

Stoney Point Stingrays Winter Swim Team Information

The Pre-Season

- Registration begins October 5, 2009 at the Stoney Point YMCA.
- New swimmers are invited to take part in rookie week set for October 19-23. This is an excellent opportunity to get to know the coaching staff and to learn more about the swim team experience.
- Each swim team member must hold a valid youth membership with the Y (or family holds a valid family membership) to participate. In addition, there is an additional fee, which covers participation for the entire winter season.

The Regular Season

- Practice begins October 26 and continues through the middle of February and potentially to the end of March if your child qualifies for the regional meet.
- Practices are generally split by age and are offered Monday through Friday. Typically swimmers who are 10 and under practice from 7-8 p.m. (Monday-Thursday) and older kids swim from 8-9 or 9:30 p.m. (most middle schoolers leave at 9 p.m.) Practice on Friday is from 5:30–6:30 p.m. for all ages. Swimmers and their families may decide how many practices to attend each week.
- Swimmers may participate in up to five events per meet—three individual and two relays.
- Winter meets have 104 events compared to 72 in the summer. There are no 6 and under events in the winter season. Swimmers in this age range would compete in the 8 and under level.
- Only those competing in the 8 and under level swim 25-yard events. All other age groups swim a minimum of 50-yard events.
- The winter season includes 8-9 meets, with approximately half in Cedar Rapids and the remaining meets in eastern or central Iowa. Meets are held on Saturday mornings or afternoons. Swimmers may choose which meets to participate in, but in order to qualify for the sectional meet in February, a swimmer must compete in a minimum of three meets during the season.
- There is typically a team fundraiser. In the past it's been a swim-a-thon. Participation is optional.

- The team will sell apparel at the beginning of the season. Several items with team logos will be for sale to team members and family members.
- Team suits are not required but can be purchased. Many parents sell gently used suits as well. See the bulletin board in the pool area for a listing of suits for sale.
- Each swimmer or family has a folder in the large plastic file box that is on deck during each practice. It is your responsibility to check that file at least once per week for important information such as meet entry forms, social event information, apparel sales, fundraisers, etc.

The Post-Season

- Sectionals are held in early to mid-February, typically on a Sunday. (Swimmers must participate in three regular season meets in order to qualify.)
- To qualify for the state meet, swimmers must post a predetermined qualifying time or finish first in an event at sectionals.
- The state meet is set for February 27-28 in Marshalltown. Girls compete one day and boys the other.
- Swimmers can qualify for regionals by posting a predetermined qualifying time at a regular season meet or at sectionals.
- Regionals are held at the University of Minnesota in Minneapolis on March 27-28, 2010. Each swimmer's family pays for a separate entry fee of \$35 per swimmer to participate in this meet.