



# The Stingray

June 21, 2016

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By Brian Xi

## Upcoming Events:

### Wednesday, June 22, 2016:

1<sup>st</sup> B meet @ Mill Creek Towne

### Friday, June 24, 2016:

Rays Party on Outdoor Sundeck

### Saturday, June 25, 2016

A meet @ Tilden Woods

## First B-Meet: Rays @ Marlins

This Wednesday, the Rockville Rays will be going to Mill Creek Towne for our first B meet of the season! Our theme will be "animals", so be sure to bring your best costumes and show off some spirit. As a reminder to parents (and kids), some volunteer spots are still open and need to be filled if we want to have a smooth meet. Please consider [pitching in!](#) Keep in mind that B-meet registration is usually due the Tuesday night before our meet, and meet entries for each swimmer can be found in the SwimTopia app. Also remember that swimmers are not eligible

to swim any events they have swam in the recent A-meet, so plan accordingly. Good luck to everyone participating and get those best times!

## A-meet @ Tilden Woods Dolphins

This Saturday, we will be facing one of our biggest rivals at Tilden Woods! In the morning, a nutritional and energy filled breakfast is necessary for a good performance. This meet has many volunteer options still open so please, come support the team if possible. Help is always welcome! Leave early and arrive to warm-up on time because Tilden Woods is approximately 15 minutes away from the Rockville pool. Have fun and swim fast!

## The (other) Dolphins Get Stung!

Congratulations! We officially have a strong start to our season! Upper County goes down once again while we go up to a record of 1-0. Great job Rays, keep up the good work,

and let's continue to dominate our division!



## Friday Potluck Party

It's almost Friday again, which means we have another festive party coming up! One of the features of a potluck is for everyone to bring something to share, adding up the food into a feast! Come join us after Friday practice for fun on our outdoor sundeck!

\*\*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*