



OKOTOKS SUMMER STINGRAYS

Newsletter

Number 1

May 12, 2008

COACHES' CORNER

Hi everyone, welcome to the summer 2008 swim season. This year we are very fortunate to have a coaching staff with a lot of experience. Our staff consists of myself, **Coach Sarah** as your head coach, **Coach Brittany**, **Coach Jennie**, and **Coach Tom** as your assistant coaches.

We have a big group this year, 85 swimmers, with 33 swimmers in the early session and 52 swimmers in the late session!!

Coach Profiles

Coach Sarah

I have been involved in swimming since, well, before I can remember. I swam as a child and also during my University years. I have coached swimming for 13 years and with different clubs including, the Huron Hurricanes (Ontario), Haney Seahorses (B.C.), the Stingrays of Grand Cayman, and the Cayman Islands Junior and Senior National team.

I believe in trying to help each swimmer attain their personal best through the development of a good aerobic base, good technique, and having fun.

I am really looking forward to a summer of fast swimming, hard work but also lots of fun!!

Coach Brittany

I have been with the summer stingrays for eight years, five as a swimmer and now three years as coach. I have also coached one season with the Foothills Stingrays Winter Swim Club. I am currently taking Kinesiology at the University of Calgary and hope to apply what I have learned in school to swimming this summer. Looking forward to a great summer of swimming!

Coach Jennie

Hi Team! My name is Jennie and I'm VERY excited to have the chance to be coaching with the Stingrays.

I've been in or around pools for so long I think chlorine runs through my body! I've been a swim instructor, lifeguard, and then coaching for the past 11 years (ten years as head coach of the Okotoks Foothills swim club, and finishing my first year as head coach with the High River Tigers).

I'll be working mainly with the younger swimmers, with three goals in mind: stroke technique, endurance, and giving the swimmers a positive experience on a swim team.

If you have any questions, I'll try to answer them, or direct you to someone who knows the answer.

Looking forward to seeing you at the pool!!

Coach Tom

My experience as a swimmer began at age eleven because on a trip to Disneyland I was more interested in spending time in the pool than I was at the parks. After that I joined the Fort McMurray Mantas Swim Club and began what would become a ten-year swim career that would take me as far as finals at Olympic Trials in 2004. It was during that year that I became a coach for the Cascade Swim Club in Calgary and the High River Otters Summer Club where I worked for three seasons coaching developmental athletes.

This season will mark my seventh competitive season as a swim coach. Over that time, and my time as a swimmer, I have developed a good understanding of technical swimming as well as what it takes to raise swimmers to the next level. I am very excited about working with the coaches and swimmers that we have working with our club this year and am confident that this season will be an outstanding one.



E-mail Newsletter

We would like all swimmers in the Nurse Shark Group, Makos, and Seniors to email their coach to let them know when they will be missing practice.

Coach Sarah: sea_itch@msn.com

Coach Brittany: bwarnar_6@hotmail.com

Coach Tom: south_thomas@hotmail.com

The coaches will be rotating through the groups to allow us to get to know all the swimmers. Presently, the group coaches are as follows:

Eaglerays (A) – Coach Jennie

Eaglerays (B) – Coach Sarah

Mantarays – Coach Brittany and Coach Tom

Nurse Sharks – Mon/Wed/Fri – Coach Tom and
Tues/Thurs – Coach Sarah

Makos – Coach Brittany

Seniors – Mon/Wed/Fri – Coach Sarah and Tues/Thurs
– Coach Tom

We will be sending out a new list with who is swimming in which group, as well as what skills must be completed to move up a group shortly.

See you at the pool ☺

Coach Sarah



Communication

We'll be setting up a large plastic file box to foster communication. 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 large pool. Check there for sign up sheets, meet entries, and meet invitations. It changes on a weekly basis, so try and look at it at least once per week.

The Stingrays weekly newsletter will usually be e-mailed every Wednesday. PLEASE READ these newsletters when you receive them as they are the main form of communicating the information you need to know about upcoming events and the background information on the summer swimming world we all now belong to. There will also be hard copies available at the pool. We'll put some copies in the newsletter folder in the Stingrays mailbox and post one on our bulletin board.

Practice Protocol

We ask that parents watch practice from the viewing area. Swimmers are asked to be on deck 10 minutes before practice is scheduled for stretch and warm up. Please make sure that swimmers come to practice with all their equipment, including flippers, goggles and water bottle.

Dryland training for the older swimmers will start May 21, (that's next week swimmers, after the long weekend!) We'll be working Mon/Wed/Fri from 4:30-5:30 Make sure you wear athletic shoes and appropriate clothes. Be prepared to work hard and have fun, and bring water and a snack.

Parents are encouraged to discuss their child's progress with the coaches either before or after practice. If you have concerns with anything swimming related please speak with the coaches, or feel free to e-mail them.

If you have questions or concerns about coaches, parents, or swimmers, please speak with one of the executive: **Bob Thodas, Keri Potaka, Leah Mitchell, Ashlea Watts, or Brent Osborne.**

Team Equipment

If you have not ordered your team suit, or if you need flippers or goggles, please see **Dawn Stang** as soon as possible. Dawn is our equipment manager and carries a wide range of team gear. You can call Dawn at 995-0774.



Traditional Friday Treats

It has become a tradition for families to take turns to bring a small treat for each swimmer at the finish of a group's Friday practice. Although the coaches would likely prefer carrots and celery sticks, swimmer favourites include popsicles, freezies, cookies, donuts, etc. There will be sign-up sheets posted on our bulletin board for those families who want to participate.

Team Photos

Team photos will take place at the Crystal Shores Beach House, 403 Milligan Drive, on **Wednesday, May 14** at 4:15 p.m. We'd like to take the team photo first so please be on time. Wear your team suit and your team T-shirt (if you have them), and a big smile!

Officials Clinics

It is extremely important to our swimmers that we support them by becoming officials. Every family in the club should have one member who can at least be an official timer. If you have not taken a timing clinic here is a terrific opportunity! There will be a timers' clinic on **Thursday, May 22 from 7:00 – 9:00 pm** at the Bob Snodgrass Rec Centre in **High River**. This is just in time for our meet. They will also be offering Marshal, Clerk of Course, and Chief Finish Judge. If there are other workshops people are interested in please contact **Robyn Ayles**, either at the pool, or at rayles@mtroyal.ca. If you don't have your timing card please consider attending this workshop so that you are certified to time during a meet.

If you would like to attend the High River clinic you have until the end of day, Monday, May 12 to let **Bob Thodas** know (call 995-2833 or email bob.cnb@shaw.ca).

Bottle Drive & Welcome BBQ

The team will be holding a bottle drive on **Saturday, May 24** from 10 am to 1 pm. **Angie Haworth** is organizing, and you can call her at

938-2983, or email her at hotangie@telus.net. We'll be looking for parent volunteers to help out. **Please see Angie's email from May 8**, and watch for sign up sheets to be posted at the pool. People who would like their bottles picked up can call and arrange for pickup either on the day or at another time. We'll have a Welcome Potluck BBQ at the Haworth's 108 Suntime Place immediately after the bottle drive.

Remember, you can also donate your bottles anytime to OSSSC at the bottle depot where we have an account set up.

Okotoks Swim Meet

The Okotoks Stingrays will be hosting the first swim meet of the season here in our home pool on **June 7**. We'll be looking for volunteers to make sure our meet runs smoothly. We need help from every family in order to make this meet work. There is a **Volunteer Sign up Sheet** posted at the pool. We also ask each family to supply an item of food, as the host club feeds all officials and coaches at the meet. If you don't know what a job entails check out the next article, or just ask around. Sooner or later you'll find some one who knows!

Officiating Positions

Here's an idea of how many people it takes to run a meet, and a brief description of what they do. Not all meets need the electronics positions, and the numbers of judges and timers varies depending on the size of the pool. On deck officials usually wear white so it's easy to recognize them.

Meet Manager

They organize the whole meet!!!

- Arrange for officials
- Send invitations
- Ensure programs and cards are prepared
- Handle paperwork during meet
- Send out results

Referee

- Chief official over all over officials during the meet.
- Ensures fairness and makes required decisions
- Indicates start of each race with whistle tone



Starter

Activates starting device for each race ensuring start is fair

Chief Finish Judge

- Compiles order of finished race based on timekeepers result sheets.
- Supervises results coming in from the timers and determines the official time.

Runner

Picks up time cards for the chief finish judge

Chief Timekeeper

- Responsible for all times, watches, timing plungers
- Takes time of winner in case there are not three timers
- May read a timer's watch
- May instruct timers when to clear their watch
- Responds if timekeepers having difficulties

Clerk of the Course

- Assigns swimmers to the correct heats and lanes
- Has one or two marshals assisting

Marshal

- Assists the clerk of the course
- Calls swimmers names and hands them their time card

Stroke and Turn Judges

- One or two on each side of pool
- Observes correctness of stroke to ensure no swimmer gets an unfair advantage
- Observes correctness of turns at both ends of the pool

Recorder/Scorer (office work)

- Checks the results, calculates individual and team scores
- Data input, results programs
- Creates results sheets and ribbons

Timekeepers

- Two to three per lane.
- Each timer takes the time of the swimmer in the lane assigned to them.
- Three timers are required to break a record.

Electronics operator

Operates the automatic officiating equipment

Food preparation

Individuals who organize and distribute food and drink to deck officials

On deck officials can expect to get wet, so bring a change of clothes. Each position is essential for a meet to run effectively. Remember the competition is for the swimmers.

The "three musts" of a successful official are:

1. *Have fun doing what you're doing*
2. *Enjoy the sport*
3. *Respect the athlete*

Swim Meets

We'll have more swim meet info in the next newsletter. The club asks each swimmer to participate in at least three swim meets. The coaches would like to encourage all swimmers to come to Okotoks, High River, and Calgary, as well as Regionals.

REGION "E" SWIM MEET SCHEDULE 2008	
June 7	Okotoks Stingrays
June 14	Didsbury Aqua-Jets/Calgary Swordfish co-hosted meet in Didsbury
June 21	High River Otters
July 5	Innisfail Dolphins
July 12	Hanna Seals
July 19	Calgary Tritons (Talisman Centre)
July 25 - 26	Canmore Coho
August 2 - 3	Regional E Finals (Talisman Centre)
August 7 - 10	Alberta Summer Games: Medicine Hat
August 16 - 17	ASSA Provincials: Edmonton

