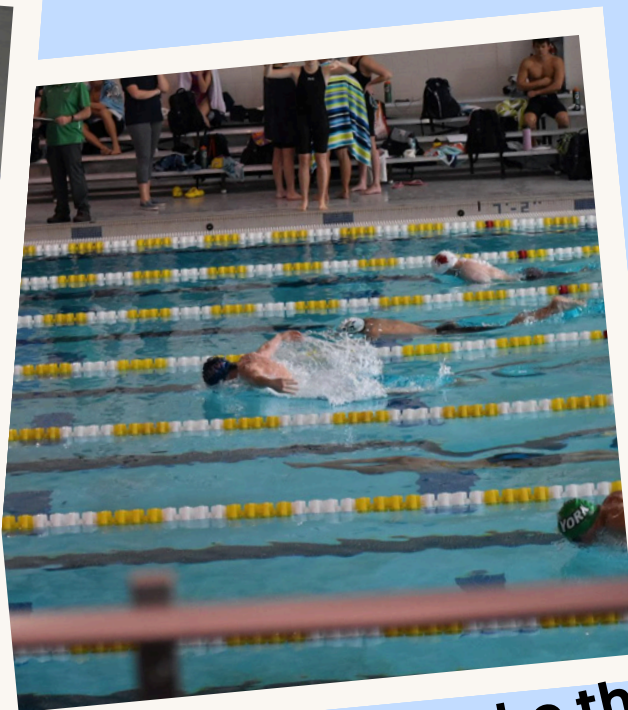


StingRAYS Splash

Issue 3, August 2025



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

Registration is
OPEN
for the 2025-26 season

REGISTER NOW!
RIGHT HERE!

We've added a new site

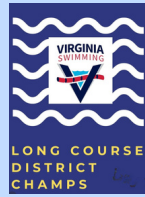


The season begins with the first practices on
Monday, September 8th!

Congratulations

to all who competed recently

full results here 

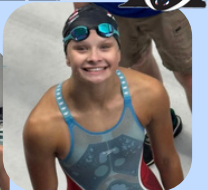


2025 VSI LC Northern District Championships, Stafford, VA

Look for our
RAYS record setters!



2025 VSI LC Senior Championships Hampton, VA



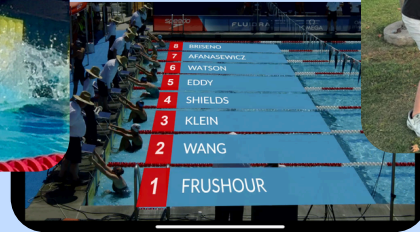
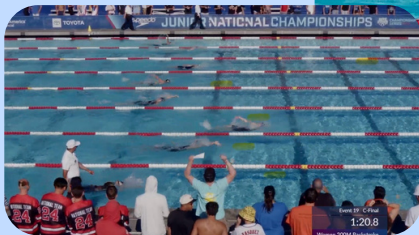
2025 VSI LC Age Group Championships Lynchburg, VA



Congratulations

**NATIONAL CLUB
SWIMMING ASSOCIATION**

NCSA Summer Swimming Championships Huntsville, AL



USA Swimming Eastern Zone LC Championships Richmond, VA

Upcoming Meets, Events and Registration Deadlines

Event	Info	Dates	Deadline
Back-in-the-Water Party	6:00-9:00pm, RAYS fun at Massad YMCA Waterpark, \$5/family entry fee RSVP & Potluck sign-up	August 23	August 23
Practice Begins	Check the practice schedule for your training group and site!	September 8	
RAYS Great Pumpkin Splash	Jeff Rouse Swim & Sport Center , Stafford, VA All levels/All Ages	October 18-19	October 3
Swim RVA Commonwealth Cup	Collegiate School Aquatic Center , Richmond, VA. 13 & Over Qualifiers only, P/F	November 7-9	October 10
PWSC Aquafest	Jeff Rouse Swim & Sport Center , Stafford, VA All levels/All ages (not at Commonwealth Cup)	November 8-9	October 10
Hanover Cup	Jeff Rouse Swim & Sport Center , Stafford, VA 12 and under, Prelims/Finals	November 14-16	October 17
Thanksgiving Training	November 26-30, Adjusted schedule available by November 1	No practice November 27	
RAYS Nutcracker Classic	Jeff Rouse Swim & Sport Center , Stafford, VA All levels/All Ages, P/F	December 4-7	November 21
USA Swimming Winter Juniors EAST	IU Natatorium Indianapolis , Indianapolis, IN Qualifying times required, P/F	December 10-13	November 10
Winter Training	December 20-January 5 (Adjusted schedule available by November 1)	No practice December 25-28 & January 1	
RAYS Jeff Rouse Invitational	Jeff Rouse Swim & Sport Center, Stafford, VA All levels/All Ages	January 10-11	December 29
Hanover Duck Bowl	Jeff Rouse Swim & Sport Center, Stafford, VA All levels/All Ages	January 16-18	December 29
NOVA Long Course Invitational	NOVA Aquatics Center - Regency, Richmond, VA. Qualifiers only, P/F	January 17-19	January 3

The full [RAYS SC meet schedule](#) can be found on the RAYS website.

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

from our Executive Director...



RAYS members,

The 2024-25 RAYS season has come to a close. You are a part of the 4th largest swim club in Virginia Swimming! Thank you to all the Swimmers, Coaches, Parents, Volunteers, and Officials for representing our club so well!

With all the recent success that our club has had in these past few years in growth and most recently being awarded a Bronze medal swim club for the 3rd time in our history (The Bronze Medal Club distinction means the RAYS are one of the top 200 clubs in the US.) I thought it would be fun to share some history of our club and our humble beginnings.

The team's inception was in 1979. Joyce O'Toole and Sue-Anne Shotwell, were the program directors, and established the Stingrays for the YMCA. Carl Ingerbretsen, the first coach, organized the Stingrays as an Amateur Athletic Union team (now USA Swimming) and as part of the Virginia YMCA Association. The first practices were held out of Goolrick Hall on the campus of the University of Mary Washington.

At the time of my arrival as Head Coach in 2002, there were 6 different clubs in the Fredericksburg area and the RAYS had less than 90 swimmers. At that time, we were no longer practicing out of Mary Washington and instead had pool time at the Fredericksburg Academy and the Massad YMCA. Within the year, we were able to obtain pool space back at Goolrick Hall because our team was growing very rapidly.

As we continued to expand our business to other pools in the area; Most notably the Spotsylvania YMCA in 2006, (now the Rosner YMCA), Jeff Rouse Swim and Sport Center, JRSSC, in 2016 and then the King George YMCA in 2017. What used to be 6 teams in the area became far less and the RAYS endured as the premier club you are a part of today with 450+ swimmers. This coming season, we will add to the tradition of growth and excellence with the RAYS Manta programming now being offered at the Caroline YMCA!

There have been countless RAYS athletes who have gone on to do amazing things in the sport of swimming like compete in college or start a career in coaching. Most notably we have had 4 swimmers who qualified for Olympic Trials - Hannah Brinks in 2008; Kayla Brumbaum, Michael Camper and Josh Friedel in 2012; and our latest is Kyle Peck in 2024. We hope to keep up our tradition of excellent performance in the pool throughout the coming years.

This history continues with all of you. Thanks for being part of the RAYS!

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

Don't MISS this!!

Back-to-the-Pool Party!

Saturday, August 23rd

6:00-9:00pm

Massad YMCA

Waterpark

Potluck dinner too!

Sign up your dish!!

On Deck with



**RAY'S Lead Bronze &
Lead Manta Blue Coach
at Massad YMCA**

Coach Austin Farrar

Hometown: Mechanicsville, VA

In your swim career;

What made you start swimming?

- I didn't start swimming until right before I turned 10. In the time before, I was looking for the sport that best fit me. I tried Baseball, Basketball, Soccer, and Tennis. It wasn't until I was 15 that I decided to start swimming year round. However, that turned out to be great for me as I was able to take the sport to the collegiate level at the University of Mary Washington and find my way to Fredericksburg!

Your best stroke? Was it your favorite?

- My best stroke was Freestyle by far. You could always find me swimming the 200, 500, 1000, or 1650 in any given meet. I think my best stroke is backstroke. It feels most natural to me when I am in the water.

Your highest achievement is swimming?

- The highest achievements I received in my swimming career were the NCAA DIII B Cuts I achieved throughout my college career! I earned three B Cuts in the 400 IM and one B Cut in the 1650.

The swim achievement you are most proud of?

- I am most proud of the 4 x 200 Free Relay Team's achievement of a School, Conference, and Meet Record at our Conference Meet during my Senior Year of college. We had been eyeing the record for a year or so, and were insanely excited when we saw the time pop up. Here's to hoping the record isn't broken anytime soon, I like seeing my name on the board!

Favorite swim career memory?

- My favorite career memories lie in the Training Trips I was able to attend throughout my College Career. It truly is an entirely different swimming experience to your average practice. The intensity is high, the sun is out, and everyone is pushing through together. I often felt that the team had some of its best bonding moments during these trips.

In your swim coaching career;

What made you start coaching swimming?

- I had finished my first year of college and was looking for a job. Luckily a local summer league team was hiring assistants. I was a little timid at first, but then I really got into all aspects of coaching - writing sets, completing entries, seeding meets to win, creating relays. I loved it all! I continued as an assistant for 5 years after, building each of those skill sets. Each year brought new energy and excitement, and I found it to be an enjoyable way to make some extra money!

A favorite swim coaching memory?

- My favorite memory as a coach is seeing my kiddos achieve their first Age Group Cuts! There is nothing like seeing a swimmer break that barrier for the first time. It never gets old, and I have been super grateful to work with such dedicated swimmers in my few years with the RAYS!

Most unique swim coaching experience?

- I don't think it is necessarily a unique experience, but I love getting to work with people who I have coached/have coached me. In this job, there is a consistent need to find the next best drill or the next best way to train. We are always learning, and it is even more fun to learn from those who you have worked with before!

Your Mt. Rushmore of swim coaches?

- I have yet to meet them, but they are Bob Bowman, Eddie Reese, Jon Urbanchek, Dave Durden

Do you have a sports idol?

- No sports idol for me. I'm not much of a sports guy outside of Swimming, Running, and Pickleball.

What is your Favorite Sports Moment?

- I think my favorite sports moment of all time has to be the Men's 4 x 100 Free Relay from the 2008 Games in Beijing. The comeback to win gold is going to be studied for ages.

Favorite quote?

- "Because I knew you, I have been changed for good" - This quote is something I think of when someone asks me for my favorite quote (which doesn't happen often) because of the double meaning through its sentence structure. With every person you meet, your life will be changed for good no matter the circumstance. It helps me to be more intentional with the things I do in my life :)

You also work a full-time job, what do you do and what interests you most about this other job?

- I teach 5th Grade at Hartwood Elementary School. Go Hornets! The thing that interests me most about teaching is seeing how alike, yet different the jobs are. Many of my swimmers fall in the age range of kids that I have taught throughout my few years. Both jobs push me to be a better version of myself. I find a passion in my work through promoting a love of learning, engaging in critical thinking, and setting the foundation for what's to come. It is really fun to see how I can incorporate my knowledge from teaching into my practices each day, and vice versa.

Any other fun things we should know about you?

- My parents have two dogs. One is a Great Dane named Zeke (he will be 7 (I think) in August) and the other is a Pug named Yogi (he is 13). The size difference in them is pretty comical. I have pictures for proof!



Class of 2027....

Do you think you want to swim In college?



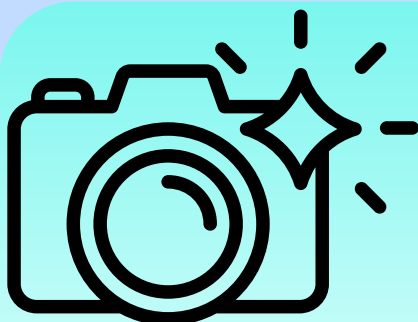
Guide to
being a
Student
Athlete

Make sure you
have registered
with
NCAA Eligibility
Center

What to expect

A guide for
Swim
recruits

Questions for
Coaches?
Here's a list



If you have photos of RAYS swimmers,
please send them our way
so we can put them to good use!
photos@swimrays.org



See Everyone at the **BACK-TO-THE-POOL PARTY**

Saturday, August 23rd

6:00-9:00pm

Massad YMCA Waterpark

Potluck Dinner at the pavilion behind the big water slide

RSVP &
Register for the
Potluck here!