



## Fall/Winter Swim Team 2011



Welcome to the 2011 Fall/Winter season. The season runs from September 12th through February 24th.

### COACHES:

Darius Wolny (DW)	Head Coach
Mary Bolton (MB)	Coach
Mesa Schmidt (MS)	Coach
Don Harper (DH)	Coach

[stingrays@ymcachicago.org](mailto:stingrays@ymcachicago.org)

### PRACTICES:

Team	Monday	Tuesday	Wednesday	Thursday	Friday
Little Stingers		4:15-5:00pm MB/DH		4:15-5:00pm MB/DH	
Red		5:00-6:30pm DW/MB/MS		5:00-6:30pm MB/MS	4:00-5:00pm DW/MS
Green	5:00-6:30pm DW/MB		5:00-6:30pm MB/MS		5:00-6:30pm DW/MS
Blue	6:30-8:30pm DW/MS	6:30-8:30pm DW/MS	6:30-8:30pm DW/MB	6:30-8:30pm DW/MB	

Practices are not required, so we do not need a note or message if the swimmer cannot attend (you can always send one if you would like though). In this sport, the only way to improve is to practice. The more practice, the more improvement.

Please try to have the kids on deck and ready to go at least 10 minutes before practice. We will have them do some light stretching while they wait. Make sure they have cap, goggles (two pair for the older kids) and (most important) their swimsuit.

Swimmers are required to wear team suits, caps, and warm-ups at all swim meets...home or away. Team suits are provided by Kiefers and Warm-ups by GTM Sportswear. Both are posted on the bulletin board and a flyer in your files.

Swimmers should also wear flip-flops while in the locker room and on deck. All swimmers are required to have a water bottle with water or a sports drink in it. Hydration is very important during practice time.

Blue Group participants 12 and older will be set up with ActivTrax. Please stop by the front desk to sign up for an appointment time with a Wellness Coach. They will take you through a strength test and get you activated on ActivTrax, our virtual trainer. Blue Team members may then print out a workout 3x/week.

### **SWIM MEETS:**

Swim meets are optional. They help the coaches to understand what things we need to work on in practices. Swimmers progress at different rates and swim meets can be a little scary for younger swimmers. The coaches will do their best to make sure everyone is comfortable, but if you are unsure if your swimmer is ready, please see their coach.

The meet schedule for this season is listed below. Everyone can participate in any or all of the dual meets with no additional fees. There are also invitational meets that the team will attend. These meets are longer and bigger. There will be a \$10 charge to swim in these meets. This fee can be paid at the front desk at the time the swimmer is signed up for the meet.

We will host 1-2 meets at our pool. We will need all of the parents to help out at the meet to do officiating, timing, bullpen, concessions, setup and other jobs. Please try to set these dates aside so both swimmers and parents are able to attend.

The end of the season will be determined by the last meet the swimmers compete in. The District and State meets have qualifying times. Any swimmers who do not make the qualifying times will swim in the District Classic Meet. There are no additional fees for the District Classic, District or State meets. We would encourage 100% participation.

### **AWAY MEET LOCATIONS:**

#### **Buehler YMCA**

1400 West Northwest High  
Palatine, IL 60067  
847-359-2400

#### **Lake County YMCA**

2000 Western Ave.  
Waukegan, IL  
847-360-9622

#### **Lattof YMCA**

300 East Northwest Highway  
Des Plaines, IL 60016  
847-296-3376

#### **Rec Plex**

9900 Terwall Terrace  
Pleasant Prairie, WI 53158  
262-947-0437

#### **Foglia YMCA**

1025 Old McHenry Road  
Lake Zurich, IL 60047  
847-438-5300

#### **McGaw YMCA**

1000 Grove Street  
Evanston, IL  
847-475-7400

#### **Kishwaukee YMCA**

2500 Bethany Road  
Dekalb, IL  
815-756-9577

#### **Niles West High School**

5701 West Oakton  
Skokie, IL

## Parent Meetings

Monday, September 12th – 4:00 p.m.  
Wednesday, November 16<sup>th</sup> – 6:30 p.m.  
Wednesday, January 11<sup>th</sup> – 5:30 p.m.

## Team & Spirit-Wear Vendors

<http://qtmteamstore.com/hlystingrays>

Use Access Code: 013 (Warm-ups & more)  
Blue Sky Order Forms (general spirit-wear)  
Kiefers (team suits, goggles, etc.)

## Shutterfly Account

<http://hastingslakeystingraysswimteam.shutterfly.com>

(add your own pictures, view the calendar,  
view pictures, volunteer, add a comment, etc.)

## Team Pictures by PMI Sports, Inc.

Tuesday, September 27<sup>th</sup> - 6:00 p.m.

## Parent Picture & Viewing Days

September 12th – 16<sup>th</sup>  
October 17th – 21<sup>nd</sup>  
December 12<sup>th</sup> – 16<sup>th</sup>  
January 8<sup>th</sup> – 13<sup>th</sup>  
February 19<sup>th</sup> – 24<sup>th</sup>

## 2011-12 Fall/Winter Swim Meet Schedule

<b>Date/Type</b>	<b>Location</b>	<b>Warm-up Time</b>	<b>Surcharge</b>
Sunday, Oct 9, 2011 Dual Meet vs Lake County Seahorses	HOME	12:00	None
Sunday, Oct 23, 2011 Out of Shape Meet	Lattof YMCA		\$10.00
Sunday, Oct 30, 2011 Swamp Meet	Foglia YMCA	7:30 am	\$10.00
Sunday, Nov 6, 2011 Seahorse Invite	Lake County YMCA	7:00 am	\$10.00
Sunday, Nov 20, 2011 Gender Wars	Niles West HS	7:00 am 9/10 & 11/12 Noon 8/under & 13/ovr	\$10.00
Sunday, Dec 4, 2011 10 & Under Wonder	McGaw YMCA	7:00 am	\$10.00
Sat, Dec 10, 2011 Dual Meet vs Foglia	Foglia YMCA	12:30 pm	None
Sat, Jan 7, 2012 Dual Meet vs Lattof	Lattof YMCA	1:00 pm	None
Sunday, Jan 22, 2012 High Ridge Backwards Invite	University of Chicago	TBA	\$10.00
Sunday, Jan 29, 2012 Super Sunday Pentathlon VIII	Buehler YMCA	Morning and afternoon sessions (age groups and time TBD)	\$10.00
Sunday, Feb 12, 2012 Dual Meet vs Central Lake Turtles	Home	12:00	None
Sunday, Feb 26, 2012 District Classic	McGaw YMCA	7:00 am	None
Sat, Mar 3, 2012 Boys District	Rec Plex	7:00 am	None *Must qualify
Sunday, Mar 4, 2012 Girls District	Rec Plex	7:00 am	None *Must qualify
Fri-Sun, Mar 16-18, 2012 State	Kishwaukee YMCA	7:00 am	None *Must qualify