmers to "strut their stuff"! Here are some reminders for club old-timers and helpful hints for first-time parents and swimmers.

Survival at the Swim Meet

A swim meet can be viewed as parental abuse or as a positive experience! Here are some tips to help keep your vision in the realm of the latter. Have your swimmer arrive in time for the warm-up session. Swimmers need this time to limber up and to accustom themselves to the starting blocks, walls, and pool in which they will be competing.

How it works:

All races are swum in heats. The final results depend on the meet format. The swimmer is initially placed, or seeded, in an event according to his/her fastest previous time. The group of swimmers is then divided into heats according to speed. The first race is usually swum with the slowest swimmers and the last with the fastest. Sometimes, just to challenge the spectators, the swimmers are "pyramid seeded" which means that the fastest swimmer is seeded in the last heat in the fastest or middle lane while the second fastest swimmer is in the second to last heat, also in the middle lane. Swimmers are placed in lanes with the fastest swimmers in the middle two lanes moving to the slowest swimmers in the heat in the two outside lanes. The number of heats is determined by the number of swimmers. Most meet run from youngest to oldest. The event order is in the meet invitation and on the Heat Sheets. You can purchase heat sheets at the meet.

Bring with you

- lots of healthy snacks, water and drinks
- extra dry towels for chilly swimmers. Swimmers are in and out of the water up to eight times throughout the day.
- A sweat suit, or baggy warm clothes for your swimmer (we often wait in cold arenas between events).
- A sleeping bag, quilts, or blanket to help stake out some territory.

- Don't forget your swimsuit, goggles, and cap.
- games, cards, books, Gameboys and other entertainment for younger swimmers
- a lawn chair and book for yourself – it's a long time between races!
- Dress appropriately. Indoor pools are like August in St. Louis, while holding areas are arctic during the winter. Dress in layers and peel away as the need arises.
- Leave the young ones at home if possible. Meets can last upward of five hours, long enough to try anyone's patience.
- Volunteer to assist with timing. No experience is necessary. You provide a valuable service, you may meet interesting people, you see your own child up close, and the host team provides your food and drink. The meet goes faster when you are more engaged.
- Just in case you have an extra hand, you might want a camera or video camera to capture your child's special day.
- Lots of energy and enthusiasm

To help you keep organized:

There will be heat sheets available at each meet for a nominal fee (usually \$3.00), which will help you keep track of your child's events. It's nice to have a highlighter on hand to mark these in the event sheets. The heat sheets will also be posted on walls in the facility. Look for your child's name to make sure which races they are entered in. Many swimmers like to write their event numbers on their hand in ballpoint pen. Remember to listen carefully for the announcer to marshal your child. Sometimes it's easy to miss the announcement. Swimmers should talk to the coaches before and after each event. Coaches have a table at poolside.

- Results are posted during the meet and result sheets are also available for purchase
- Aggregates are given out at the end of every meet to the top three swimmers in each age group.
- Relays often aren't picked until the day of the race. Check with the coaches to see what relays your swimmer is in.
- If the meet is running late a relay may be cancelled
- *The team usually sits as a group in the waiting area, so look for familiar faces.*

High River Meet

The High River Otters will be hosting a meet on June 16th at the Bob Snodgrass Rec Centre in High River. There will be three 6 and under events, freestyle, backstroke and flutterboard. The meet will start with long free, followed by IM, butterfly, and 400 freestyle. The afternoon will start with backstroke, then go on to short free and breaststroke. There will be a freestyle relay at the end of the day. Warm ups will start at 8:00 am and the meet will start at 9:00 am. At High River we camp out in the arena. If you haven't been down to the High River Pool before the easiest way to get there is straight down Highway 2 to the High River turn. Stay on that road, go past most of the restaurants, and stores. After the road narrows a little, look for the rec complex on your right.

Team Shirts

Make sure you come to Friday practice! The coaches will be awarding swimmer of the week, as well as Swimmer of the Month. This Friday we'll have silver anniversary swim caps and T shirts for all our swimmers. Please wear them to the meet on Saturday. We want everyone to know "We are the Stingrays!" All swimmers should make sure they get their team suit from Dawn for the meet as well. If you haven't got it yet please call her at 938-0774. Dawn usually has caps and goggles available at meets in case anyone needs equipment in a hurry.

