

# 2017 Information Packet



## 2017 Informational Meeting

All parents and swimmers on the swim team must attend a meeting on Sunday, April 30<sup>th</sup> at the REC Center.

**\*New\* Swimmers/Families: 1:00-1:30pm**

**Returning Swimmers/Families: 1:00-2:00pm**

**\*Returning Swimmers:** All returning families should also attend for suit and apparel sizing, sign up for volunteer opportunities and to pick up their duck tickets. There will not be an additional meeting. If you cannot attend this meeting, suits and apparel will be available for ONE WEEK ONLY after the meeting. **Team suit order due May 6<sup>th</sup>!!!**

**Please read this prior to attending the meeting. Bring this packet, your calendar, and any questions you may have with you to the meeting.**

# Welcome!

Welcome to the Huntley Stingray Swim Team! We are honored to have you as a member of this fun-filled, summer swim team.

## Mission Statement

The Huntley Stingray program mission is to promote the life-long love of swimming for recreation and as a competitive sport. The team will help develop and improve your child's swimming technique, meet new friends, bring families together, improve cardiovascular endurance/body tone, develop self-esteem, discipline, and positive self-image while also incorporating teamwork.

## The Huntley Stingray Swim Team:

- Was developed in the summer of 2003
- Is a high-quality summer swim team
- Is open to swimmers age 18 and younger
- Is part of the Huntley Park District
- Is also part of the 11 team, North Central Illinois Swim Conference (NCISC)

## Practices

Practice will take place four to five days a week depending on each swimmer's group. \*All times subject to change.

### In-school Practice Times

Please see the calendar for group practice times. In case of inclement weather, please call 847-515-7665(POOL) or check the website to see the status of practice.

\*\*\*Returning Swimmers: Please attend the same practice group that you were in last year. Coaches will move swimmers to appropriate groups during the first week of in-school practices.

\*\*\*New Swimmers: New swimmers must register for a swim trial on Monday, May 15<sup>th</sup>. Each swimmer will meet with a coach, receive an evaluation form, and be placed in the appropriate practice group. Please register for a time at the Parent Informational Meeting on April 30<sup>th</sup>.

***\*Trial Date may change pending weather conditions.***

### Morning Practice Times

We will be practicing according to ability groups. Ability groups will be determined after all swim trials have been completed. Please see a coach if you have any questions or concerns.

	Monday	Tuesday	Wednesday	Thursday	Friday
Whip Rays 1	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am
Whip Rays 2	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am
Manta Rays	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am
Butterfly Rays 1	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am
Guppies	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am

## Swim Meet Schedule:

### 2017 Meet Schedule North Central Illinois Swim Conference (NCISC)

#### "B" Conference

- 7) Huntley
- 8) McGuire Aquatics
- ~~9) Antioch~~
- 10) Belvidere
- 11) Woodstock

#### Six Meet Dual Schedule (Away – Home)

<u>June 6</u>	<u>June 13</u>	<u>June 20</u>	<u>June 27</u>	<u>July 6</u>	<u>July 11</u>
8 at 7	10 at 7	<del>7 at 9</del>	11 at 7	9 at 11	7, at 8
9 at 10	8 at 11	11 at 10	9 at 8	10 at 8	10, 11 at 9
11 Bye	9 Bye	8 Bye	10 Bye	7 Bye	

#### **Other Meet Dates:**

June 22	Dual Meet at Rochelle
June 24	Optional Invitational at Algonquin Trails (small fee)
July 13	Dual Meet Rain Date
July 15	"B" Conference Championship Meet at McGuire Aquatics (Hosted by Huntley and McGuire)
July 16	Huntley Stingrays Banquet and Duck Race

#### **Apparel**

The team will provide each swimmer with a Huntley Stingray's t-shirt. All other types of apparel may be purchased at an additional cost. Order forms will be available at the meeting.

#### **Parental Observation Policy**

We are in support of you wanting to see your son or daughter perform the skills being asked of them and how hard they are working. Please understand that the facility is impacted by our swim lessons program, whose policy is also to observe from designated area. For the safety of all of our patrons, and keeping consistent with the swim lesson program, we must have your cooperation. We ask that you **only** observe from the area noted on the map of Stingray Bay otherwise you **will** be asked to move. Thank you for assisting us in providing you and your child a safe and fun place to be! **\*\*\*SEE MAP BELOW\*\*\***

#### **Stingray Bay Family Aquatic Center Swim Team Observation Area**



Stingray Bay • 12219 Louis Lane • Huntley, IL 60142 • 847/515-POOL(7665) • [huntleyparks.org](http://huntleyparks.org)

## **Parental Participation (very important and critical to the success of the program)**

Having a swimmer on a swim team **makes you a participant and not a spectator**. In order for Huntley Stingrays to be successful for our swimmers, coaches, and families, it requires commitment and participation from all the swim team parents/sponsors.

Families will be asked to support the team in the following ways:

1. Provide manpower for home meets. To make it fair each family will be asked to work a **home** meet. (Timers, runners, bullpen, ribbon writers, ticket sales during meets)
2. Assist at away meets when needed
3. Provide officials/judges and timers for home and away meets. Certified officials/judges only.
4. Be sure your swimmer arrives on time for meets for warm-ups.
5. Support our fundraising activities.

### **Your Coaches for 2017!**

Laura Strebler, Head Coach

Jenna Gaudio, Asst. Head Coach

Ryan Czarnecki, Coach

Aaron Vandy, Coach

### **Contacting Coaches**

If you need to get a hold of a coach please call Stingray Bay at 847-515-7665 OR email the team at

[huntleystingrays@gmail.com](mailto:huntleystingrays@gmail.com)

Coach Laura: 847-847-6444

Coach Jenna: 224-456-2658

### ***Rubber Ducky Race Fundraiser***

The Great Rubber Ducky Race was established in 2008. This is the Stingray's main fundraiser each year and has helped the team to raise funds to assist with meet entry fees, supplies, year-end celebration and more. Past funds have help pay for our new starting equipment.

Quick facts about the race:

- Grand Prize for the winning duck is a pool party at Stingray Bay for 50.
- Tickets will be sold until race time at 4:00 pm or until sold out.
- Ducks will cost \$2 each.
- Ducks can be purchased from a swim team member or at Stingray Bay Family Aquatic Center.

Each family has already purchased their tickets for the fundraiser. We also ask that each family assist in creating a prize basket, and helping on race day.

\*If you re-sell your tickets you will earn your money back!

## **Frequently Asked Questions**

### **What is a dual conference meet?**

A dual conference meet is between two teams within the same conference.

### **What is a conference championship meet?**

The conference championship meet involves all Conference teams. Swimmers may compete in individual events and relays. Only one relay per age group is allowed.

### **What rules govern our meets?**

NCISC rules. (North Central Illinois Swim Conference)

### **Who are the officials at the meet?**

The officials include a referee, starter, stroke judges, turn judges, place judges, timers and scorers. Most officials are swim parents who assist voluntarily.

### **What is a place judge?**

A place judge determines the finish of each swimmer in the event. This is a visual decision.

### **What is a stroke judge?**

A stroke judge determines if the stroke is being swum correctly. He/she usually walks the side of the pool and will indicate to the referee and scorers if a swimmer has been disqualified.

### **What is a turn judge?**

A turn judge determines if the swimmer touches the wall before starting another length and makes certain the turn is done correctly.

### **What is freestyle?**

Freestyle is also known as the front crawl or forward stroke. In this stroke, the swimmer swims on their stomach with their arms alternating and legs kicking flutter kick.

### **What is backstroke?**

Backstroke is also known as the back crawl. In this stroke, the swimmer swims on their back, arms alternating and legs kicking flutter kick. Backstroke is freestyle on your back.

### **What is breaststroke?**

Breaststroke is swum on your front. The arms move in a circular pattern while the legs do a 'frog' kick.

### **What is butterfly?**

Butterfly is swum on your front with both arms reaching forward simultaneously accompanied by a 'dolphin' kick.

### **What is an individual medley (IM)?**

Swimmers, ages 9 and older, swim equal laps of each stroke in this order:

1. fly,
2. back,
3. breast,
4. free.

### **What is a Free Relay?**

It is a four-swimmer event in which each swimmer swims 50 meters or yards of freestyle.

**What is a Medley Relay?**

It is a four-person event in which each swimmer on the relay team swims one of the four strokes in this order:

1. back,
2. breast,
3. fly,
4. free

**What is a DQ?**

A DQ, or disqualification, means that the swimmer has been disqualified in that event. Most likely the swimmer was disqualified for an improper stroke or turn.

**What are the common reasons for being DQ'ed?**

1. Not swimming the stroke correctly.
2. Not swimming the same stroke throughout the entire event.
3. A false start (leaving before the starter).
4. Improper turn.
5. Improper underwater streamline.
6. Relays- the swimmer left before the preceding swimmer touched the wall.

\*When a swimmer has been DQ'ed it's important for them to go and talk to their coach. Please help your swimmer to understand that a DQ helps us learn how to swim more efficiently, and it isn't the end of the world.

**What does it mean if my swimmer swims 'exhibition'?**

In the summer program, coaches may only enter 3 swimmers in each event. With a large team, this limits the amount of events swimmers may have. In the effort to give every swimmer the maximum events, 4, coaches may create an 'exhibition' heat. This means that the swimmers will be swimming the event, but that their places will not count for points toward the team totals. The swimmers will still receive a time and an exhibition ribbon for their efforts.

**What is a 'heat'?**

When there are more swimmers for an event than there are lanes in the pool, another round or 'heat' is added for that event. The best times for the event swim in the final heat. Final place will be awarded to the fastest time, regardless of heat.

**What will my swimmer earn ribbons for?**

**Home meets** 1<sup>st</sup>-6<sup>th</sup> place for Individual events and for 1<sup>st</sup>-6<sup>th</sup> place for Relay events

**Away meets** 1<sup>st</sup>-3<sup>rd</sup> place for Individual events and only for 1<sup>st</sup> place relay finishes.

-Ribbons are awarded for all exhibition swims.

## Huntley Park District's Stingrays Swim Team

### Rules and Regulations

#### **Tobacco/Alcohol/Drug use or possession**

Any swimmer who has been determined to have used or found to be in possession of tobacco, alcohol or illegal drugs while in attendance at practice, a meet or any other Park District function, will be dismissed immediately from the team. Reinstatement will be at the total discretion of the Coaches and Park District.

**No exceptions will be made.**

#### **Practice**

It is each swimmer's responsibility to arrive at practice on time and ready to swim in the proper attire (swim suit, cap, goggles, etc.) Late arrival and failure to begin practice on time is disruptive and shows a lack of respect to the Coaches and team members. Continuous tardiness may result in the swimmers dismissal from the next scheduled meet. Emergencies are taken into consideration and any discrepancies should be discussed between the parent and Coach. Proper conduct in the locker rooms and pool deck is expected at all times; there will be no swearing, fighting or horse play. Each swimmer is expected to attend 4 practices per week.

#### **Meet Behavior**

Appropriate behavior and good sportsmanship is expected from all swimmers at every meet. This includes respect for pool staff, officials, judges, timers, coaches and facility. Swimmers are to be courteous at all times to guests and other swimmers; to congratulate their opponents, win or lose, and to respect all property of others. Support and encouragement of all teammates will continue to be reinforced. Proper conduct in the locker rooms and pool deck is expected at all times; there will be no swearing, fighting or horse play.

Swimmers must notify their coaches **in writing** at least two days in advance if they cannot attend a meet that they have previously committed to attend. This is extremely important – Coaches spend hours working on a line-up to make sure that each swimmer gets to swim the maximum number of events possible. Not showing up at meet can also cause a relay to be scratched and wastes a swim that another swimmer may have liked to do. A no show at a meet, of which the swimmer had formerly committed to, will result in an exclusion from participation in the next scheduled meet. Again, emergencies that cannot be avoided will be taken into consideration.

#### **Consequences**

**First Incident:** Swimmer will be warned and counseled; parent or guardian will be notified.

**Second Incident:** Swimmer will be dismissed from practice; parent or guardian will be notified as well as the appropriate Park District staff. Participation in the next meet will be at the Coaches discretion.

**Third Incident:** Swimmer will be dismissed from practice; parent or guardian and Park District staff will be notified, and the swimmer will not participate in the next meet.

Any further incidents will result in dismissal from the team for the remainder of the season (with no refund). The swimmer and parents/guardian will be given the opportunity to meet with the Coach or Coaches and appropriate Park District staff prior to any dismissal action.

The above stated disciplinary action will also apply at all meets and other Park District functions.

----- **Detach and hand in! DUE BY MAY 15<sup>th</sup>** -----

Any questions regarding these Rules and Regulations may be addressed to a Coach or appropriate Park District staff.

Today's Date: \_\_\_\_\_

\_\_\_\_\_  
Swimmer #1 Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Swimmer #2 Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Swimmer #3 Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Swimmer #4 Signature

\_\_\_\_\_  
Parent Signature

***Please note that both SWIMMER and PARENT must sign this form in order for the swimmer to participate with the Huntley Stingray Swim Team.***