

StingRAYS Splash

Issue 2, July 2025



We go **ON DECK** with this guy, do you know who this is?

Congratulations

to all who competed recently

full results here



Andrew Hartle Meet, Greensboro, NC
2025 swimRVA Summer Invitational,
Richmond, VA
2025 Winchester LC Invitational,
Winchester, VA

Upcoming Meets, Events and Registration Deadlines

Event	Info	Dates	Deadline
Annual 4th of July Biathlon	7:30-9:30am RAYS fun at the Annual Biathlon. Let us know you are coming!	July 4	July 2
RAYS Registration	Exclusive to existing RAYS members, registration for the 2025-26 season opens	July 9-22	July 22
2025 Northern District LC Championships (hosted by RAYS)	Jeff Rouse Swim & Sport Center, Stafford, VA For all those to swim events not qualified for Sr Champs or AG Championships	July 11-13	July 23
VSI LC Senior Championships	Hampton Aquaplex , Hampton, VA. Qualifying times required, P/F	July 17- 20	July 9
RAYS Registration	Registration for the 2025-26 season opens to non-existing members.	July 23	
VSI LC Age Group Championships	Liberty University , Lynchburg, VA Qualifying times required, P/F	July 24-27	July 14
NCSA Summer Junior Championships	Huntsville, AL Qualifying times required, P/F	July 25-27	July 20
Eastern Zone Age Group Championships	CSAC, Richmond, VA Championship Meet for those Qualified must register interest with VSI – click here	August 6-9	July 27

[Meet registration](#) is done through the RAYS website.



Eastern Zone Long Course Age Group Championships

August 6-9, 2025

SwimRVA/Collegiate School Aquatic Center, Richmond, VA

9-10 Year Old Athletes: This will be a family travel event for qualified athletes who have applied prior to the application deadline.

11-14 Year Old Athletes: This will be a team travel event for qualified athletes who have submitted an application prior to the application deadline.

Qualifying Times: Qualifying times for the Long Course Age Group Zone meet are established by the Eastern Zone.

Qualifying Period: August 7, 2024-July 27, 2025

READ FIRST
Zones
Information
Packet

If your swimmer is interested in Age Group Zones in Richmond, VA, August 6 - 9, an application to express your interest is now available.

This application must be submitted, even if it precedes achieving any qualifications. **Deadline is July 23 before noon.**

**2025 Zone
Team
Application**

from our Executive Director...



WAYS members,

This Long Course season is coming to a close. Which means we get to recognize our accomplishments from all of those practices by racing in Championship meets. Hopefully you are competing in one or more of the following meets; Northern District LC Championships, Senior LC Championships, Age Group LC Championships, NCSA Summer Junior National LC Championships, Eastern Zone LC Age Group Championships, and USA Swimming Speedo Summer Junior Nationals.

When we enter Championship season we begin to hear reference to Tech suits. Let's review our policy regarding tech suits.

Tech suits, aka technical racing suits, are designed to enhance swimming performance by reducing drag, increasing muscle compression, enhance buoyancy and may give you a psychological advantage. They are typically more expensive and require a bit of effort to put on compared to regular practice suits. While they can improve performance, especially for experienced swimmers, they are not necessary for all swimmers. Also, these compression suits aren't suitable for all stroke styles like Breaststroke and butterfly as the compression can be restrictive. Buying the "perfect" tech suit depends on YOU. Do you feel strong and fast, then that suit is for you.

Swimmers are permitted to wear tech suits once they turn 13 years old. For 12 and under swimmers, USA Swimming restricts the use of tech suits in competition. USA Swimming wants to make swimming affordable to younger swimmers as the suits last only a few meets. They also want parents to know that performance, skill and technique, can't be bought. Most swim clubs, like the RAYS, coaches will let you know which meets they want you to wear a tech/race suit, usually championship meets.

Whatever suit you are wearing, swim strong and fast! Have a terrific Championship season!

Also, a reminder, prepare to register for next season. Secure your spot in your training group when registration opens for existing RAYS members at noon on Wednesday, July 9th.

Thanks for being part of the RAYS!

Sincerely,
Bob Herlinger
Executive Director, Stingrays Swim Team (WAYS)

Don't MISS this!!

**Annual
4th of July
Biathlon
7:30-9:30am
Curtis Park**

Potluck Breakfast following

Sign up your dish!

On Deck with



Coach Connor here with Sid Johnson at NCSA Junior Nationals at Orlando, FL

**WAYS Head Site Coach at
King George YMCA**

Coach Connor Muncie

Hometown: King George, VA

In your swim career;

What made you start swimming?

I started swimming when I was 5 years old for the Dahlgren sharks. From there I was a member of the Potomac Raiders.

Your best stroke? Was it your favorite?

Freestyle, was my favorite stroke. 500 free was my favorite race.

Your highest achievement is swimming?

Never lost a meet with KGHS as an athlete. District Champ 500 free.

The swim achievement you are most proud of?

Being the captain of an 85 member team my senior year was pretty special. Swimming fast is fun but having the respect of your peers to be elected a leader was special.

Favorite swim career memory?

Looking back on my swimming career, my favorite moment was sharing my final swim with my family in attendance. I have no idea what the time was on my last swim... but I know those moments with family become more and more special as you get older.

In your swim coaching career;

What made you start coaching swimming?

I started coaching when I was 17 with the Hopyard Hammerheads. I had a chance to start with a new team and became really invested in growing the team during the summers. When I was at college at VCU, I started year round coaching with Poseidon Swimming. One thing led to another and I'm still doing it at the age of 32!

A favorite swim coaching memory?

There are a few! Sidney Johnson getting her USA Swimming Speedo Winter Juniors cut after missing it by .01 month before was so special. Colton White getting his NCSA Spring Junior Nationals cut this winter when he worked so hard to make that dream happen was extremely special. Winning the VHSL Battlefield District title this year by 30 points was another great memory I will never forget. Non-time related memories that will always stick with me are the countless signing days for our swimmers to be college Student-Athletes, being invited to former swimmers' college graduations, and having alumni swimmers come back and coach on staff are very special memories to me.

Most unique swim coaching experience?

Without a doubt getting the chance to return home and run the site I grew up swimming in is very unique. The Raiders are long gone now but the community/site is still the same. It is a great honor to try and give back to the same swimming community that gave me so much as a kid.

Your Mt. Rushmore of swim coaches?

My Mt Rushmore of swim coaches would have to be Mike White, Paige Strayer, Kaitlyn Carney, and Coach Big Jon. The assistants we have in KG are the greatest coaches I have ever seen and I owe everything to them! I'm blessed to share the deck with them everyday.

Do you have a sports idol?

I don't think that idol is the right word for it... but my favorite person in sports is Tiger Woods. When I was growing up Tiger was in the height of his career and I always respected how cool and collected he was under tremendous pressure.

What is your Favorite Sports Moment?

Easily that would be when Georgia beat Alabama for the national championship in 2022. I am a diehard Georgia Bulldog fan and finally winning the big one was awesome. GO DAWGS!

Favorite quote?

"Success isn't owned, it's leased. And rent is due every day." – J.J. Watt

You are also the 9th grade PE teacher at King George High School, what made you decide to be a teacher?

I decided to become a teacher because I loved coaching at Hopyard and in college. Becoming a teacher made it possible to continue to coach into my adult life. Coaching in my hometown is an added bonus.



Class of 2027....

Do you think you want to swim In college?



Guide to
being a
Student
Athlete

Make sure you
have registered
with
NCAA Eligibility
Center

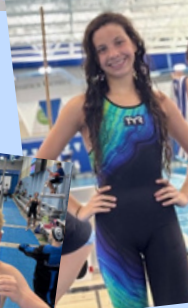
What to expect

A guide for
Swim
recruits

Questions for
Coaches?
Here's a list



some fun we've had



RAYS
exclusive

Wednesday July 9th
Registration opens
for YOU!

REGISTRATION

General registration
for non-existing RAYS
opens July 23