



The Stingray

June 15, 2016

More At <https://www.rockvillerrays.us/>

By Brian Xi

Upcoming Events:

Friday, June 17, 2016:

Rays Party on Outdoor Sundeck

Saturday, June 18, 2016:

1st A meet vs. Upper County

Wednesday, June 22, 2016:

1st B meet @ Mill Creek Towne

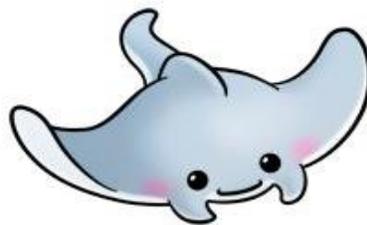
Start to the Season!

Welcome or welcome back everyone to the Rockville Rays! We had a great 2015 year, so let's strive to make this one even better! A special welcome goes out to our new head coach, Ellie Sherman, and assistant coach, Sara Kwon. We are definitely in it for another fantastic year! Parents and swimmers, please remember that the rays website (<https://www.rockvillerrays.us/>) is a *great* resource for information and can answer any questions you may have, ranging from meet schedules, to social media groups, to rays' records, to volunteer options and sign-ups. Be sure to check it out if you haven't before!

Time Trials

Congratulations to all participants of our 2016 time trials! Our first "meet" was a blast and was a chance for our swimmers to show off what they've got! Not only was it a time to triumph over any improvements, time trials is also an important standard to all upcoming A and B meets. Keep up the good work in practice, and success will come in even lower times soon!

A big shout-out also goes to all the volunteers who helped out this past Saturday! Thank you!



First A-Meet: Rays vs. Upper County

Our first meet of the season will be an A meet against the Upper County dolphins. Be sure to bring your rays spirit

wear to cheer on our team as we take on this formidable opponent. In case of any absences, **please** inform our coaches about whether a swimmer is able to attend or not as soon as possible. This gives them time to organize the best line-up for our team. Also remember that the top 3 fastest swimmers for each age group of their gender for each non-free event (including I.M.) make the A-meet and the top 6 fastest swimmers for each age group for their gender for freestyle make the A-meet. (ex. Top 3 9-10 girls in 25 meter backstroke will make the A-meet line-up) If you didn't make the A-meet...no big deal! The important aspects of being on a team is always to try your hardest and have fun! Go Rays and swim fast as always!

VOLUNTEERING

Probably the most important part of our team. Parent and student volunteers are an absolute necessity to keeping our team well organized, focused, and performing. We appreciate everything you and remember that even volunteering for one job can make a **big** difference. Volunteering opportunities for this next meet and all the meets can be

found here under "job sign-up"

https://www.rockvillerays.us/swim_meets. Hope to see you soon!

Friday Party!

This Friday, come out for our weekly potluck party! ***Parents, when bringing food **please** be aware of any potential allergens you are using in the foods you make or bring, as doing so will prevent some swimmers from joining the feast! It would also be ideal for any foods with allergens could be labeled that they do contain something!***

**Rays! Keep on top of events by subscribing to our Google Group, following us on Twitter, liking us on Facebook, or joining our WeChat group! Downloading the SwimTopia App will also allow quicker access to any events swimmers are currently signed up for and any recent results from all meets.

**Have any questions about the newsletter? Want to contribute to the newsletter? E-mail me at brian.xi777@gmail.com