

Why Swim Year-Round?

When choosing a year-round swim team, cost may be a factor. We may be more expensive, but we offer *more*. For over 30 years, the Stingrays have been the premier team in the Fredericksburg area. The Stingrays have scored higher at all championship meets than any other team in the Fredericksburg area. We offer you training sessions, 45 weeks out of the year, more than any other team in the Fredericksburg area. We offer *more* practice time, with double training sessions over all holidays and the summer for the higher level training groups. We offer long course training in a long course pool with practices at Curtis Park in the summer. *More* Stingray swimmers have gone on to compete at the college ranks. We offer a *more* experienced coaching staff, with 3 fulltime professional coaches and a large number of experienced part-time coaches assisting all practice sessions. We simply offer *more* than any other team in the area. Think of this as an investment in your child's future.

Why the Stingrays?



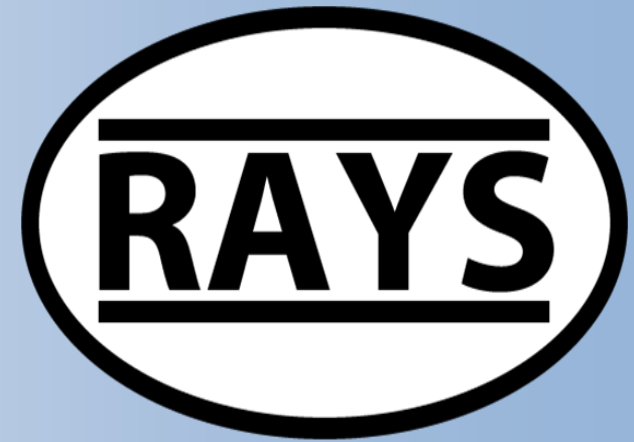
Since his arrival in 2001, Head Coach Bob Herlinger has taken the Stingrays to a higher level each year. When Bob arrived, the club had no more than 60 swimmers participating in the program; at the present time there are more than 250 swimmers enrolled in the program. This year, announcement by USA Swimming with the Stingrays finishing 123rd in the nation out of 2700 teams through the Toyota Virtual Club Championship; placing the club in the upper 5% of all swim clubs in the nation. This accomplishment has been Bob's pinnacle of success with the Stingrays to this point.

As for his coaching career, Bob is beginning his 37th year of coaching. He has coached swimmers of all skill and accomplishment, ranging from developmental to Olympic Trial Qualifiers. To date, he has coached 30 individual swimmers to US Swimming Top 16/10 Times, 122 Top 16 relays, 74 Junior National qualifiers, 13 Senior National qualifiers, 1 National Youth Team member, and 1 National Junior Team swimmer, not to mention 6 Olympic Trial Qualifiers. Since Bob's arrival with the Stingrays, multiple swimmers have gone on to succeed at the collegiate level, many on swimming scholarships.

Prior to coaching with the Stingrays, Bob coached at the world renowned North Baltimore Aquatic Club (Baltimore, MD), Lancaster Aquatic Club (Lancaster, PA), Dynamo Swim Club (Atlanta, GA), and Team FoxJet (Minnesota). Each of these clubs is very prominent and renowned throughout the swimming world. Through these programs Bob gained valuable coaching knowledge and experience and was highly successful at each one.

Bob is very proud of his hometown of Baltimore, Maryland, where he went to Archbishop Curley High School. Bob is a graduate of Elon College in North Carolina. His loving family consists of his wife Joni, whom he met while coaching in Lancaster; Colin, an aspiring college freshman who will be attending the University of Mary Washington; and Brandan, a sophomore at Riverbend High School.

"Ranked in the Top 5% in the United States by United States Swimming's Virtual Club Championship Series"



Stingrays Program Guide 2011-2012



Our team programs are designed to progress by age, ability and the commitment of each swimmer. Membership is open to boys and girls between the ages of 5-18. Each swimmer will be evaluated during one of the tryout dates to determine which practice group they belong. The more accomplished the swimmer becomes, the longer the training sessions through the progression of development.

Developmental: This program emphasizes the development of all four competitive strokes, including racing starts and flip turns. Ages 5 and up must be able to swim freestyle and backstroke for at least 25 yards; Practice 2-3 times per week.

Age Group II: This program is for swimmers who have accomplished all four strokes at a competitive level. Swimmers will be introduced to nutrition, goal setting, and basic core body strengthening exercises. Ages 7 and up, must be legal in all four strokes; Practice 3-4 times per week.

Age Group I: This program is for the more accomplished age group swimmer. This program is for swimmers who have successfully accomplished all four competitive strokes and have a desire to work to improve. Hard work, discipline, and goal setting will be stressed. Ages 9-14; Practice 4-5 times per week.

Juniors: This program is designed to transition swimmers from the age group program to entry at the Senior level. This program consists of the elite age group swimmers on the team. Ages 11-15; Practice 5-6 times per week.

Senior I: This program is for the elite swimmers on the team who are committed and consistent to train at the National level. Ages 13 or older; Practice 6-7 days per week.

High School Prep: This program is designed to meet the competitive needs of swimmers who would like to prepare for the upcoming High School season. **Will only be at Rosner YMCA.** Ages 13 and over, as well as approved 12 year olds; Practice 4 times per week.

JumpStart: This program is designed to meet the competitive needs of swimmers who would like to prepare for the upcoming RSL summer league season. Ages 5 and up must be able to swim freestyle and backstroke for at least 25 yards; Practice 4 times per week.

RANKED IN THE TOP 5% IN THE UNITED STATES BY
U.S. SWIMMING'S VIRTUAL CLUB CHAMPIONSHIP SERIES



Massad YMCA:

Bob Herlinger—Head Coach
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Delwyn Jones—Head Site Coach
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Rosner YMCA of Spotsylvania:

Mike Clesner—Head Site Coach
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Dues and Membership:

Membership dues vary with the level at which a swimmer trains. Annual dues can be paid in monthly installments over eight months, or in one discounted payment. The Stingrays offers multi-family swimmer discounts. All Swimmers are required to be members of the YMCA.

Tryout Dates:

Monday, Aug 8th and Tuesday, Sept 6th from 5-6:30pm at both YMCA's

Our Training Sites:

Massad YMCA
212 Butler Rd, Stafford VA

Rosner YMCA of Spotsylvania
Smith Station Rd, Fredericksburg VA



Visit us at www.swimrays.org

Mission Statement:

The mission of the STINGRAYS is to provide an organized, competitive swimming program for the youth of the Rappahannock area in association with the Rappahannock Area YMCA of Fredericksburg, Virginia. The program encourages and emphasizes good sportsmanship, self discipline, and achievement of goals, regardless of ability, keeping in mind the philosophy of the YMCA in developing the mind, body, and spirit.

How to become a STINGRAY member

If you are interested in becoming a member of the STINGRAYS, then attend one of our tryout sessions. The tryout sessions are where we evaluate each swimmer to determine in which practice group they belong. We have a program for every swimmer. It is never too late to join the STINGRAYS.

You can even join during the season and fees will be prorated. If you have any questions, please contact Head Coach Bob Herlinger or Head Site Coaches, Delwyn Jones or Mike Clesner.

