



Newsletter



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COACHES' CORNER

Another successful swim meet: good job team! During swim meets the coaches are extremely busy watching and timing races, talking to officials, organizing relays, and more. We try our hardest to cheer each and every swimmer on, but we need the rest of you to help support your team mates. Let's get out there and cheer each other on, congratulate each other for great swims and support each other through any disappointments. We are a team so let's work together to make this a successful and fun season for everyone!

Swimmers, please remember for all future meets to talk to your coach before and after every race. Remember, you need to take responsibility for your success and seeing your coaches is part of that. Parents, if you would please remind your swimmers to see the coaches before they head over to marshalling, that would be a great help!

To help develop our team spirit we are having a team pizza party on Monday the 25th! It will take place after practice (7:00pm) in the community room. As much as we would love to have the parents hang out with us, this will be a swimmer-only event so that the groups can get a chance to have some fun together and develop our team atmosphere.

Early Afternoon

Once again this group is doing great. Whip kick is our main focus right now, as well as dives and turns. Remember swimmers, one of the most important parts of swimming is using your ears to listen to the coaches and learn from what they have to tell you. Special congratulations to **Colin, Matthew** and **Mitchell** for having a great first swim meet!

Late Afternoon Juniors

Although there have been a few days when the listening in this group hasn't been the best, the Junior group continues to work hard, and the High River swim meet showed the results. Special congratulations to **Sarah Little, Tanner Potaka,** and **Tyrah Seitz** for swimming their first 100m IM! And **Jack Elliot** did great on his second IM of the season! This week we will focus on turns, a vital part of racing that will help swimmers achieve best times and personal goals.

Coach Amie

Late Afternoon Intermediates:

First I would like to say congratulations to all of the swimmers for amazing performances this past weekend. There were some very impressive swims, and you should be all very proud of yourselves.

Last week we started out with the timed 400m Free, where some of the kids took off time. Then we decreased our mileage to 1500- 1750 m for the rest of the week. We also put a lot of focus on not breathing in and out of flip turns, which paid off at the swim meet.

Coach Brittany

Late Afternoon Seniors:

Congrats to everyone who attended the swim meet last weekend in High River. We had a hard two weeks leading up to it, and as a result we all didn't get best times, but it will pay off in the long run. Last week we broke down each stroke, working on drills, turns and speed for each stroke.

We *really* need to focus on our breathing. I am sure I told each one of you at the meet about your breathing. It's not hard, so PLEASE do it!

This weekend our meet is in Didsbury, which should be fun. We also have a pizza party next Monday. At both of these events make sure you help out the little ones, and step up as role models.

School is almost out now, and for those of you with exams, please study for them, but don't forget about your coach and team mates at the pool!

Coach Andrea

Swimmers of the Week

Early afternoon swimmer of the week goes to **Bryce Fisk**. At the beginning of the season Bryce found swimming unassisted to be a challenge, but he has improved immensely and this past week achieved a personal goal of swimming one length of freestyle without stopping. Way to go Bryce!

Late afternoon swimmer of the week goes to **Marianne Thodas**. This week Marianne has been working exceptionally hard which paid off during her long free race in High River—she took off 12 seconds!

Pizza Party!

The coaches are hosting a pizza party for the swimmers on Monday June 25th at 7:00 pm in the community room at the Rec Centre. This is a great opportunity for the swimmers to get together and have some fun, and a good chance to develop their team spirit.

High River Meet Results

Our team had another terrific showing at the High River meet last Saturday. **Miranda Kasko** walked away with a gold medal for girls 6 and under, while **Tyrah Seitz** captured the silver in girls 8 and under. **Jack Elliot** and **Tanner Potaka** took gold and bronze for boys 8 and under, and **Madison Kasko** took the gold for girls 9+10. **Breawna Harty** took silver in girls 11+12, even though she didn't want to swim IM! **Jody Ruby** finished up with the bronze medal for girls 17 and over.

There were some terrific races. In girls 8 and under breaststroke, ten out of the top thirteen swimmers were Stingrays. We only missed second, third, and eleventh! There were no Okotoks DQs in this race (and if you saw the DQ list for breaststroke that is saying something!) Congratulations to the coaches! What an outstanding race!

We had boys relay teams in 8 and under (2 of those!) 9+10 and 11+12. That's the first time in several years we've been able to field that many teams, and they all got points for the Stingrays!

Joseph Haworth, Katarina Hoven, Anna Rowley, Tanner Potaka, Brooke Remple, Julia Paterson, and **Nicole Rutberg** all earned exceptional meet medals. For Brooke and Julia this was their second exceptional meet this season!

Didsbury Meet

This Saturday is the Didsbury/Swordfish meet at the Didsbury Memorial Complex Aquatic Centre, 1702 21 Avenue, Didsbury. It's on the right hand side of the road about a block off of the main street. You can see the parking lot from the main street.

Warm-ups will start at 8:00AM, which means the coaches want swimmers there at 7:45 AM, and the meet starts at 9:00 AM with long free. Butterfly is next, followed by backstroke, breaststroke and short free. The meet finishes with IM, followed by medley, then free relays. As usual, if the meet is running late, relays will be cancelled.

Didsbury is about an hour and a half away, north on highway 2.

Innisfail Meet

The Innisfail meet invitation is posted at the pool. The deadline for entries is June 25th and the meet will take place on July 7th. The meet starts at 8 AM with warm ups starting at 7 AM. They will be doing the 400 metre, 800 metre (girls) and 1500 metre (boys) events. There will be four 6 and under events, back, breast, flutterboard and short free. At Innisfail the pool is indoors, but we "camp" outside in the park.

Innisfail is about an hour and 45 minutes north on highway 2. Several families are planning to stay in Red Deer for the weekend.

