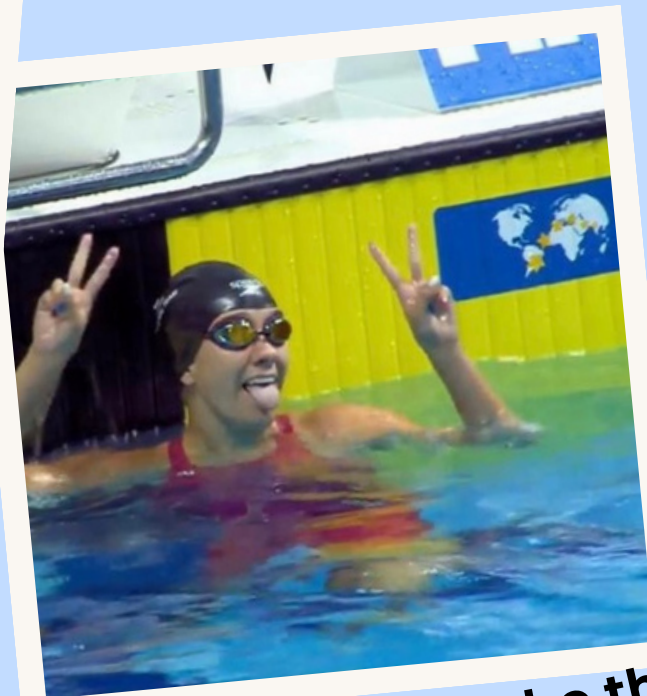


Sting**RAY**S Splash

Issue 5, October 2025



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

**WHAT'S HAPPENING
IN OCTOBER?**

FITTER & FASTER
WORLD'S #1 SWIM CAMPS
at JRSSC
October 11 & 12

RAYS
Rec Meet #1

Manta U12 only!

October 4

click RAYS to register



October 18-19

click RAYS to register



SWIM MEET INFORMATION

WAYS

Rec Meet #1

Manta U12 only!

click RAYS to register by 10/2

Warm-ups: 9:30-9:50 AM

Each swimmer will swim 2 events
chosen by their Coach of the following:
25 free, 25 back, 50 free, 50 back

Open to 12 & under swimmers from any
Manta White, Red and Blue at any location

13 & over RAYS will be Clerk of Course &
Timers. Coaches will be officials/starters.
Parents will be the cheering section!

WAYS Gold and Silver Families,

We need volunteers
to make this meet work just like any
other meet, but we are offering the
opportunity to our older swimmers.

This will be great for the young
competitors to meet some of our older
competitors and start that bonding
experience.

If Volunteer hours are needed, this
is a great opportunity!

Below is the link to sign up for
this weekends Manta Rec meet.

[REC MEET #1 Volunteer sign-up](#)



October 18-19
at Jeff Rouse Swim & Sport Center

Last day to register
for the meet
is 10/1!

ALL WAYS
can compete!

click [HERE](#) to register

Watch your email
for the notice
that Volunteer
sign-ups are
open

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



Our vendors will
be at the
WAYS Great
Pumpkin Splash
October 18 & 19!

IMPORTANT!!



ALL registration for USA Swimming will be done by RAYS
This is Included in your registration fee.
If you have registered your swimmer yourself, contact the [RAYS administrator](#)

RAYs swimmers have been invited to take part in the next
Fitter and Faster Swim Camp, 10/11& 12 at JRSSC!

This weekend of training will give athletes focused work on backstroke, one of the most technical and impactful strokes in racing.

The lead clinician for this camp will be **Tyler Clary**, an Olympic gold medalist in the 200 backstroke. In addition to his backstroke success, Tyler also excelled in butterfly, freestyle, and IM on the world stage. Equally impressive is his ability to teach. Tyler has a gift for breaking down the details of racing in a way that motivates young swimmers to improve. This is a rare opportunity to strengthen your swimmer's backstroke with one of the greatest backstrokers of all time.

FITTER & FASTER
WORLD'S #1 SWIM CAMPS
at JRSSC
October 11 & 12

FITTER & FASTER
registration
[swimmers 10-12yo](#)
[swimmers 13 & over](#)



SAFE SPORT is an Abuse Prevention program.

USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

As part of the RAYS' continued effort to be a Safe Sport-recognized club by USA Swimming, we need both parents and swimmers to (re)take the Safe Sport training.

There are Zoom trainings coming up for both parents and minor athletes (13-17) that fulfill this.

The next upcoming date and time is as follows:

Parent Trainings:

- **Tuesday, Oct 21 at 8:00 p.m. EST | [REGISTER](#)**
Athlete Trainings (13-17 years old):
- **Thursday, Oct 23 at 8:00 p.m. EST | [REGISTER](#)**

If you prefer to complete this on your own time follow the appropriate Instructions linked here:

[Parents Instructions: SAFE SPORT](#)

[Athletes 13-17yo Instructions: SAFE SPORT](#)

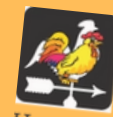
WAYS FALL SOCIAL!

Mark your calendars for Saturday,
October 25, 2025!

The RAYS will be hosting a Fall Social at
Belvedere Plantation,
and we've reserved Campsite 1
from 5–10 PM.



 Tickets: \$26.95 per person
The park is open from 10 AM–10 PM,
so feel free to arrive early and enjoy
a full day of fun—there's tons to do!



Belvedere
PLANTATION

Harvesting memories for over 40 years!
Click the above logo for more
location information

Use the link below to purchase tickets online.
Please note: tickets bought at the gate will include an extra \$5 fee.

 What You CAN Bring:

- Chairs
- Blankets
- Empty personal water bottles (you can fill them inside the park)

 What You CAN'T Bring:

- Outside food or drinks
- (Don't worry—they have plenty of
food and beverages available for purchase on-site!)

 Sweet Bonus:

We'll be providing all the supplies you need
to make s'mores at the campsite!
Our campsite opens at 5 PM



We can't wait to see everyone there!
Wear your RAYS t-shirt so we recognize you!



Click the ticket to purchase yours today!

Upcoming Meets, Events and Registration Deadlines

Event	Info	Dates	Deadline
RAYS Rec Meet #1	Jeff Rouse Swim & Sport Center , Stafford, VA U 12, Manta Blue, Red & White ONLY	October 4	October 2
RAYS Great Pumpkin Splash	Jeff Rouse Swim & Sport Center , Stafford, VA All levels/All Ages	October 18-19	October 1
RAYS Fall Social	at Belvedere Plantation Meet at Campsite #1 from 5-10 PM for sweet treats click here for Info & tix (\$26.95/person)	Saturday October 25 10 AM-10 PM	
Swim RVA Commonwealth Cup	Collegiate School Aquatic Center , Richmond, VA. 13 & Over Qualifiers only, P/F	November 7-9	October 17
PWSC Aquafest	Jeff Rouse Swim & Sport Center , Stafford, VA All levels/All ages (not at Commonwealth Cup)	November 8-9	October 17
Hanover Cup	Jeff Rouse Swim & Sport Center , Stafford, VA 12 and under, Prelims/Finals	November 14-16	October 22
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 29
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 10
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 2

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 world of competitive swimming in the United States offers a variety of paths, each with its own focus, commitment level, and competitive structure. For new swimmers and their families, understanding the distinctions between Summer League (Rappahannock Swim League - RSL), High School (Virginia High School League - VHSL), and USA Club swimming (RAYS) is essential. While all three involve racing in the pool, they differ significantly in their goals, scheduling, and intensity.

Summer league (RSL) swimming is often the entry point for young athletes, prioritizing fun, accessibility, and a low-commitment experience. It's a massive, seasonal phenomenon that introduces the basics of competitive swimming.

Primary Focus	Fun, social interaction, learning basic competitive skills, and community building.
Season & Commitment	Short season, typically spanning the summer months (June to August) when school is out. Practices and meets are often less frequent than club swimming.
Competition Style	Local, dual meets that are usually shorter (e.g., 25s and 50s for younger swimmers) and less stressful than year-round meets. The emphasis is on participation and team spirit.
Coaching	Often composed of high school or college swimmers who provide guidance and instruction in a more relaxed, recreational environment.
Governing Body	Varies by region, governed by local leagues and neighborhood associations, not USA Swimming.

High school (VHSL) swimming provides a distinct athletic experience focused on team victory and representing one's school. It operates within the structure of a specific scholastic season.

Primary Focus	Team-oriented competition, school pride, and camaraderie. The goal is to score points for the team to win dual meets and secure high placements at championships.
Season & Commitment	Seasonal commitment, usually running for a few months in the fall or winter, depending on the state. Training is intense during the short season.
Competition Style	Mostly dual meets (one school vs. another) that are fast-paced and high-energy. The season culminates in larger, multi-team championship meets (e.g., conference, sectional, and state championships). Meets are typically much shorter than USA Club meets.
Coaching	Coaches are often teachers or experienced swim professionals hired by the school.
Governing Body	State High School Athletic Associations (VHSL). The focus is on team success rather than individual national time standards.
Eligibility	Limited to enrolled students within the high school's age range.

USA Swimming clubs, also known as year-round clubs (RAYS), represent the highest level of amateur competitive swimming. They are the primary development path for elite swimmers who aim for collegiate or Olympic success.

Primary Focus	Individual technical development, advanced training, and achieving time standards to qualify for progressively higher-level meets (e.g., Sectionals, Junior Nationals, Nationals, Olympic Trials).
Season & Commitment	Year-round commitment, often with two distinct seasons (Short Course Yards and Long Course Meters). Practices are rigorous, frequent, and demanding, focusing on endurance and technique.
Competition Style	Individual-focused meets run by USA Swimming and its local "Local Swimming Committees" (LSCs). Meets are often multi-day affairs with preliminary and final sessions, featuring a full range of event distances, including long-distance races (e.g., 400 IM, 1500 Free).
Coaching	Highly experienced, "career" coaches who are often certified by organizations like the American Swimming Coaches Association (ASCA) and dedicated to long-term athlete development.
Governing Body	USA Swimming, the National Governing Body (NGB) for the sport. This body sets the rules, time standards, and ethical guidelines, including the "Safe Sport" program.

I hope the above thoughts help a little as we begin the competition 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



RAYS Lead Bronze Coach and Sunday Development Coach at the Jeff Rouse Swim & Sport Center

Coach Lauren Tubbs

Hometown: Southern California



In your swim career;

What made you start swimming?

- My Mom's fear of me drowning.
- She put me in lessons starting at age 5.

Your best stroke? Was it your favorite?

- My best stroke is backstroke. My favorite stroke is butterfly.

Your highest achievement is swimming?

- Master National Champion

The swim achievement you are most proud of?

- Winning Gold at the Pan AM Masters Games while having COVID.

Favorite swim career memory?

- Winning CIF-California Interscholastic Federation (the Virginia version of VHSL) my Junior year of High School

In your swim coaching career;

What made you start coaching swimming?

- I always liked helping my fellow swimmers during practice so I started coaching summer leagues starting at 16.

A favorite swim coaching memory?

- Watching my high school team, Maranatha High School in Pasadena CA, win CIF after having swum for them and win the title my Junior year.

Most unique swim coaching experience?

- I got to coach Olympians and 80-100 year olds in the same practice.

Your Mt. Rushmore of swim coaches?

- I haven't had the chance to meet any of them, my Mt. Rushmore of swimming is Bob Bowman, Eddie Reese, Dave Salo and Teri McKeever.

Do you have a sports idol?

- I don't have a sports idol, but I really looked up to and respect Natalie Coughlin, Michael Phelps, Katinka Hosszu and Kate Ledecky.

What is your Favorite Sports Moment?

- My favorite swim moment is a favorite of many, the 2008 men's 4 x 100m free relay final of Cullen Jones, Garrett Weber-Gale, Michael Phelps and Jason Lezak come from behind win at the Beijing Olympics.

Favorite quote?

- "This isn't Burger King, you can't always have it your way."

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

- Yes, I am a mom when I am not on the pool deck. I chase my 1 year old around all day and I am interested in figuring out what he is trying to say or what he wants.

Any other fun things we should know about you?

- Before moving to Virginia I worked at Children's Hospital Los Angeles as a Research Specialist in the Infectious Disease Department. I also have my phlebotomy license.

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

