

# Parent Handbook

# 2017



[www.clubatsonterra.com/athletics/swimteam](http://www.clubatsonterra.com/athletics/swimteam)

# Sonterra Stingray Swim Team Schedule 2017

## Important Dates

Before planning your vacation be sure to set aside these dates for your Stingray swimmer.

## Registration

Registration – *Sunday, April 23* 3:00pm – 5:00pm at Ivy Room  
(\$15 late registration fee after May 3)

## Summer Technique Tune-Ups

Session #1 – *April 24 to April 28* 4:15 pm to 5:15 pm and 5:30 pm to 6:30 pm  
Session #2 – *May 1 to May 5* 4:15 pm to 5:15 pm and 5:30 pm to 6:30 pm

## Meets

|   |                                   |
|---|-----------------------------------|
| <u>Dual Meet</u> <i>Saturday, May 27</i>  | <b>Braun Station @ Sonterra</b>   |
| <u>Dual Meet</u> <i>Tuesday, June 6</i>   | <b>Sonterra @ Sonoma Ranch</b>    |
| <u>Dual Meet</u> <i>Monday, June 12</i>   | <b>Sonterra @ Timberwood Park</b> |
| <u>Dual Meet</u> <i>Saturday, June 17</i> | <b>Heights at SO @ Sonterra</b>   |

Championship Meet *June 24 or 25*

All Star Meet *Thursday, June 29*

Photo Day *TBD*

End of Season Banquet *Sunday, July 2*

# **Swim Team Practices**

**Monday, May 8 through Thursday June 1** (Before School is out)

## ***Level 1***

4:20 pm to 5:10 pm ages 8 and under only  
5:10 pm to 6:00 pm ages 10 and under only  
6:00 pm to 6:50 pm ages 12 and under only

## ***Level 2***

4:20 pm to 5:10 pm ages 8 and under  
5:10 pm to 6:00 pm ages 10 and under  
6:00 pm to 6:50 pm ages 12 and under

## ***Level 3***

6:00 pm to 7:00 pm ages 12 and under  
6:50 pm to 8:00 pm ages 9 and older

## ***Level 4***

7:00 pm to 8:15 pm ages 9 and older

**No Practices Monday, Memorial Day, May 30**

**Friday evenings after school is out**

# **Swim Team Practices**

**Starting Monday, June 5** (After School is Out)

**Monday thru Friday** *June 5 to June 23*

**Evening practices run Monday through Thursday in June**

*Level 1 / Novice Competitive Swimmers*

8:30 am to 9:30 am

9:30 am to 10:30 am

4:15 pm to 5:15 pm

5:15 pm to 6:15 pm

*Level 2 / Intermediate Competitive Swimmers*

8:30 am to 9:30 am

9:30 am to 10:30 am

4:15 pm to 5:15 pm

5:15 pm to 6:15 pm

*Level 3 / Advanced Competitive Swimmers*

9:45 am to 11:00 am

6:15 pm to 7:30 pm

*Level 4 / Highly Advanced Competitive Swimmers*

8:30 am to 9:45 am

6:15 pm to 7:30 pm

## **COMMUNICATIONS/RIBBONS BOX**

Communication between the coach and swimmers and their parents is very important to a fun and successful season. The box will be kept at the Lifeguard stand. Each swimmer, the coach, and the board has a file folder inside that will be used to send notices, meet information, volunteer assignments, awards and ribbons, pictures, etc. during the week. Please have your swimmer check this box daily for important news from the coach or team. Emails will be sent out regularly as well. This will include Meet entries, volunteer assignments, and any pertinent news regarding the schedule and/or changes. You may also check the website regularly for updates.

\*\* For practice, your swimmer should have their suit, swim cap, fins (*Fins mandatory*), goggles, towel, and sunscreen. In case of a rainout, check your email. Rainouts will be decided at the last minute to avoid missing practices, but we always consider safety first.  
**\*\*Write your name on EVERYTHING- all goggles, t-shirts and caps look alike!**

## **REGISTRATION FEES**

The fee for 2017 season is \$165.00 each for the first child of a member's family; second child is \$155.00; third and each additional child is \$145.00. Late fee is \$15.00 after 5/3/17. For sponsored guests (non-member) of a Sonterra Member, there is an additional \$50.00 fee for 1st child, \$75.00 for 2 or more children. These fees cover training and coaching for practices and meets, ribbons, dual meets, all meet entry fees, Summer League registration, and End of Season Banquet. (Trophies are \$8.00)

## **OTHER COSTS**

Team Swimsuits are available, as well as T-shirts, swim caps, goggles, and kickboards. There will be a Stingray Team picture, as well as individual/family swimmer photos, if there is enough interest. Team suit is mandatory for team picture. Other than photos, most items can be purchased at the Registration. After that, contact Tim Roberts for Swim Caps and T-Shirts. (210-496-9346)

## **PARENT VOLUNTEERS NEEDED**

The Sonterra Stingray Swim Team is ENTIRELY staffed by Parent Volunteers, with the exception of Coach Ryan and his assistant coaching staff. This means, we have a place for YOU! We require that at least one parent from each family work EVERY meet. It's not difficult, and if we all do a little bit, it comes together so well. We need at least 44 volunteers for each meet. With enough volunteers, parents can work ½ of the meet, and eat snow cones the other half!

### **Volunteer Positions:**

**Referee, Starter, Stroke and Turn Judges**...To do these jobs, you must attend a class on rules, regulations and strokes.

**The Referee** has complete and full responsibility for the fair, expeditious and impartial conduct of the swim meet competition. The Meet Referee may overrule any other official on a point of interpretation or on a judgment decision. **The Starter** announces the stroke and distance, and starts each race. It is primarily the Starter's responsibility to ensure that the starts are fair. A race officially begins when the Referee or Starter sounds a starting horn or whistle as soon as the swimmers are in legal positions on the block, deck, or in the water. Stroke and Turn Judges operate on either side of the pool and, when observing a violation, raise one hand with the palm open to signal disqualification. They also observe turns and relay transitions and report rule violations. All other positions take no training at all...just quick instruction on meet day.

**18 Timers** to work ½ of the meet: The best seat in the house! Each lane has three timers who report their time to the recorder. Each of the timers has one of the following responsibilities: 1) record the time, 2) give out the ribbons and 3) double check with the swimmer to make sure his/her name matches the one on the time sheet.

At least **10 Bullpen Parents** for each age Group  
(Boys and Girls ages 5/6, 7/8, 9/10, 11/12, 13/14/15)

Bullpen parents make sure that swimmers are ready to proceed to the ready bench when it is time for their race. Bullpen parents are crucial in getting the relays ready for action.

**Ready Bench** Your job is to get swimmers lined up and organized so that the heats run quickly and smoothly. Coaches will run the ready bench, but may need some assistance from parents

**Your Volunteer Meet Schedule:**  
(Mark an X as a reminder of your responsibility)

|   | YES   | NO    |
|---|-------|-------|
| Dual Meet: Sat. May 28 @ Sonterra       | _____ | _____ |
| Dual Meet: Sat, June 4 @ Sonterra       | _____ | _____ |
| Dual Meet: Tues, June 14 @ Wildhorse    | _____ | _____ |
| Dual Meet: Sat, June 18 @ Encino Forest | _____ | _____ |

**SWIMMER'S RSVP**

It is **your swimmer's** responsibility to let the coach note at least **4 days before** the meet if they will or will not be swimming that week. (Coaches will be asking them as well.) **WE WILL NOT BE ABLE TO ADD SWIMMERS THE DAY OF THE MEET**, so please be sure that your child is entered if they intend to swim. We don't want any disappointed Stingrays.

If anything changes (sickness or family emergency), it is **VERY IMPORTANT** that you either let the coach know, or email [troberts@clubatsonterra](mailto:troberts@clubatsonterra). This way, we can make adjustments. This is particularly important as we put together relays, so please follow this rule!!!

**ENTRIES**

The goal for summer swimming is that children learn to swim all four strokes. However, coaches try to enter children in the strokes that they are able to swim. Relays are chosen based on the best times in the stroke. For example the "A" relay puts together the four fastest swimmers in the four strokes. The "B" Relay is the next four fastest, etc. These relays are computer generated and based on the fastest recorded times in that stroke. You are able to check entries on line prior to meets so that you know what events your swimmer(s) will be swimming.

## HEAT SHEETS

Heat sheets are available for purchase at almost every meet. (Usually \$1) There will be a **team heat sheet** posted in a spot where swimmers will be able to check for their events. You may want to bring a highlighter for the heat sheet to see which event and heat your swimmer will be participating in. Watch the event board and encourage your children to be on time for their event.

## SURVIVAL TIPS FOR PARENTS

**Bring:** Water Bottles, sunscreen, hat or visor, fresh fruit or snack for your swimmer, highlighter to mark your child's events on the heat sheet, Sharpie to mark your child's name on their gear as well as mark their events on his/her hand, and last but not least, money for the concession stand and heat sheets.

**Check:** your volunteer assignment for the meet, and be where you are supposed to be on time. We cannot run the meet without you!

**Boundaries:** Stay outside the area inside the cones/rope on the pool deck for safety reasons. This area is reserved for stroke judges who walk up and down the pool during the swimming and for the timers and judges at the beginning and the end of races. Please help us keep small children and others out of this area as well. The Kiddy pool is closed during meets.

**Departure:** Before you leave the meet, make sure you have all your belongings. (Check the lost and found if necessary.) Also...please make sure that your swimmer has helped to clean up the Bull Pen area. Our goal is to leave the area in better shape than we found it.

**Disqualifications:** Both novice and seasoned swimmers sometimes get disqualified. The child will be told why he/she was disqualified and he/she will receive no time for this race. (6 and under are not disqualified) For more information on the stroke qualifications see section marked "Technical Rules."

## SPORTSMANSHIP

As Stingrays, we are all about encouragement! We encourage parents to cheer the swimmers on in a positive up-beat manner. Win or lose, after each race, every swimmer should feel like a winner for giving their best effort. With a focus on teamwork, we want all Stingrays to celebrate in the success of their teammates, and be there to cheer each other up when disappointment comes. **We encourage Stingrays to shake the hand of swimmers in lanes next to them, and tell competitors and fellow Stingrays "Good Swim," "Way to go," etc.** Remind your child not to worry about winning, but concentrate on improving their time. Remember, they will take their cues from you!

## **END OF SEASON BANQUET**

***Sunday, July 2 in the Sonterra Ballroom***

This is a special night for all coaches and swimmers as we celebrate another great season. Trophies will be given to those who ordered them and final meet awards will be distributed. All this and a great dinner as well!

### **COACHES**

We are fortunate to have Coach John Ryan from Trinity University as the Stingray Coach. He brings with him a great group of young people as assistant coaches. Get to know them, sign up for a couple of private lessons, and you'll be amazed at how fast your swimmer will improve!

### **SONTERRA STINGRAY Contact Information**

## Sonterra Stingrays

-Summer 2017 -

| <b><u>Name</u></b> | <b><u>Home</u></b> | <b><u>Cell</u></b> | <b><u>e-mail</u></b>                                     |
|--------------------|--------------------|--------------------|--|
| Tim Roberts        | 496-9346 w         | 215-8289 c         | TRoberts@clubatsonterra.com                              |
| Marsie Cody        | 545-7430 h         | 845-3252 c         | marsieb@satx.rr.com                                      |
| John Ryan          |                    | 241-1989           | <a href="mailto:jryan@trinity.edu">jryan@trinity.edu</a> |
| Beth Meeks         | 214-762-3795       |                    | beth_meeks@yahoo.com                                     |

## **SPIRIT**

We are proud of our Stingray pride and spirit! We encourage all swimmers and parents to learn the Stingray cheer led by Senior Stingrays at Swim Meets.

**One A Zippa, Two A Zippa  
Three A Zippa Zam!**

**Four A Zippa, Five A Zippa  
We don't give a**

**Hubba, Rubba, Razzle, Dazzle,  
Sis Boom Bah,**

**Sonterra Stingrays  
Rah! Rah! Rah!**

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