The Stingrays Swim Team Meeting VII | March 10th, 2026|

I. Coaching Staff

- Jose Green
- Nancy Leal
- Miranda Perez
- Dexter Vizhco
- Dan Daly
- Splash Fit Swim Club

II. Registration

- Attendance | *REQUIRED*
  - Long Course 2026 | *April-August*
  - Monthly Fee Increase - $300/Month
    - **All active members are grandfathered in with their current monthly fees. If you drop your enrollment, fee increase will apply upon return.**
  - Handbook – available online or by email
  - Website updates – https://splashfit.org/stingrays/
  - USA Swimming - https://omr.usaswimming.org/omr/welcome/7FACFAAEF8F248
  - Uniforms/Team Suits - https://www.swimoutlet.com/collections/castingraysny?frm=fyt
    - Team Store being finalized with additional items also required for practices.
- 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 Minimum 4 In-Water Practices/1 Dry Land Practice
- BB Minimum 3 In-Water Practices/1 Dry Land Practice
- VASA Training Groups | *1or more per week*
- HIIT Training Groups | *1 or more per week*
- PRACTICE FREQUENCY INCREASE | SEPTEMBER 2026 – *more details at our next parent's meeting*

IV. Winter/Spring Practice – *General practice schedule will be available online soon!*

- **JJAY** | ***January 5th – May 29th***
  - 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
  - NO PRACTICE: 4/3-4/12 - HOLIDAY PRACTICE TBA, 5/25
- **MILBANK** | ***January 5th – May 29th***
  - BB: M-Th 5PM-6PM | AB & AA: M-Th 6PM-730PM, Sa 5PM-6PM
  - NO PRACTICE: 4/3-4/12 - HOLIDAY PRACTICE TBA, 5/25
  - SUMMER 2026 Practice schedule to be published on APRIL 16th during the next parent meeting

V. Meet Schedule

- USA Swimming vs. Metro Swim League vs. Invitationals vs. Travel Meets | https://splashfit.org/events/
- Metro Swim League | *Concluded*
  - Girls | 3rd Place | Boys | 8th Place
- USA Swimming & Invitationals
  - 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 | *Mark Twain, Yonkers*
- Travel Meets
  - WED-SAT 4/9-4/12 TRAVEL | *San Juan, PR* | Qualification Only
    - Direct Message Coach Miguel if you are attending. Separate parent meeting will be held for participants

VI. Meet Opt-Out Procedure

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

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 and other events 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.

XII. Upcoming/Other

- Parent Meeting VIII: Tuesday April 14th 7PM via ZOOM