

Stingray Practice Group Requirements

The Huntley Stingrays have changed their practice groups to better meet the needs of all swimmers, regardless of ability. These practice groups are focused to help each swimmer progress at their level.

The Butterfly Rays (M-F, 9:30-10:30am)

Swimmers in this group have not mastered every stroke. These swimmers are unable to complete laps in all four strokes independently, with correct form. This is an instructional group with a focus on developing correct technique in the four strokes and dives.

Training Requirements:

swim 25 yards freestyle

The Manta Rays (split into 2 practice groups) (M-F, 8:30-9:30am)

Swimmers in this group know the four strokes; however, their form or technique is still developing. This group will focus on refining strokes, turns, and starts.

Manta Rays Group 1

Training Requirements:

Swim 50 yards freestyle

Swim 50 yards backstroke

Swim 25 yards breaststroke

Swim 25 yards butterfly

Manta Rays Group 2

Training Requirements:

Swim 100 yards freestyle with flipturns

Swim 100 yards backstroke with flipturns

Swim 50 yards breaststroke

Swim 50 yards butterfly

The Whip Rays (split into 2 practice groups) (M-F, 7:00-8:30am)

Swimmers in this group have mastered all four competitive strokes and have shown they have endurance to keep up with a rigorous workout. This group will focus on maintaining a high level of stroke technique, while incorporating efficient starts and turns into everyday training.

Whip Rays Group 1

Training Requirements:

Swimmer has competed in at least 3 of the following events and achieved these times:

Yards Meters

50 free :50 :56

50 back :55 1:02

50 breast 1:00 1:07

50 fly :55 1:02

100 IM 1:45 1:57

100 free 1:30 1:40

100 back 1:35 1:45

100 breast 1:45 1:57

100 fly 1:35 1:45

Whip Rays Group 2

Training Requirements:

Yards Meters

50 free :35 :38
50 back :42 :47
50 breast :45 :50
50 fly :42 :47
100 IM 1:20 1:29
100 free 1:05 1:12
100 back 1:15 1:24
100 breast 1:25 1:35
100 fly 1:15 1:24