



Newsletter



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

COACHES' CORNER

Swimmers, our first meet was AWESOME!! There were so many personal best times, a handful of aggregates, and a few personal goals achieved. We didn't come in first as we had hoped, but coming second to a team with over 20 more swimmers than ours is pretty amazing! There is no swim meet this weekend, so rest up and get ready for the High River meet on the 16th.

A reminder about relays: sometimes we do not have enough relay teams to have all swimmers on both the medley and free relays. We try our best to make sure swimmers are on at least one of the two, but there are circumstances when that is just not possible. For example, if relays are being marshalled and we cannot find a swimmer, we will place the alternate on the team, so if you miss marshalling, please be aware that you may lose your spot on the team. Also be aware that while we try to post relay teams a few days in advance, they are always tentative and liable to change the day of the meet so please double check with coaches throughout the day so you know what team you are on.

Early Afternoon Group:

In the early afternoon we are continuing to work on the technical aspects of all four strokes, as well as dives, turns, and swim meet rules. Swimmers are now able to swim up to 4 (sometimes more!) lengths without stopping. The swim meet was a great way for the swimmers to show off their new skills and we look forward to seeing a lot of personal best times in the future!

Late Afternoon Juniors:

We had some terrific swims at the meet. **Jack Elliot** showed real determination to come up with first

place in IM, and **Miranda Kasko** cruised through her races. Special mention needs to go to **Sllade Fisk** for his 25 fly. It was his first swim meet and he placed! And a big thanks to **Carla Mitchell**, for stepping up to an 11/12 relay team! This week we bumped up the mileage, swimming about 2000m every practice. We are no longer focusing only on drills and technique, but instead are starting to work on fast starts and finishes and endurance. We will begin to work on the 100m IM; I would love to have all swimmers compete in an IM by the end of the summer!

Coach Amie

Late Afternoon Intermediates:

Wow! My group was awesome at the swim meet this past weekend, there were some very impressive swims. Also, the swimmers did very well at practice this week by completing some hard sets as well as really improving their turns for the four strokes. Great job guys!

Coach Brittany

Late Afternoon Seniors:

Congrats everyone for a fantastic swim meet. Highlights for my group from the meet include **Breawna Harty** taking 1st in 100 free, the Breawna and **Jilene Ruby** finishing first and second in breast stroke. **Dylan** nailing 1st in 200 IM and 2nd in 50 free, **Madison** sailing in for first in both 25 fly and 50 breast stroke, and **Zoë**, with a 1st in 200 free and 2nd in 50fly and 100 IM. All those 11 year olds who swam 200 free and brought points to the club...way to go! Every Stingray in that race placed! All the swimmers did an amazing job at this meet and you should all be proud of yourselves. But just to bring you back down to earth...we need to focus on breathing in and out of the wall!!

Coach Andrea



Swimmers of the Week

Early afternoon swimmer of the week goes to **Jessica Thodas**, who always helps out her team mates and shows great sportsmanship. In the late afternoon **Rachel Hoven**, and **Cameron Mitchell** were awarded Swimmer of the Week for all their hard work.

Swimmers of the Month

This month the coaches chose the Swimmers of the Month based on three attributes: attitude, attendance, and improvement. While many swimmers fulfilled these requirements, the coveted Swimmer of the Month towels were awarded to **Teghan Inglis**, **Tanner Potaka**, and **Zoë Osborne**, who all excelled. Congratulations!

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!

High River Meet

The High River sign up sheets are posted on the bulletin board at the pool. Sign up must be done by this Friday. 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.

Okotoks Meet Kudos

A big thank you to all those who helped out at the meet. I know it seemed like chaos, but other clubs said it went well. The referees were pleased, and everyone liked our new facility. Special thanks to Angie Haworth for dealing with the food, and to Caroline St. Pierre, and Jana Von Tonder for setting up and taking charge of the raffle. It takes a lot of people to run a meet and every one who helped out was a real star. We had lots of timing help, and stroke and turn assistance from other clubs as well. Our sponsorship program was a real success, thanks to Phil Haworth, who claims we took in around \$4000 dollars both in cash and in kind. We'll be sending thank you letters to all our sponsors, but if you are shopping around town be sure to mention that you saw their ad, or thank them for their sponsorship.

If you have any comments or ideas for next year let me know. This was our first meet in this pool, and we know there are things we could improve on.

Robyn

Okotoks Results

Our team did really well! From Miranda **Kasko** who won the gold medal for girls 6 and under to **Jody Ruby** who earned the bronze in girls 17 and over, the Stingrays really showed that this is their home pool! **Jack Elliot** earned a gold medal in boys 8 and under, and **Madison Kasko** took the silver medal in girls 9+10. **Breawna Harty** and **Zoë Osborne** captured gold and bronze respectively for girls 11 + 12, while **Dylan Ruby** took silver for boys 15+16.

We had lots of best times, and place ribbons, with many swimmers earning points for the team. The swimmers who managed to better all of their own best times, and achieve an Exceptional Meet Medal are: **Genevieve Braiden**, **Lauren Elliot**, **Liam Duncan**, **Rachel Hoven**, **Jack Elliot**, **Thias Stang**, **Dylan Ruby**, **Clark Paterson**, **Claire MacMillan**, **Brooke Remple**, **Sarah Hoven**, **Julia Paterson**, **Tyrah Seitz**, **Jilene Ruby**, and **Quinan Stang**. Congratulations swimmers!

Exceptional Ribbons and Meets

Our club and coaches encourage swimmers to challenge themselves and better their own best times. Best Time Ribbons and Exceptional Meet Medals. The ASSA has a special recognition program, and when their athletes have an amazing swim event or meet they receive Best Time Ribbons and Exceptional Meet Medals.

Once a swimmer has competed in an event, their time is recorded. If in subsequent meets, the athlete beats their previous time, the Stingrays reward the swimmer with a Best Time Ribbon.

Swimmers also have the opportunity to qualify for an Exceptional Meet Medal. This is a challenging goal for the athletes. The following criteria must be met. The swimmer must be entered in four individual events and improve their previous time in ALL four events. A swimmer may have one new event and best times in the other three events, and still obtain an Exceptional Meet. The Coaches may also see fit to award an Exceptional Meet Medal to younger swimmers (8 years old and under) if they have less than four events in which they are able to compete, but they achieve a best time in all of them. If a swimmer is disqualified in one of their events and have best times in the other 3 events, they will not qualify for an Exceptional Meet Medal.

The Best Time Ribbons will be found in your Family folder in the mail box, which is usually out on the white tables by the lane pool. The Exceptional Meet Medals are usually presented at a practice.

Didsbury Meet

The invitation to the Didsbury Meet is posted at the pool. We'll be posting a signup sheet shortly. Didsbury is about an hour and a half away, and the warm ups start at 8:00, with the meet itself starting at 9:00. We'll have more info in the next newsletter, but if you are interested in being an official (and you know they are looking for some) contact Gabrielle Bannard from the Didsbury Aqua-jets at gabrielle@telusplanet.net.

ASSA Website

Want to know your best time? Want to know what the results of a particular meet were? Want to know how fast you can swim compared to other members of the club, or even other swimmers in the province? Check out the ASSA results database website at <http://www.assa.ab.ca/database/>. You can select the meet you'd like the results for on this page. You can look at all the results, or just your own. Farther down the page you can check on relays, or on exceptional meets.

If you'd rather see your own times, look further down the page to **Swimmer and Club Statistics**. Choose **Okotoks-Stingrays** from the scroll down menu, and then hit the **SELECT CLUB** button and you'll be able to choose your name from a similar scroll down list.

