

METROWEST



metrowest

STINGRAYS



**Welcome to the MetroWest YMCA Stingrays.
We are in the Eastern Mass YMCA Swim
League Division II and USA Swimming LSC.
We Service Framingham, Natick, Ashland,
Wayland and the surrounding towns**



MetroWest YMCA Stingrays: Season 2008/2009

**The MetroWest YMCA is committed to the values of:
Caring, Honesty, Respect, and Responsibility.**

Purpose: The MetroWest YMCA provides swimmers the opportunity to participate in a competitive swim team that promotes self-esteem, good sportsman ship, and encourages physical fitness that will last a lifetime. Our YMCA provides every individual that competes the opportunities to develop a healthy spirit, mind and body.



Senior I – US age group 13 and up - recommended 4 practice per week

Practice times

Tuesday	4:30-6:00	dry land	6:00-7:00
Wednesday	7:00-8:00		
Thursday	4:30-6:00	dry land	6:00-7:00
Saturday	5:00-7:00	dry land	4:00-5:00

Swimmers in the age group are highly competitive. Focus will be to improve technique. Swimmer will practice four times a week with dry land training. Swimmer in this group will compete in the Barbara Damon District Championships, YMCA New England Championships, and USA Age group Championships. Swimmers will attend all YMCA dual meets and US meets

Senior II US age group 9-10 and 11-12- recommended 4 practices per week

Practice times

Tuesday	4:30-6:00	dry land	6:00-6:30
Wednesday	7:00-8:00		
Thursday	4:30-6:00	dry land	6:00-6:30
Saturday	5:00-7:00	dry land	4:00-5:00

Swimmers in this age group will have competitive experience. Focus will be to improve technique. Swimmers will practice four times a week and compete in all YMCA dual meets and US meets. Swimmer in this group will compete in the Barbara Damon District Championships and New England Regional and 12 and under championships.

Junior – US age group 10 and under - 2 practices per week

Practice times

Tuesday	3:30-4:30	dry land	4:30-5:00
Thursday	3:30-4:30	dry land	4:30-5:00

Swimmer in the age group will have some competitive experience. Focus is to improve strokes, conditioning and endurance. Swimmers will practice two times a week and compete in all YMCA dual meets and US meets.

Navy - age group - non US swimmers - 2 practice per week

Practice times

Tuesday	3:30-4:30	dry land	4:30-5:00
Thursday	3:30-4:30	dry land	4:30-5:00

Swimmer in the age group will have no competitive experience. Focus is to improve strokes, conditioning and endurance. Swimmers will practice two times a week and compete in all YMCA dual meets.

Meet the Coaches



Lavinia Albu comes to us from Romania with a master's degree in physical education and sport with a specialization in swimming. Lavinia coached Eitan Orbach and Michael Halika who participated in the 1996 Olympic Games and made it into the B finals. Lavinia has over 20 years coaching experience in Romania and now the United States. Lavinia is a certified level two coach with the American Swim Coach Association. Lavinia has been with the MetroWest YMCA Stingray for six years. Lavinia is YMCA certified in Principles of YMCA Swimming and Diving, and Advanced Coaches Training and is certified in Youth and Adult YMCA Swim Lessons.

Annette Robertson is the Assistant Aquatic Director and Swim Coach. Annette has ten years teaching experience from preschool and school age. Annette is a certified level two coach with the American Swim Coach Association. Annette has been with the MetroWest YMCA for ten years. Annette is YMCA certified in Principles of YMCA Swimming and Diving, and Advanced Coaches Training and is certified in Youth and Adult YMCA Swim Lessons.

Sabrina Particelli is a certified level one coach with the American Swim Coaches Association. Sabrina swam for the Framingham town team, and then Framingham High School where she was the team captain and record holder for the 50 and 100 Freestyle. Sabrina graduated Babson College in 2002 with a degree in business administration. Sabrina was the record holder for the 50 and 100 freestyle. Sabrina has been with the MetroWest YMCA Stingrays since 2007.

All coaches are certified YMCA life guards with CPR, first aid and oxygen

All coaches have had swimmers participate in the YMCA District Championship and YMCA New England Championships, USA Regional Championships and USA Age Group Championships. Our 8 and under girls were the YMCA New England Champions for 2009 season.



MetroWest YMCA Stingrays

Try Outs

The MetroWest YMCA tryouts are held in September. All candidates will be evaluated by the Head Coach and placed into a group. If there are no openings, you will be placed on a waitlist.

Tryouts are for swimmers that are a YMCA Fish level or above or have a basic knowledge of swimming all four strokes.

If you have any questions, please contact Arobertson@metrowestymca.org.