



# OKOTOKS SUMMER STINGRAYS

# Newsletter

Number 3

May 29, 2008

## COACHES' CORNER

Our Seniors and Makos are training extremely hard to get into shape. While our Mantarays and Nurse Sharks are working hard on stroke technique, starts and turns. Our Eaglerays have improved tremendously with a few swimmers already able to swim a length on both their front and back.

Dry land training has not been well attended. If more swimmers don't start attending, we will stop running dry lands as of June 6<sup>th</sup>. We will let you know in next week's *Coaches' Corner* as to whether dry land will continue or not.

A reminder to all swimmers, if your hair is longer than Coach Brittany's, please make sure you either have your hair tied up or in a swim cap. For those swimming in the late afternoon, you should be wearing swim caps and not tying your hair up. A swim cap not only helps you swim faster because of less resistance, but also because you can see where you're going and where the wall is!!

### Swimmer of the Week

#### Week of Mat 19 – 23, 2008

Eagleray (A) –	Kaylie Hetherington
Eagleray (B) –	Damon Mazurek
Mantaray –	Jessica Leskovjan
Nurse Sharks –	Carla Mitchell
Makos –	Thias Stang
Senior –	Brad Bouchard

Great work everybody! ☺

Our first swim meet is quickly approaching and our mock meet is on Friday!! We have been working hard on making sure that our swimmers are getting prepared for our first meet.

Our mock meet begins at 5:30 pm, we would like all swimmers to be at the pool at 4:45 pm to make sure we are ready to start on time, run warm-up and learn some cheers.

Our first meet is here in Okotoks. Warm-up starts at 7:30 am, please be on deck and ready to stretch by 7:15 am. After warm-up, we will be meeting on deck for a team cheer, so make sure your loud singing voices are ready.

Make sure you are ready for the meet with your team suit, cap, goggles, Stingray shirt, warm clothing, water, and healthy snacks.

Any new swimmers who would like to swim, but don't know what events to swim at the meet, please indicate that you want to swim and write "Coaches' choice" and their coach will take care of their entry.

I would like to remind all Mako and Senior swimmers that your coach ultimately will choose the events you will swim. You may indicate what you would like to swim, but you may find that you are not swimming the events you requested. All seniors this year will swim each event at least once, giving us a better selection of events for Regionals.

Please make sure you indicate whether you intend to stay for relays. If you indicate that you are staying for relays, please make sure you stay, if you leave you will be letting down three other swimmers. This meet's relays are not based on



swimmers' times. We will be trying to make sure everyone who has indicated that they want to swim relays is on a team. Tentative relays will be posted Thursday June 5<sup>th</sup>.

**Please make sure you talk to one of the coaches before and after your races.**

### **The Importance of Warm-Up Before Competition**

From a scientific standpoint we know that warm up:

- increases body temperature, increases heart rate, increases blood pressure, increases energy producing enzyme activity.

As coaches, we observe that warm-up:

- increases confidence by giving swimmers a feel for the pool, (and from a scientific standpoint – we know that warm-up increases familiarity with the race conditions)
- increases race readiness through the opportunity to rehearse specific pacing and stroke technique

It is therefore, very important that you arrive early enough to do your stretching and that you are ready to go into the pool as soon as warm-up begins.

Striving to attain your personal best should be the goal of all swimmers. We would like to remind parents that attaining a personal best time is more important than winning a ribbon. A ribbon is nice, but a best time is fantastic!! If parents are going to reward swimmers for their performance, the reward should be based on attaining personal best times rather than on attaining ribbons and/or medals.

See you at the pool! ☺

*Coach Sarah*



## **Bottle Drive**

A VERY BIG thank you to everyone who turned out in the pouring rain and gave 100% of their time and effort to make our Bottle Drive a huge success. We won't know the total collected until next week.

**REMEMBER**, you can continue to donate your bottles anytime to OSSSC at the bottle depot where we have our account set up.

## **Mock Meet & Welcome BBQ**

A reminder of our mock meet at the pool at 5:30 pm on Friday, May 30... It will be extremely beneficial for those children who have never participated in a meet before. Please bring your children that day. There will be **NO REGULAR EARLY SWIMMING or DRY LAND TRAINING (4:30-5:30 PM) ON FRIDAY, MAY 30** due to the mock meet.

Our Welcome Potluck BBQ will take place at the Haworth's (Angie & Phil's), 108 Suntree Place, Okotoks, immediately after the mock meet.

The meet and greet BBQ is a brilliant time to get to know other members and their families in the Swim Cub, It can be challenging to get know people if you only have children in one group or the other. This is also a wonderful time to meet the coaches to discuss your children's progress before the first meet.

## **Swim Meet Sign-Up Sheets**

Sign-up sheets for the Didsbury and High River meets are posted at the pool.

There is no additional charge for attending swim meets, as the cost of swim meets is included in your registration fee. Each swimmer is entitled to swim up to four (4) individual events and two (2) relay events at each swim meet. There is a deadline date written on the sign-up sheet, so please be sure to sign up before then. There are no late entries. The coaches will check swimmers' preferences, but will



make their final entries based on what they feel is best for the swimmer. If you are not sure what your child should swim the coaches will select the races for you. Just sign the sheet and leave the race selections blank. The signature of the swimmer's Parent/Guardian is required on the sign-up sheet.

**It is VERY IMPORTANT that you sign up only if you are committed to attending the meet. If you sign up and cannot attend the meet, you MUST NOTIFY the Head Coach as soon as possible, as our club pays the host club for every swimmer who has signed up. If we are notified early enough about your cancellation, there may be a chance of getting a refund.**

## Okotoks Swim Meet

Our very own Okotoks Stingrays will be hosting the first swim meet of the season here in our home pool on **June 7**. This will be the first chance for swimmers to "strut their stuff"!

We're still 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 we feed all officials and coaches at the meet. If you don't know what a job entails check out the May 9 newsletter, or just ask around. Sooner or later you'll find someone who knows!

Keep going with the sponsorship fundraising every bit counts.

Everyone who is going to donate a raffle item to our table please bring them to the pool to put into the Raffle box. Toys, CDs/DVD, games etc., all bring kids to to the raffle table this in turn brings the adults to the raffle table with the money!!!

So please help where you can. If you have been promised a item/gift certificate for the raffle table. **please bring them and their ad ASAP or email them to Phil or Angie, [hotangie@telus.net](mailto:hotangie@telus.net).**

Here are some reminders for club old-timers and helpful hints for first-time parents and swimmers attending our swim meet on June 7.

### 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 meets 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 depending on how many races they are in.
- 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.*

**Go Stingrays!**

