

STONEBRIER STINGRAYS



HANDBOOK

WELCOME LETTER

Hello Parents and Swimmers!

I'm looking forward to another exciting swim season with the Stonebrier Stingrays. This is an awesome opportunity for the children to make new friends while developing skills that will benefit them for a lifetime.

I am honored to be a part of the team. I have been teaching swimming lessons for several years at Stonebrier and look forward to watching the children that I have taught take their abilities to the next level. As the coach my goal is to help the children improve their skills in a fun team atmosphere.

I want to take this opportunity to thank all of the parent volunteers in advance. It takes many people working in the background and at the meets to have a successful team and you all have already stepped up and showed support. Your cooperation will ensure a positive swimming environment for the Stingrays.

If you have any questions or concerns address me either before or after practice or email me at debcareyswims@aol.com. Let's have a fun first year!

GO STINGRAYS!!!

Swimmingly,
Coach Debbie

Stonebrier Swim Team

· · · Handbook

Welcome parents and swimmers to the Stonebrier Stingrays. This handbook is intended to make our swim team parents' lives a little easier. Look it over carefully and refer to it often during the swim season, as it contains information you will need from week to week. For further questions contact us at stonebrierswimteam@hotmail.com or contact Coach Debbie.

Stonebrier will swim in the North Atlanta Swim Association. NASA is comprised of 4 divisions and 86 teams. We are in the North Eastern division that includes teams from Gwinnet, North Fulton, and Forsyth counties, mainly along the 141 corridor.

The purpose of the swim team is to improve the swimming skills of the participants and introduce them to competitive swimming. We hope to build self-esteem, encourage good sportsmanship, and enhance physical well being. Our main objectives are development and fun. We hope parents will work with the coaches and swim board to meet these goals.

COACHING STAFF

Head Coach

Debbie Carey

770 912-5747

debcareyswims@aol.com

PRACTICE SCHEDULE

All practices will be held at the Stonebrier pool. Please enter using the gate code provided. The gate only allows 1 car to enter per code. The gate WILL come down on your car; Stonebrier is NOT responsible for any damages to your car by the gate. When in doubt re-enter the code and try again before entering. Both gates are available for entry, same code, no code to exit just exit carefully.

Mon - Wed, Fri, Sat

8:30 - 9:30 Stingrays

9:30 - 10:30 Rays

10:30 - 11:15 Ripples

What Type of Ray am I?

Ripples: Young beginning team members who need assistance in stroke development. These rays are capable of swimming the length of the pool.

Rays: Swimmers that still need stroke development and refinement. They are comfortable doing several lengths of the pool.

Stingrays: Swimmers that are comfortable with all four strokes. They attempt proper turns and have the ability to swim continuously for the whole practice.

Please note that coaches will determine which level your child should swim at. Swimmers practice times may change as they advance over the summer.

COMMUNICATION

The swim team uses several means of communication with parents

1. **Mailboxes** - each swim family will have a file folder or "mailbox" in the swim crate. The crate is usually sitting on the check-n table just inside the swim gate during practices. It is vital that you check the mailbox daily, as it is the primary means of communication with parents. We will drop any announcements, schedule changes, heat sheets, and ribbons in the boxes.

2. **Email** - We will regularly be using emails to contact the entire team. If you have not been receiving our emails, please let us know by contacting us at our email address stonebrierswimteam@hotmail.com. You may also contact us here with any questions you may have in regards to the swim team. If you need to contact coach Debbie her email address is debcaryswims@aol.com.

4. **Website** - The website will have many of the details you need. Check it often for updates. You can find it at www.stonebrierstingrays.com

3. **Bulletin board** - please check the bulletin board outside the pool regularly for updated information and snapshots of meets.

4. **Team Address** - please use this address for regular mail to the Stonebrier team as well as for registration materials.

Stonebrier Stingrays
P.O. Box 3962
Duluth, GA 30096

PICTURES

Our team photographer is Bruce at Photo Ventures

Individual photographs will be taken immediately following the team photograph. Our photographer has several packages and a-la-carte items available. The order form will be placed in your swim mailbox prior to picture day and will be available online through our photographer's website.

BANQUET

We will take this opportunity to recognize our parent support team and coaches for their valuable contributions. We also present all swimmers a small award. A small fee for the trophy and the banquet may be charged depending on our final budget. More information will come closer to the end of the swim season.

VOLUNTEERS

Swim meets require many volunteers, several hundred for the entire season. You will be called upon for help with the meets. The success of our swim team depends on parental support and involvement. All families with swimmers have work assignments and we make every effort to distribute the work fairly. You can expect to work four meet halves during the season.

Swim meet duties were assigned based upon parent's preferences and availability as stated on the Parent Availability Form on a first returned first served basis. Once the Job Assignments have been distributed for each meet, it will be parents individual responsibility to find a replacement if they have a conflict. The parent should first contact other parents within their "group", meaning other parents assigned the same job. (i.e. timers). If a switch or replacement cannot be made within your assigned group, then you may contact parents outside the group who have different volunteering assignments. A printed copy of the family phone list will be placed in front of the team mailbox for your use. Once a change has been made you need to notify Susan McKnight, the volunteer coordinator, by email at sgminteriors@bellsouth.net. Any parent who fails to work their assigned job or find a replacement will be listed as a "NO SHOW". We urge all parents to be courteous to the swimmers and fellow parents and work your assigned shift. It makes everyone's job much easier and more fun when we have all of our workers in place for each swim meet.

Thank you so much in advance!

MEET PREPARATION

To help make sure the swimmers are at the pool for their assigned events we will be staging them in an area near the pool. Please make sure your children are in this area so it is easy to find them when needed. The following people are helping to coordinate this challenging task for each specific age group.

NOTE: Children 11 and older will not be pre-staged, and are responsible to be on the pool deck for their assigned heats.

RELAYS

The coaches are limited to entering two relay teams per event in the Atlanta Swim League. This reduces the length of the swim meets. Swimmers are placed on relay teams based on their most recent times. Medley relays require each swimmer to perform a specific stroke legally or the team will be disqualified. The coaches will make every effort to rotate the children while still ensuring we have the best relay teams possible in the water. Relays are worth the most points for the team. Therefore the scoring relay heat will be based on the fastest time possible.

The children swimming a relay will be listed on a relay board. Please check this to see which events they are entered in.

It is often the case additional children will be needed to fill out a relay as the night goes on, even though they are not listed on the relay board. To help ensure that we do not have to forfeit any events all swimmers need to first check with the team manager, Megan Sweetnam, prior to leaving.

Swimmer Availability Forms

All swimmers need to complete a SWIMMER AVAILABILITY FORM and give it to Coach Debbie. Coach Debbie uses these forms to seed the meets.

The following rules apply in seeding meets:

1. Swimmers completing their availability forms are given priority.
2. Swimmers, who mark a meet available and for any reason do not swim, will only be entered in the next meet where space is available.
3. In order to accumulate points, the first three positions per race go to our best swimmers. The next three positions rotate among swimmers.
4. Swimmers are rotated every meet to ensure all are given an equal opportunity to swim their favorite stroke.
5. Once the team roster is submitted, they cannot be changed. Rosters are usually submitted Monday prior to the meet.

Frequently Asked Questions

What Should I bring to the meet?

- Team Spirit, Enthusiasm, Good Attitude!
- Two towels...one to sit on, one to wrap up in
- Deck Chairs for mom, dad, and other spectators
- Sunscreen (and bug spray)
- Money for heats sheets, concessions and/or food and drink
- Goggles and cap
- Wear your team suit and t-shirt
- Warm/ wet weather clothes (sweatshirts feel cozy)
- Fun things to do between the races, Nintendo DS, deck of cards, etc.

*Label ALL items with your name, especially team gear!

What should I eat before the meet?

Please see that your child eats properly before meets and practices. Heavy meals, sodas, and milk are especially bad before swimming. Don't forget to drink plenty of liquids it is easy to forget during meets.

What should I do when I arrive at the pool?

Upon arrival at the pool swimmers should check in at the team area and have events written on their arm by the coaches in training. This should match the heat sheets. Parents please double-check that the arm markings match the heat sheets. Swimmers then proceed to warm-ups.

What/When are Warm-ups?

Warm-ups allow the swimmers an opportunity to get used to a new pool and warm up their muscles prior to the meet. Warm-up times vary, and will be posted the week before a meet. Please arrive at least 15 minutes before the scheduled warm-up of any meet. This reduces stress and allows extra time to determine your location in order for your swimmer to find you after warm-ups. All our meets are away so please plan arriving around 4:30.

Where should my swimmer go after warm-ups?

After warming up and meeting you at your designated location, swimmers should get a towel, something to drink and report to the team area. Swimmers should stay with their teammates during the meet in order to avoid confusion and the chance of a swimmer missing his/her event. Parents are welcome to sit in and around this area as well. If swimmers sit with their parents, responsibility lies with the parent to ensure swimmer readiness for the appropriate events.

What if my name is not on the heat sheet?

Errors do occur. Generally, if your name is not in the heat sheets it is because you have not been entered for that meet. We have an opportunity for three swims in a meet to be exhibition swims. The swimmer will not be placed or receive points, but their time will count for rankings. The Head Coach is the only person who may arrange exhibition swims. Notify Coach Debbie right away if your child's name is not on the heat sheet. All swimmers will swim in every meet they are available.

How long does a meet last?

Meets usually last 3 $\frac{1}{2}$ to 4 hours. This will depend on the size of the meet, the number of pool lanes, and the child's age.

What if it rains?

Meets will continue through rain. Thunder and lightning at an outdoor facility will result in postponement. It is up to the primary council member, the head official, and the visiting council member to postpone meets due to weather. If the meet is cancelled it will not be made up in the NASA at a later date.

What if I have to leave early?

If possible, let Coach Debbie know in advance. After the meet starts the coaches are very busy. If something comes up and you have to go, let one of them know. This will help us avoid scratching a relay if your child is not there. This is very, very, important. If one relay swimmer leaves early the other 3 swimmers won't be able to swim in that relay! **Don't penalize the other relay swimmers by leaving early!!!**

What should I do if my availability changes for a meet?

Swimmers are required to complete availability forms. If changes occur to your availability please email Coach Debbie at debcareySwims@aol.com at least 4 days prior to the meet if possible. Rosters are submitted 3 days before the meet then cannot be changed. Please do not email with this information. If you marked yourself available and are entered in a meet, but do not show up to swim, you will NOT be entered in the next meet. Please make sure your availability forms are correct! This is especially important for our relay teams. One swimmer out affects the entire relay!

How many events can I swim in a meet?

Each swimmer is permitted to enter a maximum of 2 individual events and 2 relays. Coach Debbie prepares all meet entries and makes every effort to rotate the children fairly. Once swimmers rosters are entered they cannot be changed. Rosters are submitted three days before the meet. If there are a few swimmers in an age group some swimmers may swim more than 2 individual events per head coach.

When is the best time to talk to the coaches?

You can talk to the coaches before the first practice or after the last practice of the day. You can email or call Coach Debbie but not after 9:00pm. There is no break between practices to talk to parents. PLEASE DO NOT TALK TO THE COACHES DURING PRACTICE. They need to focus on the swimmers.

Where do I get a Heat Sheet?

You will need to purchase heat sheets from the Home team. Heat sheets cost between \$1-2 and are generally available on a first come first serve basis.

When do I get my ribbons?

The league provides ribbons for places 1st through 6th for individual races and 1st and 2nd for relay races. Stingrays provide additional ribbons. If you feel your ribbon is incorrect, please notify the awards manager Sandy Rasmussen via her mailbox. Ribbons are placed in your child's mailbox in the days following the meet.

ORDER OF EVENTS (DUAL MEET)

MEDLEY RELAY EVENTS

1. 6 & Under Girls 100 Free Relay
2. 6 & Under Boys 100 Free Relay
3. 7-8 Girls 100 Med. Relay
4. 7-8 Boys 100 Med. Relay
5. 9-10 Girls 100 Med. Relay
6. 9-10 Boys 100 Med. Relay
7. 11-12 Girls 200 Med. Relay
8. 11-12 Boys 200 Med. Relay
9. 13-14 Girls 200 Med. Relay
10. 13-14 Boys 200 Med. Relay
11. 15-18 Girls 200 Med. Relay
12. 15-18 Boys 200 Med. Relay

FREESTYLE EVENTS

13. 6 & Under Girls 25 Freestyle
14. 6 & Under Boys 25 Freestyle
15. 7-8 Girls 25 Freestyle
16. 7-8 Boys 25 Freestyle
17. 9-10 Girls 25 Freestyle
18. 9-10 Boys 25 Freestyle
19. 11-12 Girls 50 Freestyle
20. 11-12 Boys 50 Freestyle
21. 13-14 Girls 50 Freestyle
22. 13-14 Boys 50 Freestyle
23. 15-18 Girls 50 Freestyle
24. 15-18 Boys 50 Freestyle
25. 7-8 Girls 50 Freestyle
26. 7-8 Boys 50 Freestyle
27. 9-10 Girls 50 Freestyle
28. 9-10 Boys 50 Freestyle
29. 11-12 Girls 100 Freestyle
30. 11-12 Boys 100 Freestyle
31. 13-14 Girls 100 Freestyle
32. 13-14 Boys 100 Freestyle
33. 15-18 Girls 100 Freestyle
34. 15-18 Boys 100 Freestyle

BACKSTROKE

35. 6 & under Girls 25 Backstroke
36. 6 & under Boys 25 Backstroke
37. 7-8 Girls 25 Backstroke
38. 7-8 Boys 25 Backstroke
39. 9-10 Girls 25 Backstroke
40. 9-10 Boys 25 Backstroke
41. 11-12 Girls 50 Backstroke
42. 11-12 Boys 50 Backstroke
43. 13-14 Girls 50 Backstroke
44. 13-14 Boys 50 Backstroke
45. 15-18 Girls 50 Backstroke
46. 15-18 Boys 50 Backstroke

INDIVIDUAL MEDLEY EVENTS

47. 7-8 Girls 100 Indiv. Medley
48. 7-8 Boys 100 Indiv. Medley
49. 9-10 Girls 100 Indiv. Medley
50. 9-10 Boys 100 Indiv. Medley
51. 11-12 Girls 100 Indiv. Medley
52. 11-12 Boys 100 Indiv. Medley
53. 13-14 Girls 100 Indiv. Medley
54. 13-14 Boys 100 Indiv. Medley
55. 15-18 Girls 100 Indiv. Medley
56. 15-18 Boys 100 Indiv. Medley

BREASTSTROKE EVENTS

57. 7-8 Girls 25 Breaststroke
58. 7-8 Boys 25 Breaststroke
59. 9-10 Girls 25 Breaststroke
60. 9-10 Boys 25 Breaststroke
61. 11-12 Girls 50 Breaststroke
62. 11-12 Boys 50 Breaststroke
63. 13-14 Girls 50 Breaststroke
64. 13-14 Boys 50 Breaststroke
65. 15-18 Girls 50 Breaststroke
66. 15-18 Boys 50 Breaststroke

BUTTERFLY EVENTS

67. 7-8 Girls 25 Butterfly
68. 7-8 Boys 25 Butterfly
69. 9-10 Girls 25 Butterfly
70. 9-10 Boys 25 Butterfly
71. 11-12 Girls 50 Butterfly
72. 11-12 Boys 50 Butterfly
73. 13-14 Girls 50 Butterfly
74. 13-14 Boys 50 Butterfly
75. 15-18 Girls 50 Butterfly
76. 15-18 Boys 50 Butterfly

FREESTYLE RELAY EVENTS

77. 7-8 Girls 100 Freestyle Relay
78. 7-8 Boys 100 Freestyle Relay
79. 9-10 Girls 100 Freestyle Relay
80. 9-10 Boys 100 Freestyle Relay
81. 11-12 Girls 200 Freestyle Relay
82. 11-12 Boys 200 Freestyle Relay
83. 13-14 Girls 200 Freestyle Relay
84. 13-14 Boys 200 Freestyle Relay
85. 15-18 Girls 200 Freestyle Relay
86. 15-18 Boys 200 Freestyle Relay