

# Sturbridge Woods Swim Team 2009

## SWIM WITH THE STINGRAYS!!

The Sturbridge Woods Swim Team is the summer activity for swimmers ages 5-18 who are beginner to advanced in their skill levels and who are interested in regular practices, competitive swim meets, and LOTS OF FUN!

Last summer, over 100 Stingrays worked together to compete as a Suburban Swim League team while developing their swim techniques. The Stingrays enjoyed our pancake breakfast, doughnut parties, pasta nights, and our fourth Swim-a-thon, along with other team spirit events. The 2008 season ended with a banquet and dance party at Lucien's Manor attended by almost 200 Stingray swimmers and their family members.

The fun will continue in 2009!

## TEAM CLOTHING

Team suits and personalized caps are our "uniform" and are required for all swim meets. Swimmers must also wear their team suit on team picture day. Pictures of the suits will be available on the team website at [www.swstingrays.com](http://www.swstingrays.com) once they are selected.

**WE WILL BE REQUIRING NEW SWIM SUITS THIS SEASON FOR ALL SWIMMERS.**

**WE WILL HAVE THE SUIT INFORMATION TO YOU WITHIN THE NEXT FEW WEEKS.**

## REGISTRATION

Please complete all information on the 2009 Team Registration form. Make your check payable to **Sturbridge Woods Swim Club** and mail it to SWSC-Swim Team, PO Box 367, West Berlin, NJ 08091 by **Wednesday, May 6<sup>th</sup>, 2009**.

The required personalized swim caps take 4-6 weeks to be delivered. Therefore, all cap orders must be received by **Wednesday, May 6<sup>th</sup>, 2009**. After that date, **personalized** caps will **not** be available. However, late team registrations will be accepted after May 6<sup>th</sup>.

Registration fees for 2009 are unchanged at \$85.00 for the first swimmer in each family and/or pre-team members and \$70.00 for each additional swimmer.

Parents are also asked contribute food to the home meets snack bar and/or social events approximately three times per season. Volunteer lists will be available during the Parents meeting in May.

## 2009 MEET SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Location</u>
Sat 6/13	Time Trials	HOME
Sat 6/20	Haddon Township	AWAY
Sat 6/27	Bye Week	---
Sat 7/11	Elmer	HOME
Sat 7/18	Tarnsfield	HOME
Sat 7/25	Medford Village	AWAY
8/1-2	Championships	Larchmont
	• Saturday 1 <sup>st</sup> 12 and Under	
	• Sunday 2 <sup>nd</sup> 13 and Up	
TBD	Team Banquet & Dance Party	

## 2009 PRACTICE SCHEDULE

The official practice schedule will be announced during the first poolside meeting in May. However, normally practices begin in late May and are held after school between 4PM and 6PM. Once school closes and the pool is open full-time the practices are held in the mornings between 8AM and 12 Noon and are grouped by age. All practices are held at Sturbridge Woods Swim Club.

## STINGRAY PRE-TEAM

Hey kids, why not just jump right in and join the Stingrays? The Stingrays need beginner swimmers ages 5-6 who will eventually become proud members of the Sturbridge Woods Swim Team. We will emphasize instruction and improvement on all four strokes and swimmers will be encouraged to participate in a meet before the end of the season.

Pre-Team practice dates and times will be announced during the first poolside meeting in May. Parents, your child must be comfortable in the water and must have the desire to be part of a swim team. Parental supervision at practices is **required** for all pre-team members.

Swimmers can move up to the regular team during the season. Pre-team members have the same privileges as regular team members: outings, food parties, team pictures, banquet, etc. Just fill out the registration form and enclose a check. Purchase of a team suit is optional for pre-team members.

## PARENTS MAKE THE DIFFERENCE

Did you know that it takes approximately 35 people to run a swim meet? And that number does not even include the coaches and the swimmers! So who are these people? PARENTS. Swimming is a family participation sport.

At the parent meeting, you will be able to sign up to assist at swim meets and team activities.

We are also looking for parents to become SSA certified as meet officials. Certification requires completion of a short educational workshop held locally. More information will be available in early May. Are you a timer ready for the next step?

The Stingray Parent Swim Team Committee will be forming for the 2009 season. Everyone is welcome to join this very friendly group. The parent group will meet this spring to plan team social and spirit events for the 2009 season. We really would like to grow the involvement in this area.

If you are interested in helping out with the Parent Committee please send an email to [info@swstingrays.com](mailto:info@swstingrays.com).



*We hope your family will join the Stingray family in 2009 for an exciting season of Suburban League swimming!*