

Sturbridge Woods Swim Team 2010

SWIM WITH THE STINGRAYS!

The Sturbridge Woods Swim Team is a summer activity for swimmers ages 5-18 who are beginner to advanced skill levels and who are interested in regular practices, competitive swim meets, and lots of fun!!

Last summer, over 80 Stingrays worked together to compete as a Suburban Swim League team while developing their swim techniques. The Stingrays enjoyed pancake breakfasts, Potluck dinners, Phillies game, psych nights, bingo night, and other team spirit events. The season ended with a banquet and dance party at Lucien's Manor attended by many swimmers and their family members.

The fun will continue in 2010! Coach Molly and Coach Devin will be the Stingrays coaches this year.

TEAM CLOTHING

The Stingray's team suit for 2010 is **Speedo Sun Swirl** Female Flyback and Male Spliced Jammer in blue/green. Team suits are our uniform and are required for all swim meets. Swimmers must also wear their team suit on team picture day. **Picture day** is scheduled for **Friday, June 11th at 4:00 PM.**

The team suit may be purchased at a discounted price at Danzeisen & Quigley, 1720 East Route 70, Cherry Hill, NJ at any time. D & Q has set aside three weeks listed below for team suit purchases. During those weeks, all swim accessories are available for purchase at a discount.

April 24-May 2
May 22-May 30
June 12-June 18

REGISTRATION

Please complete all information on the 2010 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 **Monday, May 10th, 2010.**

The personalized swim caps take 4-6 weeks to be delivered. Therefore, all cap orders must be received by **Monday, May 10th, 2010.** After that date, **personalized caps will not** be available. However, late team registrations will be accepted after May 10th.

Registration fees for 2010 are \$90.00 for the first swimmer in each family and/or pre-team members and \$80.00 for each additional swimmer.

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

2010 MEET SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Location</u>
Sat 6/12	Time Trials	HOME
Sat 6/19	Haddon Township	HOME
Sat 6/26	Raccoon Valley 'B'	AWAY
Sat 7/10	Collingswood	HOME
Sat 7/17	BCC	AWAY
Sat 7/24	Medford Village	AWAY

7/30,31 & 8/1 Championships@ Peachwood

Friday, 7/30 15-18
Saturday 7/31 10 and Under
Sunday 8/1 11&12 and 13&14

Monday, August 2nd – End of Season Party

2010 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. **This year, the coaches will also have evening practices on Tuesday and Thursday for swimmers in camp or have working parents.** 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 A 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.

The Stingray Parent Swim Team Committee will be forming for the 2010 season. Everyone is welcome to join this friendly group. The group will meet this spring to plan team social and spirit events for the 2010 season. We 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.

FUNDRAISERS

Please check out the attached booster form. We will be displaying boosters at Time Trials and both home swim meets. Purchase a booster to cheer on your child(ren) or for the team!

A sample booster will be displayed for your viewing at the pool during both clean-up days. They are April 17th and April 24th from 9-4.

Please fill out the form and return by **Wednesday, May 12th**. They will not be available after that date. We want enough time to order them and have them ready for Time Trials.

We will also be selling necklaces of different swimmer designs and colors throughout the season!

We hope your family will join the Stingray family in 2010 for an exciting season of swimming!!

