

StingRAYS Splash

Issue 4, September 2025



WELCOME TO THE 2025-26 RAYS SEASON



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

**READY TO
Dive
INTO THE
2025-26 SEASON?**

Keep reading for
Practice schedules
for all RAYS programs and sites



Your swimmer's
USA Swimming membership
is INCLUDED in your RAYS registration fee!
RAYS does this for you!

**Practices begin
September 8TH!**

Parents be sure to attend the

RAYS Virtual Meeting
9/7 at 7:00 PM

[Zoom meeting link](#)

Meeting ID: 822 6359 1404

Passcode: 836621

[Join instructions](#)

Jeff Rouse Swim & Sport Center Practice Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold 1	AM Swim	5:15-6:45 AM	X	5:15-6:45 AM	X	5:15-6:45 AM	
	Water	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	7:15-9:15 AM
	Dryland	5:45-6:30 PM	5:45-6:30 PM	5:45-6:30 PM	5:45-6:30 PM	5:45-6:30 PM	X
Gold	Dryland	3:30-4:00 PM	3:30-4:00 PM	3:30-4:00 PM	3:30-4:00 PM	3:30-4:00 PM	X
	Water	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	7:15-9:15 AM
Silver	Dryland	5:30-6:00 PM	5:30-6:00 PM	5:30-6:00 PM	5:30-6:00 PM	X	X
	Water	6:15-8:00 PM	6:15-8:00 PM	6:15-8:00 PM	6:15-8:00 PM	6:15-8:00 PM	7:15-9:15 AM
Bronze	Dryland	5:30-6:00 PM	5:30-6:00 PM	5:30-6:00 PM	5:30-6:00 PM	X	
	Water	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	X	9:45-10:45 AM
High School Performance	Water	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	OFF
Manta Blue	Water	6:30-7:30 PM	6:30-7:30 PM	OFF	6:30-7:30 PM	6:30-7:30 PM	OFF
Manta Purple	Water	5:00-6:00 PM	OFF	5:00-6:00 PM	OFF	5:00-6:00 PM	9:15-10:15 AM
Manta Red	Water	5:30-6:15 PM	OFF	5:30-6:15 PM	OFF	5:30-6:15 PM	OFF
Manta White	Water	OFF	5:30-6:15 PM	OFF	5:30-6:15 PM	OFF	OFF

RAYS Developmental

3:00-4:00 PM

Sundays: 9/21, 10/5, 10/12, 10/26, 11/2, 11/23

**Need a NEW practice suit,
racing suit, equipment,
RAYS team gear?**



**HERE at JRSSC on
9/16 at 4:00 PM**

[Check
your group's
Equipment List
HERE](#)

MASSAD YMCA Practice Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS POOL	Gold						At JRSSC
	Dryland	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	X
	Water	4:45-6:45 PM	4:45-6:45 PM	4:45-6:45 PM	4:45-6:45 PM	4:45-6:45 PM	7:15-9:15 AM
	Silver						
	Dryland	6:00-6:30 PM	X	6:00-6:30 PM	X	X	X
	Water	6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM	7:15-9:15 AM
	Bronze						
	Dryland	X	6:00-6:30 PM	X	6:00-6:30 PM	X	X
WELLNESS POOL	Water	6:45-8:15 PM	6:45-8:15 PM	6:45-8:15 PM	6:45-8:15 PM	6:45-8:15 PM	9:15-10:45 AM
	High School Performance						
	Water	3:15-4:45 PM	3:15-4:45 PM	3:15-4:45 PM	3:15-4:45 PM	3:15-4:45 PM	
	Dryland	4:50-5:20 PM	4:50-5:20 PM	4:50-5:20 PM	4:50-5:20 PM	X	X
	Manta Blue						
	Water	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	5:45-6:45 PM	OFF	OFF
	Manta Red						
	Water	5:45-6:45 PM	OFF	5:45-6:45 PM	OFF	5:45-6:45 PM	OFF
	Manta White						
	Water	OFF	5:45-6:30 PM	OFF	5:45-6:30 PM	OFF	OFF

Need a NEW practice suit,
racing suit, equipment,
RAYS team gear?



HERE at MASSAD on
9/17 at 4:30 PM

Check
your group's
Equipment List
[HERE](#)

Rosner YMCA Practice Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	AM Swim @ Rosner		5:15-6:45 AM		5:15-6:45 AM		
	Water	3:00-5:15 PM	3:00-5:15 PM	3:00-5:15 PM	3:00-5:15 PM	3:00-5:15 PM	7:00-9:00 AM
	Dryland	5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	X
Silver	Dryland	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	X
	Water	4:30-6:15 PM	4:30-6:15 PM	4:30-6:15 PM	4:30-6:15 PM	4:30-6:15 PM	7:00-8:30 AM
Bronze	Dryland	5:45-6:15 PM	5:45-6:15 PM	OFF	5:45-6:15 PM	5:30-6:00 PM	X
	Water	6:15-7:45 PM	6:15-7:45 PM	OFF	6:15-7:45 PM	6:00-7:15 PM	7:00-8:30 AM
High School Performance	Dryland	5:15-6:00 PM	5:15-6:00 PM	5:15-6:15 PM	5:15-6:00 PM	5:15-6:15 PM	X
	Water	OFF	5:15-6:45 AM	6:15-7:45 PM	5:15-6:45 AM	6:15-7:45 PM	7:00-8:30 AM
Manta Blue	Water	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	OFF	OFF
Manta Red	Water	6:15-7:00 PM	OFF	6:15-7:00 PM	OFF	5:15-6:00 PM	OFF
Manta White	Water	OFF	6:15-7:00 PM	OFF	6:15-7:00 PM	OFF	OFF

**Need a NEW practice suit,
racing suit, equipment,
RAYS team gear?**



**HERE at the Rosner YMCA
on 9/18 at 4:00 PM**

**Check
your group's
Equipment List
[HERE](#)**

King George YMCA Practice Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	Water	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	
	Dryland	3:10-3:45 PM	3:10-3:45 PM	3:10-3:45 PM	3:10-3:45 PM	X	X
	Gold AM				5:15-6:45 AM		8:00-10:00 AM
Silver	Dryland	4:15-4:45 PM	4:15-4:45 PM	4:15-4:45 PM	4:15-4:45 PM	X	X
	Water	5:00-6:45 PM	5:00-6:45 PM	5:00-6:45 PM	5:00-6:45 PM	5:00-6:45 PM	8:00-10:00 AM
Bronze	Dryland	4:45-5:15 PM	4:45-5:15 PM	4:45-5:15 PM	4:45-5:15 PM	X	
	Water	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	6:00-7:30 PM	
High School Performance	Water	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM		8:00-9:30 AM
Manta Blue	Water	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	OFF	OFF
Manta Red	Water	6:00-6:45 PM	OFF	6:00-6:45 PM	OFF	6:00-6:45 PM	OFF
Manta White	Water	OFF	6:00-6:45 PM	OFF	6:00-6:45 PM	OFF	OFF

Need a NEW practice suit,
racing suit, equipment,
RAYS team gear?



HERE at the
King George YMCA
on 9/24 at 4:00 PM

Check
your group's
Equipment List
[HERE](#)

Caroline YMCA Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High School Performance	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	X	8:00-9:30 AM
Manta Blue	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	6:45-7:45 PM	X	
Manta Red	6:00-6:45 PM	6:45-7:30 PM		6:45-7:30 PM	X	
Manta White		6:00-6:45 PM		6:00-6:45 PM	X	

Need a NEW practice suit,
racing suit, equipment,
RAYS team gear?



Check
your group's
Equipment List
[HERE](#)

Fun was had at the BACK-TO-THE-POOL PARTY

Saturday, August 23rd
at the
Massad YMCA Waterpark



Upcoming Meets, Events and Registration Deadlines

Event	Info	Dates	Deadline
Practice Begins	Check the practice schedule sent by your Coach 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,

I would like to welcome everyone, new and old RAYS, to a new season. I hope you are as excited to begin as the coaches are! I want to make sure that you understand that the RAYS are a volunteer organization and you will need to step up when called upon. We expect parents to contribute their time and assist the team in swimming activities. We host 6 meets during the season and we need plenty of help to run successful meets which we are known for. If your swimmer is signed up for a meet, you will be required to work at one of the many positions available: timer, place judge, write ribbons, and or be a runner. If inclined, obtain required certification for the positions of safety marshals, stroke and turn official, scorekeeper, clerk of course, CTS operator and starter and referee.

We host meets to give our swimmers the opportunity to swim close to home and keep costs down (about \$300 a year per swimmer). Since RAYS is a volunteer, non-profit, parent-run organization, parental involvement is vital to the success of the team. If you won't be attending a meet, we do request help with hospitality donations or volunteer positions when able, but is not required. Working as an official during a session of the meet qualifies for the meet obligation of that session. Please go to page 24 of the Handbook to see the volunteer requirements required for each meet. Each of you have received a copy of the Handbook by email from our Team Administrator, Tiare Peck. It is also on the website under About Us. Look it over to see what our team is really about.

Now, let's talk about the parent's role to make sure it's a positive experience for your swimmer. To have a successful program, there must be cooperation amongst parents, swimmers, and coaches. The progress your swimmer makes depends on this triangular relationship. We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces the best results. Parents are asked to keep a positive perspective on the program.

Parents, if you have any questions or problems, they should be directed to the person who can answer and/or solve your problem. Follow the guidelines below to get answers and solve problems quickly. These guidelines promote open communication between parents, swimmers, and coaches. Problems or questions regarding practice, stroke instruction, meets, team rules, and the training program should be discussed with the individuals below, in the order listed. Please refrain from discussing problems with coaches during practice times. A coach may have another practice or duty after your own child's practice. Contacting coaches by phone or email is appreciated.

- Swimmer's group coach
- Head Site Coach at the swimmer's pool
- Head Coach
- Team President
- Board of Directors at a Board meeting

I hope the above thoughts, helps a little with the beginning of your season. GOOD LUCK AND HAVE FUN!!! Thanks for being part of the RAYS!

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

On Deck with



**WAYS Head Site Coach
& Lead Gold Coach
at the Rosner YMCA**

Coach Jimmy Rodriguez

**Hometown: Chicago, IL, but
spent most of my life in
Houston, TX**

In your swim career;

What made you start swimming?

- I wanted to hangout with my friends and they swam. My parents also needed to get me & my siblings into a summer activity.

Your best stroke? Was it your favorite?

- That one changed a lot over my career. I started off as a backstroker, picked up some butterfly in high school, but by the time I finished college, I was only good for a 50 freestyle before I tapped out.

Your highest achievement is swimming?

- 50 & 100 freestyle before sectional cuts my senior year of high school

The swim achievement you are most proud of?

- Completing 4 years of college swimming at Henderson State University in Arkadelphia, AR. My freshman class was 18 guys, and I was 1 of 6 to finish out the 4 years.

Favorite swim career memory?

- My college team did an annual camping trip early in the season.

In your swim coaching career;

What made you start coaching swimming?

- It started off as a way to make money during the summer.

A favorite swim coaching memory?

- Two parter - The first, my last year of high school coaching in Colorado, we had a girl break Missy Franklin's state record in the 200 IM & she made up a 2 second difference on the 400 free relay to win that event & I had my first boy go under 21 in 50. The second was taking a small group out to Western Senior Zones. Real fun group of kids that I've managed to stay in touch with since they've graduated high school.

Most unique swim coaching experience?

- Probably coaching in Colorado in general. As a high school & club coach, I had to coordinate with 5 different coaches, across 3 different clubs, with two of those coaches being my bosses. And then on the club side of things, coordinating with their high school coaches.

Your Mt. Rushmore of swim coaches?

- My Mount Rushmore are the coaches that have had the biggest impact on how I coach. My old boss, Mike Novell, who is now a Senior Advisor with USA Swimming. Chris Webb, he's a dryland wizard. Kirk Witulski, one of my best friends and helped set my philosophy with coaching high school swimming+club, "same team, different cap." And last but not least, RAYS Head Coach, Coach Anthony, who first hired me just under 10 years ago & helped set my foundation on how to turn coaching into a career.

Do you have a sports idol?

- Michael Jordan. I think "The Last Dance" might be the greatest piece of media ever produced & think it should be required viewing for all athletes.

What is your Favorite Sports Moment?

- My favorite swim moment is the 2008 men's 4 x 100m free relay final of Cullen Jones, Garrett Weber-Gale, Michael Phelps and Jason Lezak at the Beijing Olympics & my favorite non-swimming sports moment is Devin Hester's kickoff return to open Super Bowl XLI.

Favorite quote?

- "Either you win or you learn." a variation of a quote attributed to Nelson Mandela.

Coaching is time-consuming, what else do you do when not Coaching?

- I am very lucky that this is my full time job. When I'm not on coach duty, I'm on dad duty to two little boys!

Any other fun things we should know about you?

- I'm king of the nerds! I've been playing Pokémon for almost 30 years (and have no intention of stopping anytime soon), I have a Star Wars library of comics & novels, and have a Batman & Superman tattoos.

INTERESTED IN SERVING AS A USA SWIMMING CERTIFIED OFFICIAL?

We would love for you to join us as a RAYS Official. You will be making an important commitment to your swimmer's activities, ensuring that you have a prime spot on deck when they swim, and completely satisfying the RAYS volunteer requirements for parents in a way that you control. Additionally, the RAYS will pay for the annual renewal of your USA Swimming membership and bi-annual background check. All that plus, free food and good socialization at meets. You will definitely be getting more involved and more in tune with the team, while receiving appreciation, respect, and acknowledgement that what you're doing is important.

Everything you need to know to get started can be found online on the officials training page at the Virginia Swimming website: <https://www.gomotionapp.com/team/va/page/officials/training-for-officials>
Start there with the link for new apprentice officials. From there you can choose between either a Stroke & Turn Official or an Administrative Official. Both positions are equally important. It only takes four training sessions where you will be paired up with a certified official to be a certified official.



Please let me know if you have any questions.
Our next RAYS-hosted meet will be the Great Pumpkin Splash in mid-October.

Thank you!
Bill Fairfax, RAYS Officials Chair
540-940-5423



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 take photos of RAYS swimmers
at swim events,
please send them our way
so we can put them to good use!
photos@swimrays.org

