

South Whidbey Stingrays

We are a novice swim team that accepts swimmers 6-18 years of age. Our mission is to provide a fun and inviting atmosphere to learn the 4 competitive strokes of swimming. Swimmers will develop endurance, strength, work ethic, positive self image and above all a love for the sport of swimming. Our coaches are committed to serving both the recreational and competitive swimmer. We offer 4 different practice groups. Swimmers will be placed in a practice group based on age, ability and space. Practices will be held 3 mornings a week at Useless Bay Country Club (UBCC). The summer session will end with an intra squad swim meet and awards banquet.

Swimmers must be able to swim 25 yards of freestyle with side breathing, 25 yards of backstroke and must know how to swim Breaststroke. Any new swimmers wishing to join must tryout with Coach Kristi Eager prior to registering.

Tryout: Tuesday, May 1 at 6:00, Island Athletic Club

Practice Schedule: July 2-August 8

Super Swimmer

Ages 6-8

M/W/TH from 8:25-9:05

Bronze

Ages 9+ (8 yrs. with coaches approval)

M/W/TH from 8:25-9:10

Silver/Gold

Ages 11+ (Must have coaches approval)

M/W/TH from 7:30-8:25

New swimmers regardless of their age will be placed in the Bronze practice group unless they have had prior swim team experience and can meet the Silver and/or Gold Summer Placement/Advancement Criteria.

Practice group times are subject to change depending on ability and number of kids in each group. Once swim team is full, Coach Kristi will notify swimmers through email what practice group they will be in.

Swim Meet: Wednesday, August 8- 5:00-8:00 pm at UBCC

Awards Banquet: Thursday, August 9- 6:00 pm at Castle Park

Cost: \$180

Sibling discount: 10% off additional siblings

Equipment needed:

- swim suit (jammers for boys, one piece for girls)
- goggles
- swim cap
- swim training fins.

All equipment can be found at www.swimoutlet.com.

New Swimmers will be given a stingray cap.