



2017 Parent Handbook

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The Board of Directors are volunteers and parents of swimmers in the program. If you have any questions, please contact any of them.

We look forward to another great season!!

Welcome to the 2017 season of the WindRose Stingrays. We are looking forward to a fun and exciting season and are glad that you have decided to be a part of our team!

The WindRose Stingrays Swim Team provides all team members, regardless of ability or previous experience, the opportunity to develop and improve swimming skills and to acquire a strong sense of personal achievement. Started in 2001, the WindRose Stingrays Swim Team has become the focal point of our community during the summer. The governing philosophy of our Swim Team is to provide a wholesome environment for our swimmers to have fun, learn good sportsmanship, make new friends, and build strong team spirit while receiving excellent instruction. Team members participate in many activities, including swim meets, pizza parties, pep rallies, and more.

The WindRose Stingrays Swim Team is a member of the Northwest Aquatic League (NWAL). In 1970, Shell Oil transferred many families from California to the Houston area. These families settled in the northwest part of Houston and wanted to continue the swimming experiences they had begun in California. So five fathers, employees of Shell Oil, got together and established the Northwest Aquatic League. The Northwest Aquatic League, or NWAL, has become the second largest summer league program in the nation with almost 100 teams and over 15,000 swimmers.

Good communication is essential for a successful team. Please check or email and our website/Facebook regularly throughout the season. Please do not assume rain will automatically cancel practice or a meet.

Summer Swim League goes very quickly and can seem overwhelming at times. We hope that you will find this handbook useful in answering all of the many questions that come up throughout the season.

2017 Calendar

April 17 th	First Day of Practice
April 12 th	Stingrays 101 Class
April 23 rd	Volunteer sign ups open
May 5 th	Parent Meeting/Pizza Party
May 6 th	Mock Meet
May 12 th	Picture Day
May 13 th	Away meet vs. Oak Ridge North
May 20 th	Home meet vs. Woodlands Hurricanes
May 21 st	Tomball Splash Depot @ Tomball Natatorium
May 26 th	Pep Rally
May 27 th	Away Meet @ Imperial Oaks
June 3 rd	Home Meet vs. North Hampton
June 4 th	Sprint Sizzler @ Klein Oak High School
June 5 th	Morning Practice Begins
June 10 th	Home Meet vs. Stonegate
June 11 th	Summer Champs
June 17 th	Divisionals - Location TBD
June 19 th	End of season Banquet
June 24 th and 25 th	Ponderosa (Klein Oak) and All Stars (Klein High)

Swim Team Membership

Swim Team Registration:

To join, swimmers must register at one of the team registration times or online at www.windroestingrays.net. Fees are to be paid before the swimmer can join the team practices. No one can participate in meets until these fees have been received.

Registration Fees:

Fees are used for a team T-shirt, coaching, awards, and activities. The fees are as follows, per family: First Swimmer - \$100, Second Swimmer - \$90, third swimmer - \$80, fourth swimmer - FREE. Non-Windrose residents pay a \$50 non-resident fee.

Communication

During the season, information is distributed via email including any last minute information. The information will be sent to the email address(es) provided on the registration form. For current updated information, schedules, photos, statistics, team records, etc., visit the Windrose Stingrays Swim Team Web site at www.windroestingrays.net. Also "like" us on Facebook at www.facebook.com/windroestingrays. NWAL also maintains a Web site at www.nwal.swim-league.us.

Parents are encouraged to communicate directly with the coaches, but not during practices or meets. Coaches are happy to discuss your child's progress or any concerns you may have. They are available after the last morning practice. Although we do allow parents to sit and observe the swim practices from a distance, for safety reasons we request you do not talk to or interrupt coaches or swimmers during practice times.

Volunteers

Parent Volunteers are needed to complete the many functions necessary for a swim team to operate. Each family is required to complete 8 volunteer credits during the course of the season. A maximum of 2 credits may be completed during each swim meet and at least 1 credit at divisionals.

Positions are allocated on a first-come, first-serve basis. A \$350 deposit, by check, is collected at the beginning of the season.

Families that complete the required volunteer shifts will have their checks destroyed at the end of the season. Families that do not fulfill their volunteer obligations will have their checks cashed.

Volunteer Positions

Meet Volunteer Positions:

Most of these jobs are performed in shifts. The first shift runs from Event #1 to Event #40. The second shift begins after event #40. If you sign up to work the ready bench, timer, scribe, computer helper/runner you will either work the first or second shift. Please note that the times for these jobs are only an estimate.

Ready Bench - Line up swimmers according to heat sheet and supervise them as they are waiting on the ready bench for their next event.

Head Timer - Coordinate timers on day of meet and provide on-deck timing backup during events. Timing experience required.

Timers - Three volunteers per pool lane time the swimmers.

Scribes - Record swimmers' results.

Concessions - Assist with concessions (food preparation, food sales, or grilling). Also includes set-up/clean-up.

End of meet takedown - Take down tents, put away benches, etc. Ensure pool is ready to open to public. **HEAVY LIFTING REQUIRED**

Set-up - Responsible for getting everything ready for meet (tents, PA, roping off areas). **HEAVY LIFTING REQUIRED**

Ready Bench Helper - Walk around with megaphone and event sign, announcing events that need to be at ready bench.

Bathroom/Trash Bin Duty - Refill restrooms with Toilet paper, keep trash off floor, report/handle any malfunctions with the facility. Empty trash cans around pool area.

Clerk helper - assist with clerk of course, verifies swimmer times

Clerk runner - take lane timer sheets to the scribes on deck and retrieves them during the meet.

Day before concessions help - Begin preparation for the next morning; cut up fruit, make breakfast tacos and help unload Sam's items.

Day before meet set-up - Setup includes meet flags, tents, chairs, ready bench, signage, etc.

Grill Person - prepare grill for grilling, cook food for concessions, clean grill at end of the meet.

Merchandise Sales Table - selling shirts, cups, magnets, and other merchandise during the meet.

Parking lot attendant - guard reserved parking areas

Prize table - assist at the prize table distributing prizes for those swimmers that have a PR ticket.

Ready Bench Runner - Take lane cards back to ready bench area, help with getting relays to correct lanes (mainly for younger swimmers)

Ribbons - This is a take home position. Take ribbons home after meet, put labels on ribbons and place in file folders. Return on Monday to the pool.

Swimmer check-in - help with checking in swimmers prior to the meet starting, writing events and names on arms.

Water Runner - take water to on deck (timers, scribes, officials) and ready bench volunteers

Trash Haul Off - Post meet trash haul off - pick up truck REQUIRED

Pep Rally - there will be various volunteer positions during each pep rally, including: grilling, food prep, activities helper and clean up

Practice Schedule

Mon. April 17th - Fri. Jun. 2nd:

7-8 year olds: 4:20 PM - 5:10 PM

6 & under: 5:05 PM - 5:55 PM

9-10 year olds: 5:50 PM - 6:40 PM

11 & Older: 6:35 PM - 7:40 PM

Tues. June 6th - Fri. June 16th:

11 & Older: 7:30 AM - 8:30 AM

9-10: 8:30 AM - 9:15 AM

7-8: 9:15 AM - 10:00 AM

6 & Under: 10:00 AM - 10:45 AM

During the summer practice sessions, we will also hold a make-up practice for those who could not make a morning practice. Make up practices will only be held Tues. June 6th - Fri. June 16th at the following times:

10 & Under: 5:30 PM - 6:30 PM

11 & Older: 6:30 PM - 7:45 PM

Swimmers will be monitored and grouped according to similar skills levels during practice sessions. Parents are encouraged to stay for practice sessions until their children are comfortable in the water and with their coaches. Please refrain from interrupting the swim coaches during the practice except in cases of an emergency. If a parent cannot stay with a young child, please designate a friend to look after your children in the event that help is needed.

Meets

During a summer swim season, there are several types of meets:

Time Trials - this first meet of the season is a Stingrays-only meet to establish swimmer seed times. Under NWAL rules, “no swimmer may be entered in a competitive swim event unless entered by fastest time achieved at an official meet or time trial.” If your swimmer is not timed, they will not be able to swim dual meets. Time trials are ran just like a regular meet to give new swimmers the true meet experience.

Dual Meets - these are the meets we swim against other teams in our Division. The number of meets will depend on the number of teams swimming in our Division that year and/or our ability to schedule out-of-division meets.

Divisionals - this is an end-of-season meet in which all teams in our division participate to determine a Division Champion. All swimmers are encouraged to participate; there are no qualifying times however, you must have participated in 2 Dual-Meets.

Invitational's - these meets require swimmers to meet qualifying times in order to participate. You will be notified if your swimmer qualifies for these meets.

Five dual meets will be held on Saturday mornings at 8:30a.m. These meets consist of 80 events (36 individual and 22 relays). Boys and girls swim separately in four age groups (6&under, 7/8, 9/10, 11&up). Swimmers will compete in the group corresponding to their age as of May 31.

Swimmers must register for all meets that they plan on attending in order to be entered in the meet via the appropriate link on the team Web site. The swimmer will choose the events they would like to swim. Coaches will have final discretion on meet entries. The deadline for meet entries is Tuesday night, prior to the Saturday meet. Invitational Meet entry deadlines may vary; e-mails will keep you up to date on them. Meet exchanges with the opposing team is on Thursday evenings, NO change can be made after this deadline.

RIBBONS & AWARDS

Swimmers receive several types of awards for their accomplishments. These will be placed in the family folders, which are plastic bins that include hanging folders with a tab for each family. These bins are brought out and placed on a table at the entrance to the pool usually at every practice. This is where you will find your child's ribbons after each meet.

Types of Ribbons:

Place Ribbons--These are awarded to swimmers finishing 1st through 6th place in individual events, and to the 1st - 3rd relay team winners at our home meets.

Personal Best Ribbons--Every swimmer 10 & under who improves over their best time in a given event, will receive a Personal Best Ribbon.

Heat Ribbons--During the meet, scribes will hand heat ribbons noting the event and swimmers' time to swimmers age 10 and under from each participating team.

Event List & Strokes

Age Group	Strokes	Distance
6&under, 7-8	Free, Back	25
	Free Relay	100
8&under	Breast, Fly	25
	Medley Relay	100
9-10	Free, Back, Breast, Fly	25
	Free & Medley Relay	100
10&under	50 Freestyle, Individual Medley (IM)	50/100
11-12, 13-14, 15-18	Free, Back, Breast, Fly	50
	Individual Medley (IM)	100
	Free and Medley	200
11-14, 15-18	Free Relay	100

SKILLS: The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley (IM).

COMPETITION: Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer will have a limit to the number of events he or she may swim each day, depending on the meet rules.

On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn for distances longer than a 25.

Backstroke-consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on their back.

Breaststroke-requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Butterfly-features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together. Both hands must touch the wall simultaneously on the turns and the finish.

Individual medley-commonly referred to as the *IM*, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle .

Medley relay-all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

Freestyle relay-events consist of four freestylers, each swimming one quarter of the total distance of the event.

HOW TO PACK FOR A SWIM MEET

Swimmers Bag:

- Team suit and a back up suit
- 2 swim caps (in case one rips)
- 2 pair of goggles (in case one breaks)
- Team shirts (Show Your Team Spirit!)
- Flip flops or Sandals
- 2 - 4 towels
- Warm-up suit or sweat pants & jacket
- Dry change of clothes and undergarments
- Brush, hair detangled, hair ties

Cooler:

- Water/Sports drinks (Stay Hydrated!)
- Food

Mom's Bag:

- Sunscreen
- Cash for concessions
- Entertainment items for the time in between events (games, books, cards, coloring books)

Dad's Tool Box:

- Tent
- Chairs
- Tarp

F.A.Q.'s

Can I take a break from my volunteer shift to watch my child swim?

Yes (unless you are a timer or scribe), however we ask that upon completion of your child's swim you return immediately to your volunteer position.

How can I become an official?

Talk to Ryan Leggiero

If I have questions during the meet, who can I ask?

You can ask any board members. Board members will be wearing neon yellow shirts.

How do I know if my child qualifies for an invitational?

Check the results posted at the meet. You can also check your account on the team website.

Why would my child want to swim an Invitational?

Invitationals offer additional opportunities for your child to swim. The atmosphere is different than a dual meet in that multiple teams from multiple divisions will be competing in the meets. These meets are also swam indoors at high school and natatoriums. Additionally, the invitationals offer medals and trophies to the top swimmers and it's a chance to see top swimmers from the league compete.

Are visitors allowed at the meets?

Yes!! Bring your grandparents, cousins, aunts & uncles, neighbors, friends, etc.

Which invitationals do the Stingrays attend?

Stingrays attends Summer Heat, Sprint Sizzler, Summer Champs mid-season invitationals and Ponderosa and All Stars end of season invitationals.

Can my child swim both summer league and long course?

Yes, the Windrose Stingrays allow you to do both based on the new NWAL rule. Please check with your year round team on their rules.

How do I know if my child was disqualified?

When results are posted, there will be a “DQ” by your swimmers name.

Who do I talk to about my child’s disqualification?

You can talk to any of the coaches about your child’s disqualification.

If I need a band-aid, where can I find one?

There is a first aid kit at the back of the pool by the life guard stand.

Where can I set up the morning of the meet?

For home meets set up on the south side of the pool by the tennis courts. For away meets, it will vary.

If I am having trouble completing my volunteer hours who do I talk to?

Please contact Laura Trevino or Deidre Leggiero ASAP. Please don’t wait till the end of the season, because there might not be much that can be done.

Who is allowed in the clubhouse?

Officials, coaches and board members only.

Where can I park?

Parking is located along Pinelakes Blvd. Parking lot spaces are reserved until the start of the meet.

How many credits is 1 volunteer shift?

Each volunteer shift is 1 credit, except grill team, ready bench at the mock meet, home meets and Divisionals. Those and ready bench runner is 2 credits.

How do I login to the website?

The first time you login your password is !stingrays! You will then be prompted to change your password.

What time does the meet start and what time should I get there?

The meets start at 8:30am. You should arrive around 7am to get setup and get your swimmer checked in and ready for warm-ups.