

Why swim Year-round?

Year-round swimming improves conditioning, teaches discipline, encourages good health habits, and provides opportunities for social, emotional, and physical development. In addition, the STINGRAYS are the Fredericksburg Area's home team, providing a small team atmosphere and allowing area swimmers to join together in participating in local, state, and national competitions. Don't let the fun end with just swimming in summer league, join the STINGRAYS.



For More Information::

Massad YMCA

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Spotsylvania YMCA

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Check out our web site at: www.swimrays.org

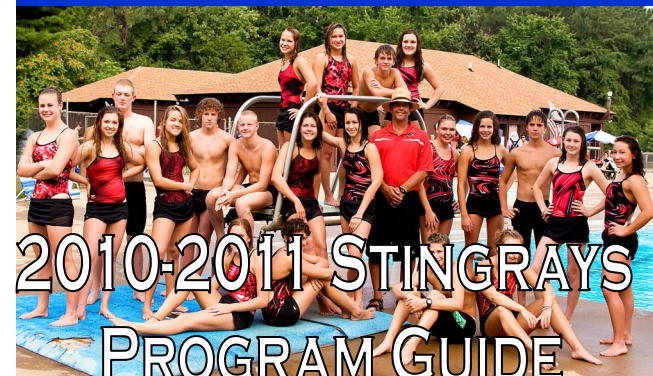
Why the Stingrays?

Bob Herlinger, Head Coach of the STINGRAYS has over 35 years of coaching experience. He has coached many levels of swimmers, ranging from novice to Olympic Trial Qualifiers. Since Bob's arrival in 2001, the STINGRAYS have sent numerous swimmers onto the college ranks. Make an investment in your child's swimming future; swim with the STINGRAYS.

During the past short course season RAYS' swimmers achieved the following:

- 284 new "B" Time Standards
- 265 new "BB" Time Standards
- 186 new "A" Time Standards
- 143 new "AA" Time Standards
- 76 new "AAA" Time Standards
- 15 new "AAAA" Time Standards
- 162 Age Group Championship Qualifying Times
- 6 swimmers on the Virginia Zone Team
- 142 Senior Championship Qualifying Times
- 74 Sectional Qualifying Times
- 101 YMCA National Qualifying Times
- 16 NSCA Junior National Qualifying Times
- 15 USA Swimming Junior National Qualifying Times
- 2 USA Swimming Senior National Qualifying Times
- 5 USA Swimming Top 10 Times
- 19 YMCA Swimming Top 10 Times
- 1 Swimmer on the USA National Youth Team

"When you want to be the best"



2010-2011 STINGRAYS PROGRAM GUIDE



Programs:

Developmental: The first step of our year-round program emphasizes the development of all four strokes.

Ages 5 and up must be able to swim freestyle and backstroke for at least 25 yards. Practice 2-3 times a week.

Age Group II: The second step in our year-round swimming program is for swimmers who have accomplished all four strokes at a competitive level. Swimmers will be introduced to nutrition, goal setting and dry land exercise.

Ages 7 and up, must be legal in all four strokes. Practice 3-4 times per week.

Age Group I: A program for swimmers accomplished in Age Group swimming. This program is for swimmers who have good consistency in all four strokes and a desire to work to improve. Hard work, discipline, and goal setting will be stressed.

Ages 9-14. Practice 4-5 times per week.

Junior: The junior group is for committed, young teens becoming more serious about competition. Dry land training and self-motivation becomes very important in this group.

Ages 10–15. Practice 5-6 times per week.

Senior I: This group is for dedicated swimmers training for State, Zone and National Championship meets.

Ages 13 or older. Practice 6-7 days per week.

High School: Stay in Shape for high school, summer swim teams, or cross-train for other sports.

Ages 13 and over, as well as approved 12 year olds. Practice 4 times per week.



Swim Meets

The STINGRAYS are a YMCA swim team competing state-wide against other YMCA teams. We are also a member of the national organization, USA Swimming, which controls amateur competition leading to the Olympics trials. STINGRAYS' swim meets include YMCA and USA Swimming competition all leading to state, regional, and national championships including, dual meets with other YMCA teams, out-of-town USA meets, and championship meets for all levels of competition.



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-swimmer discounts.

All Swimmers are required to be members of the YMCA.

Tryout Dates:

Monday, Aug 9th and

Tuesday, Sept 7th from

5-6:30pm at both YMCAs

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

Membership is open to boys and girls between the ages of five and 18. Registrations are held in early September of each year following tryouts. Swimmers wishing to join the STINGRAYS should contact Head Coach Bob Herlinger or Head Site Coaches Delwyn Jones or Mike Clesner. Availability of openings is determined by the number of swimmers currently on the team, the number of hours of pool time available, and the age and ability of the prospective swimmer. The Head Coach will determine final team membership.



Our Training Sites:

Massad YMCA

212 Butler Road, Stafford , Virginia

Spotsylvania YMCA

Smith Station Road, Fredericksburg, Virginia