The Stingrays Swim Team Meeting II |September 30th, 2025|

I. Coaching Staff

- Jose Green
- Nancy Leal
- Miranda Perez
- Vadym Pavlyshche
- Jackie Payne
- Dan Daly
- Splash Fit Swim Club

II. Registration

- Attendance | *REQUIRED*
  - Short Course 2025 | *September-March*
  - AA/AB 4 In-Water Practices/1 Dry Land Practice | $250/Month
  - BB 3 In-Water Practices/1 Dry Land Practice | $250/Month
  - AA/AB 5 In-Water Practices/2 Dry Land Practices | $200/Month
  - BB 4 In-Water Practices/1 Dry Land Practice | $200/Month
  - Handbook
- Meet Requirements
  - MSL Championship Qualification | minimum of 4 Metro Swim League meets and The MSL Championship
  - Invitational Swim Meets | Minimum of 2 swim meets

III. Practice Groups

- AA/AB 4 In-Water Practices/1 Dry Land Practice | $250/Month
- BB 3 In-Water Practices/1 Dry Land Practice | $250/Month
- VASA Training Groups | *1 per week*
- HIIT Training Groups | *1 or more per week*
- Private 1 on 1 sessions | 30 Minute & 1 Hour sessions available with coaches upon request

IV. Fall Practice

- **JJAY** | ***September 15th - December 21st***
  - Pool| BB: M-F 4PM-5PM | AB & AA: M-F 5PM-630PM, Su 5PM-6PM
  - Dry Land| HIIT- W/F 4PM-6PM | VASA- T/Th 4PM-5PM
  - Starting October 28th Tuesdays/Thursdays ONLY: Coach's Selection (ALL GROUPS) | *based on performance and attendance*
  - NO PRACTICE: 10/13, 10/24, 11/6, 11/13, 11/11, 11/21, 11/27-11/30, 12/11, 12/22-1/4

- **MILBANK** | ***September 8th – December 21st***
  - BB: M-Th 5PM-6PM | AB & AA: M-Th 6PM-730PM, Sa 5PM-6PM
  - NO PRACTICE: 10/13, 10/31, 11/4, 11/11, 11/27-11/30, 12/22-1/4 | BB ONLY: Mondays November 3, 10, 17, 24 | December 1, 8, 15 | Jan 12 | Feb 2, 9
- Late Pick Up - 1st offense: Warning | 2nd offense: $50 fine, 3rd offense $100 fine | After 3rd offense: $150 fine each time

V. Meet Schedule

- USA Swimming vs. Metro Swim League vs. Invitationals vs. Travel Meets
- MSL
  - SUN 10/19 MCBY | McBurney YMCA *W14th St. NY*
  - SAT 11/1 CAS | Milbank *Harlem, NY*
  - SAT 11/22 KBM | Mark Twain *Yonkers, BX*
  - SAT 12/6 KBM | Mark Twain *Yonkers, BX* | ENTRY FEES REQUIRED | BONUS MEET
  - SAT 1/10 CAS | Milbank *Harlem, NY*
  - SUN 2/1 MSL Championships | Mark Twain *Yonkers, BX*
  - SUN 3/22 MSL All Stars | Kips Bay Boys and Girls Clun *Randall Ave, BX* | Qualification Only

- USA Swimming & Invitationals

- FRI-SUN 2/20-2/22 USA Silvers Championships | Lehman College *Bedford Park BLVD, BX*
- FRI-SUN 3/13-3/15 USA Junior METS/AG TC Championships | NCAC *Eisenhower Park, LI*
- FRI-SUN 3/27-3/29 USA Bronze Championships | TBA

- Travel Meets
  - FRI-SUN 2/13-2/15 USA 39th Black History Swim Meet | Takoma Aquatic Center, *Washington DC*
  - WED-SAT 4/8-4/11 TRAVEL TBA | *San Juan, PR*

VI. Meet Opt-Out Procedure

- Must be submitted prior to the opt-out deadline
- Invitational/Meet Fees/MSL Meets
- Penalties
- Excludes Travel Meets

VII. Lobby/Waiting Area & Locker Rooms

- John Jay College
  - Athletes or chaperones under the age of 18 must be accompanied by an adult.
  - No running in the hallways.
  - Submit a message to the Splash Fit office line |9179517057| if your athlete has arrived at reception, an aquatics staff member will chaperone the athlete to the pool. Please be patient as our staff are occupied with either program or facilities and may take some time.
  - Athletes are allowed to sit in the waiting area just outside of the locker rooms/pool but must be seated and occupied by a productive activity such as homework or reading. WIFI isn't the most reliable, but we can allow access if requested for homework.
- Milbank
  - Everyone must sign in at the front desk prior to entering the facility.
  - Deck or spectator area are off limits when changing, all athletes must change in the locker-rooms at the lower level.
  - Athletes are not allowed to exit the pool wet or with their swim attire as they can wet the lobby floors.
  - Athletes are not allowed to lounge outside of locker rooms or steps but can wait for pickup in the pool spectator area.

VIII. Nutrition

- All athletes are required to have water for practice. Please be sure to send your swimmer with a reusable container as constant trips to the water fountain can add up as time missed in training.
- Athletes who swim directly after school should have a snack prior to practice.

IX. Volunteering

- All Stingray parents are required to volunteer in the following areas:
  - Timing, set-up and assisting at home swim meets.
  - Fundraising, organizing and operating all home meets hosted by The CA Stingrays

X. Parent Organization/ Board

- A vital component to The CA Stingrays over the years, positions on the board will become available for those who'd love to volunteer.
- Purpose and Goals
  - Supporting the coaching staff and team
    - MSL Representative
    - Parent volunteer system for events/meets
  - Organize team events, fundraisers, and travel
    - Holiday parties
    - End of Season Pool Party
    - Team Gatherings
    - Fundraisers – Travel Expenses/Bus
    - Travel Arrangements/Team Room Blocks
  - Managing team communications
    - Parent Group Chat – Explore new ideas and suggestions to improve team dynamic and experience
- Leadership Roles
  - Chair – Leads meetings and oversees committee operations
  - Co-Chair – Assists the Chair and fills in when needed
  - Officials Chair – Assists with recruitment and support for potential meet officials
  - Secretaries – Keeps minutes and manages communication
  - Treasurer – Oversees finances of funds raised
  - Event/Fundraising Coordinators – Plans events and fundraising efforts
- Google Form: https://forms.gle/ff637CJrGTgaqaVp8

XI. Communication

- WhatsApp to be utilized for team broadcasted messages. All personalized notifications should be addressed to the coaches or the Splash Fit office line.
- All meet information announcements including entries, fees and other important information will now be broadcasted through WhatsApp ONLY, you'll also find information, reports and other updates on the opt out link AND meet schedule.

XII. Upcoming/Other

- Parent Meeting III: Tuesday September 28th 730PM via ZOOM