



We build strong kids, strong families, strong communities.

STINGRAYS REGISTRATION FORM

2009 SUMMER SEASON - HOPKINTON

SWIMMER'S NAME: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ PHONE #: _____

Mother's Name: _____ Cell Number: _____

Father's Name _____ Cell Number: _____

E-Mail Address: _____

EMERGENCY CONTACT PERSON(S) & PHONE NUMBER

NAME: _____ PHONE #: _____

NAME: _____ PHONE #: _____

List preexisting medical condition(s) that coaching staff should be notified of regarding the above named swimmer (be specific): _____

List Medications(s): _____

Current age of Swimmer (as of June 1) _____ Date of Birth: _____

Caps _____ \$5.00 each Championship Fee _____

(Please return with payment – All check should be make out the MetroWest YMCA)



MetroWest YMCA Competitive Swimming Mission Statement

The MetroWest YMCA is committed to the values of **Caring, Honesty, Respect, and Responsibility**. Our YMCA provides all children, adults and families, regardless of income, with opportunities to develop a healthy spirit, mind and body.

Basic Goals: 8 and under beginners

- Learn to count yardage (25 yards is one length of the pool)
- Learn breath control (breathing every 3rd or 5th stroke)
- Learn basic drills
- Improve body position
- Improve streamline, press-off, flip turns & starts
- Develop aerobic capacity & endurance
- Develop and continually reinforce the YMCA values of:
Caring, Respect, Responsibility, Honesty
- HAVE FUN

Basic Goals: advanced

- Work drill sets (Stroke development)
- Improve body position
- Improve streamline, press-off, flip turns & starts
- Develop aerobic capacity & endurance
- Develop and continually reinforce the YMCA values of:
Caring, Respect, Responsibility, Honesty
- HAVE FUN

Required Equipment:

- Swim cap (will be provided before our first meet)
- Goggles – try to find a pair that is comfortable and snug
- Water bottles (to be brought to each practice and consumed)
- Team swim suit

Swimmers Responsibility:

- Coming prepared for swimming by having the necessary swim equipment as directed by the coaching staff.
- Being aware and acknowledging the events going on around them and assisting fellow teammates, opponents, coaches and others in meeting their goals and responsibility.
- Each senior swimmer will be responsible for one younger swimmer at each meet. This caring buddy system will ensure younger swimmers do not miss an event. Senior swimmers will be role models.

- Swimmers should always leave the facilities in the same condition than when they arrived.
- Swimmers will demonstrate good sportsmanship by cheering on their teammates and acknowledge competitors' regardless of the out come of a meet.

General Code of Conduct:

All team members are expected to be orderly, courteous and show sportsmanship during practices, meets and any team function. In other words, they need to be good YMCA participants. Any inappropriate behavior may constitute cause for dismissing a swimmer from practice or swim meet.

The coaching staff cannot be responsible for supervision of any swimmer who does not report to them on deck. Therefore, parents of younger swimmers are strongly advised to ensure that these swimmers safely reach the pool deck at a designated area. Once swimmers arrive they should stay together to ensure the swimmer does not miss an event. (Swimmers should arrive at the pool ten to fifteen minutes before practice starts so they are on deck ready to begin warm up.)

Choosing of Events and How many each swimmer swims at each meet

- Coaches determine how many and what events kids swim at each meet
- YMCA rule on events: 2 Events and 2 Relay or 3 Event and 1 relays allowed)
- Parents and swimmers should put in writing their suggestions to coaches about what event they would like to swim. Please note: **coaches have the final say for the good of the team.**

Coaches telephone numbers: Julie Roger Volpe

IF YOU ARE UNABLE TO SWIM IN A SCHEDULED MEET

If you are unable to attend a meet the sign up sheet will be on the bulletin board in Hopkinton. This will allow us to change the line-up prior to the start of the meet. Once the line-up has been turned in there is no exception to change it. If it is the night before a meet and you can not attend, please call the coaches at home.

Sign up to help during meets, what do I have to do?

Working at a meet is not intimidating as it may initially seem, and it definitely makes the time go faster. The main thing is that the meet cannot run without the parents help. The coaches are solely focused on the swimmers, so the parent help is vital. Timers, time recorder, ribbon writers and runners are all manageable jobs and take no prior experience. You can learn very quickly on the job. We also run a concession stand at all home meets to fund raise. All parents should participate by bringing in stock items to sell such as bottle water, bagels and snacks.

Practice times: Hopkinton Tuesday and Thursday 6:00-7:00 10 and under - Beginner
Tuesday and Thursday 7:00-8:00 11 and older – Advanced

Audio, Camera and Video Recording Device Policy

The use of audio, camera and video recording devices is prohibited in all MetroWest YMCA facilities, owned or leased. Those wishing to use a video recording device must receive written consent in advance from the designated YMCA Director. Consent forms are available at the Member Service Desk, and must be submitted at least 24 hours in advance.

Cell Phone Policy

Cell phone use is restricted to offices, conference rooms, hallways, and lobby areas only. Cell phone use is not allowed in any program space including but not limited to: locker rooms, childcare areas, bathrooms, the gymnasium, and all work-out areas.

SIGN IN AT HOPINTON FOR YMCA MEMBERS AND NON-MEMBERS SWIM TEAM

There will be a sign in sheet for swim team at the outdoor pool. Please sign in when you arrive and sign out when you leave. This will help the pool staff have a better idea who is here for swim team practice. Family swim club members sign in under family swim club even if your child does the swim team.

Please leave all pool chairs for family swim club members. You are welcome to bring in your own chair. Siblings coming to the Hopkinton pool are not allowed to use the pool unless you purchase a guest pass. Guest passes are available in the pool office.

Thank you for your help in the matter!

Concession Stand Committee

The Concession Stand Committee is planning to run 4 bake sales on Saturday morning during the month of May and June. An e-mail with dates, times and what to donate will be broadcasted soon. Each family is responsible to bring a bake sale item or pay a \$5.00 fee per bake sale.

Volunteers Needed

Fundraising Committee – (one open position) The committee is responsible for planning fundraising activities for the season. All fundraising activities need to be approved by the YMCA before implemented. Committee will meet on occasion to discuss and plan fundraising activities with the coaches. This committee will report to the head coach.

Concession Stand Committee – (one open position) The committee is responsible for running the concession stand and organizing bake sales. Committee will put together a list of healthy food items for the bake sale to be approved by the YMCA. All dates for the bake sales held outside of scheduled meets need approval by YMCA. Committee members will report to the Head Coach.

YMCA Meets Coordinator – (one Open Position) This volunteer is be responsible for calling parents to fill position of timer, runner, place stickers on ribbons, hand out event cards to swimmers, score the meet on Meet Manager Program , run the bullpen, clean up, set up, meet referee, stroke and turn judge (must be certified). All positions would need to be filled before the meets start. It is the YMCA Meet Coordinator's responsibility to organize this. The YMCA Meet Coordinator would report to Head Coach.

YAQUATICS™

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STINGRAYS

SWIMTEAM

PARENT MEETING

JUNE 10TH

45 EAST STREET
HOPKINTON

TIME: 7:00 PM

ONLY DAY TO ORDER TEAM SWIM SUIT
MEET SCHEDULE



SUMMER SWIM TEAM
PARTY

August 2, 2007



At the

METROWEST YMCA
45 East Street, Hopkinton

Tim: 3:00 – 5:00PM

Please bring something to grill, and something to share!

See you there!



Meet Schedule - summer 2008

Saturday, June 28th

MetroWest Vs. Longfellow
45 East Street
Hopkinton, MA
Warm up: 7:30am

Tuesday, July 1

Wayland vs MetroWest
Wayland Town Pool
258 Old Connecticut Path
Framingham, MA
Warm-up: 5:00pm

Saturday, July 12th

MetroWest vs Chamberline Pines and Suburban
45 East Street
Hopkinton, MA
Warm up: 7:30 am

Saturday, July 19th

MetroWest vs TriValley
45 East Street
Hopkinton, MA
Warm up: 7:30am

Saturday, July 26th

Wayside vs MetroWest
Wayside Swim and Tennis Club
80 Broadmeadow Road
Marlboro, MA 01752
Warm up: 7:30 am

Saturday, August 2th

Championships
Westboro Swim and Tennis Club
Chauncy Street
Westboro, MA 01581
Warm up: 7:00am



CHAMPIONSHIP SIGN UP

TIMERS

8:15-10:00AM _____ 10:00-1:00PM _____

8:15-10:00AM _____ 10:00-1:00PM _____

RUNNER

8:15-10:00AM _____ 10:00-1:00PM _____

RIBBON WRITER

8:15-10:00AM _____ 10:00-1:00PM _____

CARD SORTER

8:15-10:00AM _____ 10:00-1:00PM _____

**The stingrays will not be able to compete unless we provide the
above help at Championships!**