



MERIDIAN SPORTS CLUBS ROLLING HILLS STINGRAY SWIM TEAM



GENERAL MANAGER
HEAD COACH:
CO-PRESIDENTS

Chris Horne
Lou Rigney
Eric Sutton-Beattie

AQUATIC DIRECTOR: Winnifred Comfort
ASST. COACH:
Vicki Sutton-Beattie

RHC 897-2185
www.rollinghillsclub.com/Stingrays

Welcome to the 2007 Stingray Season. The Meridian Sports Clubs Rolling Hills Stingrays Swim Team is one team out of ten teams in the Marin Swim League. The Stingray Swim Team embraces the Marin Swim League Mission Statement:

The Marin Swim League (MSL) is a summer league dedicated to providing and preserving quality amateur competitive swimming events for its subscribing membership. The MSL fosters and promotes the ideals of good sportsmanship, fair play and good fellowship for participants of all ages and abilities in an environment that nurtures self-esteem in all the children it serves.

The Stingray Swim Team

- ◆ Encourages and welcomes youth ages 4-18 years with varying abilities.
- ◆ Provides an opportunity to have fun, make new friends, and improve fitness.
- ◆ Will improve the child's all-around swimming ability, including strength, safety, stamina and technique.

The Stingray Swim Team is a "family style" program. The Club Aquatic Director and the Stingray Parent Board fulfill the leadership roles. The parents work together as a team, with the leadership, to complete the total function of the program. Parent Board meetings are held on the third Tuesday, 7:30pm, of each month.

TADPOLES are the perfect place to start for younger, less experienced swimmers. TADPOLES need to be able to swim the width of the deep end of the pool using a crawl stroke. Pre-Tadpole Clinics, and swim lessons are offered by the Club to prepare children for the TADPOLES. Please call Swim Lesson Coordinator, 897-2185 or see the Head Coach. The swimmer must be age 4 to 6 ½, by date of Time Trials, exceptions to these rules will be determined only by the Head Coach/TADPOLE Coach.

The Stingray Swim Team welcomes swimmers that are not Club members to join the team.

PARENT PARTICIPATION

Being on the Stingray Swim Team is a commitment for parents as well as swimmers. Parents run the meets and we need 75-100 jobs filled at every meet. Parents will be trained for specific jobs including timers, desk jobs, set-up/take down, computers, and food events. Jobs are assigned on a first-come basis on registration day and after. Parent participation is MANDATORY unless you want to waive your obligation by paying a job-waiver fee (due at registration). Each family will be required to do a minimum of 4 jobs per swimmer on the team (even if they don't swim in meets). Parents will also be required to work at the All-Stars meet if your child qualifies, and EVERY FAMILY will work at Championships, where we run the snack bar this year.

Working jobs and attending social events helps parents understand the swim team experience, and gives you opportunities to meet other parents and have fun. Parent connections help children feel more connected to the team and helps prepare them for meets.

Registration forms, parent responsibilities forms, and emergency cards Must be completed before any swimmer can attend practices. This policy has to be strictly enforced for insurance reasons.