



Forest North Stingrays

May 20, 2010

stingraysaustin.org

Upcoming Events

- * **May 10—May 28** After-noon practices
- * **May 21** Meetings at pool 5:45 and 6:30
- * **May 22** Time Trials
- * **May 25** Practices ONLY at 5:30 and 6:15. No practices at 4:15 or 4:45.
- * **May 29** Away meet against **Anderson Mill**
- * **May 31** No practice
- * **June 1** Morning practices begin
- * **June 5** Away meet against **Wells Branch**
- * **June 11** Pep rally and team photo
- * **June 12** Home meet against **Steiner Ranch**
- * **June 19** Away meet against **Blockhouse Creek**
- * **June 23** Movie Day
- * **June 25** Pep rally
- * **June 26** Home meet against **Georgetown**
- * **July 10** Away meet against **Brushy Creek**
- * **July 17** Divisionals meet

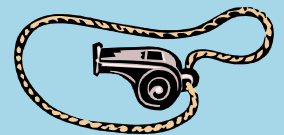
It's time for Time Trials...



Saturday, May 22

**7AM check in, 7:15 warm up,
7:50 clear pool, 8AM start**

From Coach Johnny

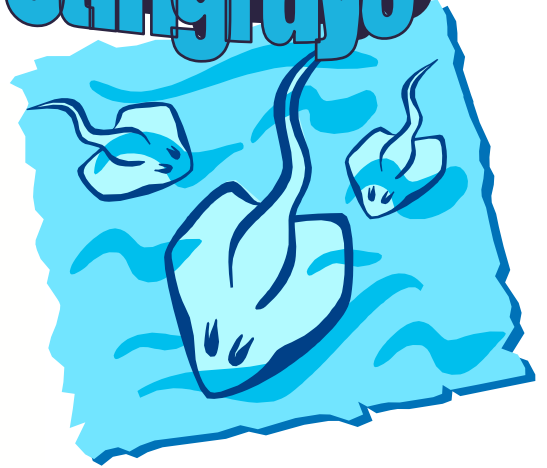


A big welcome to our new swimmers and welcome back to the old-timers. We are looking forward to an exciting 2010 swim season... see you 'around', I mean 'in', the pool!

The water is your friend.... You don't have to fight with the water, just share the same spirit as the water and it will help you move.

Alexandr Popov

High Fives to Our New Stingrays



6 and under

Mason Heer
Alaya Johnson
Ryan Lord
Tyler Banks
Cole Barnes
Hailey Freeman
Matthew Jackson
William Jackson
Nicholas Pellizzaro
Madison Healy
Garret Heer
David Homiller
Jayden Johnson
Liam Lord
Lilly Ojeda
Emily Rudd
Bodie Bradley
Reid York
Grayson Powell
Riley Privott

7/8 years old

Jack Bradley
Lauren Gillies
Maanas Shah
Preston York
Tyler Ziccardi
Sofia Cruz
Elisabeth Johnson
Samantha Homiller
Braden Olsen
Nidhi Urs
Logan Ziccardi
Rylie York
Max Bell
Karly Privott

11/12 years old

Laura Homiller
Jaran Rudd

9/10 years old

Riley Brannon
Ally Dorf
Elias Enstera
Olivia Lord
Simon Rudd
Melkon Harutunian
Madison LaBrie
Elyse Vaughn
Ellese Garcia

Welcome New Families

This first newsletter contains valuable information especially for you.

Volunteer Information

From Kathy Potral and Anne Hoffa, volunteer coordinators

Time trials meet is upon us and we are still in need of many volunteers!! Parents, please go to the "Volunteering" web page on the Stingrays website and sign up for something, anything, if you have not already. These swim meets cannot run without 100% volunteer participation. We are still looking for many team parents. There will be an overview meeting on Friday the 21st where you will hear what is entailed even if you are new.

You should have also filled out a Volunteer Commitment Form. If not, it can be printed from the website and we will have them with us at practice and at the meeting on Friday. Please find us. Soon we will be wearing our volunteer coordinator t-shirts.

Thank you if you are already signed up as a team parent and **thank you** if you have already committed via "Mysignup" for time trials. Please contact Anne or Kathy with any questions about volunteering.

Go Stingrays!

The following forms are always available at the pool in the file boxes. Please submit this form to the coaches as soon as you know your swimmer will miss a swim meet.

Are you going to miss a swim meet??

Please complete this form and place it in the coaches folder (also found in the swimmers boxes). Please complete by Tuesday of the week that you are going to miss so that the coaches have ample time to remove your name from the Meet Entries. Thank you!

Coaches, I will not be swimming in the following meet(s):

5/29 6/5 6/12 6/19 6/26 7/10 7/17(Divisionals)

Swimmer(s) Name(s)

Swim Meets: **What To Bring...**



The following are handy at a swim meet:

- Sun screen
- Water
- Nutritious snacks
- Couple towels
- Books, games, music, etc. to keep yourself busy
- Goggles—remember to put your name on your goggles
- Swim cap — remember to put your name on your cap
- Sweatshirt and sweat pants— mornings can be chilly
- A positive attitude
- Swim suit (yes, swimmers are known to forget their suits)

Swim Meets: **What to Eat ...** (Spectators Can Eat Whatever they Want)



Suggested snacks at a meet...

Bagels, granola bars, fruit, smoothies, yogurt, bananas.

Foods to avoid at a meet... A general guideline is to avoid lots of sugar. That is: Soda, donuts, candy, candy, candy.

Believe it or not, dehydration is a problem at swim meets. To avoid it, drink lots of water (go figure) and at the same time, avoid sugary drinks.

Where's my Stuff?

Probably in the **file boxes**. All papers, ribbons, etc. for your swimmer are placed in the file boxes that the coaches put out everyday at the pool. Please check your family's file often for lots of goodies.



PEP RALLIES

Friday evenings before each home meet, we have a pep rally at Springwoods Park on Anderson Mill Road. They start at 6PM and end around 7:30PM. Your coaches will announce “swimmers of the week” and distribute time improvement ribbons. Dinner is provided for a small fee. It’s a great opportunity to get together with your Stingrays team and get psyched for the meet on Saturday. Information for pep rallies will be provided weekly in this newsletter.

Yay!!!

WHAT ARE TIME TRIALS?

The purpose of Time Trials is to establish base times for each swimmer. You can think of it also as a practice meet for not only swimmers but for parents as well. Only the Forest North team is present and it’s run like a regular meet. It’s a wonderful chance for new swimmers to get used to how it feels in a real meet. Parents get to learn how to do their jobs as volunteers. Best of all, it’ll be the shortest meet of the season.



This year, **Time Trials** are **May 22**.

Important reminder....

Dogs are not allowed at practices. Thank you!!

Big Brothers/Big Sisters!

The big brother/little brother and big sister/little sister program is a very big part of what makes the Forest North Stingrays a special swim team and gives it a “family” feel. At the beginning of each season, swimmers are given the opportunity to sign up to be a “big brother/sister” or a “little brother/sister.” Depending on the number and ages of the swimmers, the big brothers and sisters are typically from the 11 and older swimmers, and the little brothers and sisters are usually the 10 and younger swimmers.

The kids love this program! It serves as a huge motivation for them. This is also a great opportunity for the older swimmers to learn to mentor and encourage the younger swimmers. Similarly, the younger swimmers look forward to having someone cheering them on, looking out for them, and simply making them feel special!

Along with this privilege, comes a certain level of responsibility. Parents, we are asking that you read and understand the expectations for the program before you have your child sign up. If you sign up to be a big brother or sister, plan to meet your little sister or brother at the first pep rally or swim meet. You should seek them out and let them know you have been matched up. Plan to spend a few minutes with your little brother or sister at every meet. Wish them good luck, try to watch a race or two of theirs, and just be an encouragement for them. Swimmers also love sharing cards, snacks, or some sort of candy or treat with their Stingray “sibling.” Nothing expensive – this is not about money. It’s your time and attention that mean the most!

Big brother/big sister **sign ups** will begin within the **first couple weeks** at practice. Look for the posters as you enter the pool. . Sign ups will last several days and matches will be announced prior to the first pep rally and swim meet.

Thank you for helping to make this program fun for every child involved!!





"Q&A" with a New Stingray

Here are some **typical questions** from a new swimmer.

- **What are the age groups?** 6 and under, 7/8, 9/10, 11/12, 13/14, 15-17
- **When are the practices?** Practices are everyday after school from May 10 until June 1. On June 1, morning practices start. Please see the Stingrays website for your age group's practice time.
- **Do I have to be as good as Michael Phelps before becoming a Stingray?** Come to one practice and you'll figure out the answer is "absolutely not." Although by the end the season, you might feel that good.
- **How does a swim meet work?** There is not enough room here to answer that question. You'll get a great feel for a meet when you come to the time trials on May 22.
- **What time should I arrive at a meet?** Please see the newsletter each week. Suffice it to say that you'll be at the pool from approximately 6:30AM to 1PM for a typical meet.
- **What is written on my arm at a meet?** Event numbers are written on your arm. The purpose of this is to remind you what you're swimming in that meet.
- **What do I bring to practice?** It's pretty simple... goggles, cap, towel and a good attitude.
- **Will my parent get to see me race if he/she is volunteering at the time?** Absolutely! Tell them to drop everything and watch you!! Unless of course they are the announcer, timer, starter, stroke judge or exchange judge. In that case, they have front row seats anyway.
- **What is a coaches relay?** About half way through each meet, the coaches and any parents who want to participate get to show off their racing skills. They need your support so cheer for them!!!

