

StingRAYS Splash

Issue 9, February 2026



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

It's CHAMPIONSHIP Season!



February 13-15 (Friday, Saturday & Sunday)

12 & Under District Championships Open to all levels/ages, Prelims/Finals



February 27 - March 1 (Friday-Sunday)

13 & Over District Championships Open to all levels/ages, Prelims/Finals

March 5-8 (Thursday-Sunday)

VSI Senior Championships Qualifiers, Prelims/Finals

March 12-15 (Thursday-Sunday)

VSI Age Group Championships 14 & under Qualifiers, Prelims/Finals



Have you done your SafeSport training?
Read on for how to complete that required training.

High School championship season IS HERE!
Your Local High Schools will have complete Information



February 19-21 for Class 3, 4, 5 & 6 Qualifiers - Prelims/Finals
2025-26 VHSL State Swim & Dive Championships



February 13-14 Qualifiers - Prelims/Finals
2025-26 VISAA State Swim & Dive Championships

Best wishes to our RAYS Swimmers

NATIONAL CLUB SWIMMING ASSOCIATION

March 17-21 (Tuesday-Saturday)
Spring Junior National Championships
Qualifiers, Prelims/Finals

March 25-28 (Tuesday-Saturday)
Spring Age Group Championships
14 & under Qualifiers, Prelims/Finals

SWIM MEET INFORMATION

CHAMPIONSHIP SEASON DISTRICTS



12 & under Northern District Championships

February 13-15, 2026
Friday - Sunday

Colgan High School

Click here
for more
location
information

(PWCS Aquatic Center)

Prince William County, VA

This meet is for all **12 & Unders**
to compete in events in which
they have not achieved an
Age Group Champs Qualifying time.

***If you haven't entered, you better PLEAD
with your Coach to try and get you entered.***

PRELIMINARY SCHEDULE

Friday Timed Finals Session:

General warm-up starts at 4:00 pm;
competition starts at 5:00 pm.

Saturday & Sunday Preliminaries Session:

Morning / Preliminary sessions (11-12yo):
Warm-ups start at 7 am;
Competition starts at 8 am

Midday / Preliminary sessions (10 & under):

Warm-up start not before 10:30 am;
Competition starts not before 11:30 am

Saturday & Sunday Finals sessions:

Warm-ups start not before 3:30 pm;
Competition begins not before 4:30 pm

***As a RAYS swimmer, If you qualify for Finals
PLAN on Competing!***

NOTE: If the morning session runs late, afternoon warm-ups
will begin immediately after the morning session ends.



13 & Over Northern District Championships ***RAYS Hosted***

February 27- March 1, 2026
Friday - Sunday

Jeff Rouse Swim & Sport Center
Stafford, VA

This meet for all **13 & Over Swimmers**
who either are 13-14 and have not achieved
Age Group Champs Qualifying times
or are 15 & Over and have not qualified
for Senior champs.

REGISTER NOW!!!!

Click here
to register
NOW

PRELIMINARY SCHEDULE

Friday - Sunday

Preliminaries AM Session:

Warm-up starts at 7:00 am;
competition starts at 8:30 am.

Finals PM sessions:

Warm-ups start not before 4:30 pm;
Competition begins not before 5:30 pm

***As a RAYS swimmer, If you qualify for Finals
PLAN on Competing!***

Watch your EMAIL
for more specific
information on both
of these meets.

**REMINDER
This is a RAYS
hosted meet!**

Please plan on all hosting
duties:

- Parent Jobs
- Hospitality needs

SEE Future Emails to sign-up

SWIM MEET

INFORMATION

QUALIFYING TIMES

VSI AGE GROUP CHAMPIONSHIPS



MARCH 12-15, 2026

Thursday - Sunday

CSAC, Richmond, VA

14 & under Qualifiers (these times or faster!)
Prelims AND Finals

Registration Deadline
2/27/26

[Click Here to register NOW](#)

Registration Deadline
2/27/26

[Click Here to register NOW](#)

VSI SENIOR CHAMPIONSHIPS



MARCH 5-8, 2026

Thursday - Sunday

CSAC, Richmond, VA

Qualifiers (these times or faster!)
Prelims AND Finals

2025-2028 Virginia Swimming Age Group Championship QTs

GIRLS			BOYS		
LCM	SCY	10 & Under	SCY	LCM	
35.49	31.29	50 Freestyle	30.99	35.19	
1:18.59	1:09.39	100 Freestyle	1:08.79	1:17.89	
2:54.49	2:34.29	200 Freestyle	2:29.39	2:50.49	
6:09.09	6:48.59	500 Freestyle	6:40.39	6:02.59	
41.59	36.69	50 Backstroke	36.09	40.99	
1:29.99	1:19.29	100 Backstroke	1:17.49	1:27.99	
47.99	41.69	50 Breaststroke	41.59	47.89	
1:43.99	1:31.69	100 Breaststroke	1:30.59	1:43.99	
39.99	35.39	50 Butterfly	34.89	39.39	
1:34.99	1:23.09	100 Butterfly	1:20.99	1:33.99	
	1:19.29	100 IM	1:17.89		
3:13.99	2:51.99	200 IM	2:50.39	3:12.99	
LCM	SCY	11-12	SCY	LCM	
31.29	27.49	11-12 50 Freestyle	27.49	31.29	
1:08.69	1:00.49	11-12 100 Freestyle	1:00.19	1:08.39	
2:27.99	2:10.39	11-12 200 Freestyle	2:10.79	2:28.39	
5:11.99	5:48.49	11-12 500 Freestyle	5:50.59	5:12.89	
36.19	32.09	11-12 50 Backstroke	31.79	35.89	
1:17.09	1:08.49	11-12 100 Backstroke	1:08.79	1:17.59	
2:47.69	2:27.09	11-12 200 Backstroke	2:27.39	2:46.59	
40.59	35.69	11-12 50 Breaststroke	36.09	41.29	
1:28.99	1:17.89	11-12 100 Breaststroke	1:17.49	1:29.99	
3:12.59	2:48.99	11-12 200 Breaststroke	2:47.99	3:12.99	
34.29	30.29	11-12 50 Butterfly	30.49	34.89	
1:19.79	1:07.89	11-12 100 Butterfly	1:08.39	1:17.29	
2:58.99	2:36.99	11-12 200 Butterfly	2:31.39	2:53.79	
	1:08.59	11-12 100 IM	1:09.09		
2:46.99	2:27.49	11-12 200 IM	2:27.19	2:46.59	
5:59.99	5:17.49	11-12 400 IM	5:12.89	5:55.69	
LCM	SCY	13-14	SCY	LCM	
29.49	25.89	13-14 50 Freestyle	24.49	27.99	
1:03.99	55.79	13-14 100 Freestyle	52.99	1:00.79	
2:18.69	2:01.39	13-14 200 Freestyle	1:55.79	2:11.69	
4:52.99	5:28.29	13-14 500 Freestyle	5:15.19	4:41.29	
10:11.19	11:19.99	13-14 1000 Freestyle*	11:05.99	10:00.19	
19:58.19	19:29.99	13-14 1650 Freestyle*	18:49.99	19:15.09	
1:11.19	1:02.99	13-14 100 Backstroke	1:00.39	1:08.19	
2:34.19	2:14.89	13-14 200 Backstroke	2:10.19	2:26.89	
1:22.99	1:12.29	13-14 100 Breaststroke	1:08.59	1:19.49	
3:03.99	2:38.59	13-14 200 Breaststroke	2:30.79	2:52.89	
1:10.69	1:02.39	13-14 100 Butterfly	59.19	1:07.09	
2:43.49	2:22.99	13-14 200 Butterfly	2:14.99	2:32.59	
2:37.79	2:17.49	13-14 200 IM	2:10.49	2:29.99	
5:33.29	4:51.79	13-14 400 IM	4:40.59	5:17.89	

* 11-14 yr old event
Approved 10/8/2024
Valid through 2028 LC Age Group Champs

2025-2028 VSI Senior Championships Qualifying Times									
Women			Events				Men		
LCM	SCM	SCY			SCY	SCM	LCM		
28.79	27.99	25.29	50 Freestyle		22.79	25.29	26.09		
1:02.59	1:00.99	54.79	100 Freestyle		49.49	55.59	57.19		
2:15.19	2:11.99	1:58.39	200 Freestyle		1:48.59	2:01.29	2:04.49		
4:44.49	4:34.09	5:19.19	400/500 Freestyle		4:55.89	4:18.39	4:24.79		
10:01.39	9:48.59	11:15.69	800 / 1000 Freestyle		10:27.99	9:11.39	9:25.69		
19:37.19	19:13.19	19:08.99	1500 / 1650 Freestyle		17:35.09	17:34.49	17:59.99		
1:10.19	1:08.99	1:00.99	100 Backstroke		55.59	1:04.59	1:05.79		
2:32.99	2:29.49	2:12.79	200 Backstroke		2:01.19	2:19.59	2:21.99		
1:22.59	1:20.59	1:10.49	100 Breaststroke		1:03.39	1:13.29	1:15.29		
2:59.99	2:53.99	2:36.29	200 Breaststroke		2:19.49	2:40.59	2:44.59		
1:08.29	1:06.89	1:00.19	100 Butterfly		54.39	1:00.19	1:01.59		
2:39.49	2:32.99	2:20.99	200 Butterfly		2:02.59	2:18.39	2:21.19		
2:35.89	2:32.59	2:15.49	200 IM		2:02.69	2:18.49	2:21.69		
5:28.99	5:19.69	4:48.99	400 IM		4:25.99	4:55.19	5:01.59		

Approved 10/7/2024
Valid through 2028 VSI LC Senior Championship

NATIONAL CLUB SWIMMING ASSOCIATION

2026 SPRING AGE GROUP CHAMPIONSHIPS

Registration Deadline
3/11/26

[Click Here to register NOW](#)

Registration Deadline
3/5/26

[Click Here to register NOW](#)

MARCH 25-28, 2026

Tuesday - Sunday

Rosen Aquatic Center, Orlando, FL

14 & under Qualifiers (these times or faster)

Prelims AND Finals

2026 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS

GIRLS				BOYS					
11 & Under		12-Year-Old		EVENT DESCRIPTION		11 & Under		12-Year-Old	
SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	
:28.19	:31.99	:26.99	:30.69	50 Free	:27.19	:31.09	:25.99	:29.79	
1:00.49	1:09.89	:57.79	1:06.79	100 Free	:59.29	1:07.49	:56.69	1:04.59	
2:12.39	2:30.99	2:06.69	2:24.39	200 Free	2:09.19	2:26.99	2:03.49	2:20.59	
5:52.59	5:15.39	5:37.29	5:01.69	400/500 Free	5:47.49	5:08.49	5:32.39	4:55.09	
:31.89	:36.89	:30.49	:35.29	50 Back	:31.59	:36.29	:30.09	:34.59	
1:09.29	1:19.39	1:05.89	1:15.49	100 Back	1:07.49	1:18.49	1:04.19	1:14.69	
2:27.39	2:50.59	2:20.99	2:43.19	200 Back	2:23.99	2:46.59	2:17.79	2:39.29	
:35.89	:40.39	:34.29	:38.59	50 Breast	:35.19	:40.09	:33.39	:38.09	
1:18.09	1:29.69	1:14.59	1:25.59	100 Breast	1:15.79	1:27.59	1:12.19	1:23.49	
2:49.09	3:12.69	2:41.69	3:04.29	200 Breast	2:42.39	3:08.89	2:35.29	3:00.69	
:30.59	:34.29	:29.29	:32.79	50 Fly	:30.19	:34.09	:28.69	:32.39	
1:08.99	1:17.99	1:05.59	1:14.09	100 Fly	1:07.09	1:16.39	1:03.69	1:12.49	
2:29.79	2:51.79	2:23.29	2:44.29	200 Fly	2:26.29	2:46.39	2:19.89	2:39.09	
1:10.09	1:06.99			100 IM	1:08.09	1:05.09			
2:29.89	2:51.19	2:23.39	2:43.79	200 IM	2:26.99	2:48.09	2:20.19	2:40.29	
5:19.19	6:04.59	5:05.29	5:48.69	400 IM	5:12.19	5:56.09	4:58.69	5:40.99	
		1:57.49	2:13.49	200 Fr. R			1:53.49	2:09.89	
		4:12.29	4:51.49	400 Fr. R			4:07.49	4:41.89	
		2:11.99	2:29.69	200 M. R.			2:09.99	2:28.29	
		4:49.89	5:31.79	400 M. R.			4:42.49	5:24.89	

NATIONAL CLUB SWIMMING ASSOCIATION

2026 Junior National SPRING CHAMPIONSHIPS

2026 NCSA SPRING SWIMMING CHAMPIONSHIPS

Time Standards

WOMEN		EVENT		MEN	
SCY	LCM		SCY	LCM	
24.19	27.59	50 FREE	21.69	24.79	
52.39	59.89	100 FREE	47.09	53.99	
1:52.99	2:08.09	200 FREE	1:43.09	1:58.09	
4:59.99	4:27.89	400/500 FREE	4:39.59	4:09.79	
10:15.99	9:08.99	800/1000 FREE	9:36.89	8:40.79	
17:12.89	17:34.59	1500/1650 FREE	16:08.59	16:41.69	
100 Back Qualifying Times		50 BACK	100 Back Qualifying Times		
57.99	1:07.19	100 BACK	52.89	1:01.39	
2:05.99	2:24.29	200 BACK	1:54.79	2:12.39	
100 Breast Qualifying Times		50 BREAST	100 Breast Qualifying Times		
1:06.39	1:16.29	100 BREAST	59.49	1:08.29	
2:23.29	2:41.89	200 BREAST	2:09.79	2:29.79	
100 Fly Qualifying Times		50 FLY	100 Fly Qualifying Times		
57.29	1:05.29	100 FLY	51.69	58.89	
2:06.39	2:23.19	200 FLY	1:54.89	2:10.59	
2:07.99	2:26.59	200 IM	1:56.29	2:13.59	
4:29.99	5:05.99	400 IM	4:08.09	4:43.89	
400 Free Relay Qualifying Time		200 FREE RELAY	400 Free Relay Qualifying Time		
3:32.09	4:00.99	400 FREE RELAY	3:12.79	3:41.89	
7:40.79	8:44.89	800 FREE RELAY	7:05.69	8:07.49	
400 Medley Relay Qualifying Time		200 MEDLEY RELAY	400 Medley Relay Qualifying Time		
3:55.09	4:30.99	400 MEDLEY RELAY	3:36.09	4:08.89	

MARCH 17-21, 2026
Tuesday - Sunday

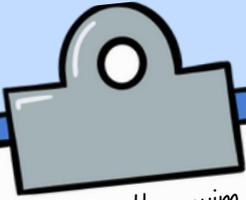
Rosen Aquatic Center, Orlando, FL

Qualifiers (these times or faster)

Prelims AND Finals



SWIM MEET INFORMATION



Checklist for the swim meet!

- swimsuit
- extra swim suit
- Two caps
- Two pair of goggles
- Closed toed shoes (not crocs)
- two towels
- extra set of clothes
- refillable water bottle
- water
- healthy snacks



How do I know when my swimmer is competing?

Most Meets utilize the App, **Meet Mobile**, for Heat Sheets and Results



Steps to Download Meet Mobile:

- iOS (iPhone): Open the App Store, search for "Meet Mobile: Swim", and tap "Get".
- Android: Open the Google Play Store, search for "Meet Mobile", and tap "Install".
- Requirements: It is designed for phones, not tablets.
- Subscription: While the app is free to download, accessing specific meet programs (heat sheets/results) may require an in-app subscription purchase
- Reactivation: If you have a new phone, ensure you are logged in with the same Apple ID or Google Play account to restore your subscription.

Did You Know?

There is so much information on our website:
www.swimrays.org

Let's highlight how to find **MOTIVATIONAL TIMES** (B, BB, A, AA, AAA, AAAA)

Phone Screen view

Click here

Click on RECORDS

Computer Screen view

Click here

Click on MOTIVATIONAL TIMES

Click here

Click on MOTIVATIONAL TIMES STANDARDS

Click here

A Multi-page document opens with LOTS of numbers (times) organized by age, boys and girls

Pre-swim snacks (for energy)

- Fresh fruits: Bananas, apples, grapes, oranges, and berries are great sources of quick energy and potassium.
- Dried fruits: Dates, raisins, and dried apricots are convenient and provide a quick energy boost.
- Fruit smoothies: A good option for getting both carbs and nutrients.
- Granola bars: Choose options with whole grains and minimal added sugar.
- Crackers or rice cakes: Pair with a topping like nut butter or honey for added energy.

Post-swim snacks (for recovery)

- Chocolate milk: A great source of protein and carbohydrates for muscle repair.
- Protein shake: A convenient way to replenish protein after training.
- Yogurt: Low-fat or full-fat yogurt can be paired with fruit or nuts.
- Hard-boiled eggs: A simple, protein-rich option.
- Hummus with whole-wheat pita: Provides protein and fiber to help you feel full.
- Trail mix: A mix of nuts, seeds, and dried fruit provides a good balance of protein, carbs, and healthy fats

from our Executive Director...
Bob Herlinger



Greetings!

I wanted to take this opportunity to make you all aware of some unique scholarships and awards available to RAYS members. The RAYS Board of Directors have announced the 2026 recognition opportunities for eligible RAYS swimmers.

All opportunities are not just for graduating seniors. Some are available for ANY aged, eligible RAYS swimmer. I've outlined the opportunities below. Two awards have been named for beloved former members of our RAYS team. Descriptions of these awards can also be found on the 'Scholarship' page on the RAYS team website in the [Resources](#) drop down menu.

Please forward any questions regarding these opportunities to the RAYS Vice President, Paul Holland, at VicePresident@swimrays.org. Awards are announced and presented at the annual RAYS picnic and Senior Banquet.

Michael & Jennie M. Clesner Award

Micheal Clesner was a long-time Coach of our RAYS swimmers. The Clesner family has always made it a priority to ensure children are always able to participate in swimming, no matter what their financial standing. The Michael & Jennie M. Clesner Award is available to RAYS athletes who have been accepted into the Outreach program, who are in good standing with the RAYS in Bronze, Silver, Gold, Gold 1, and High School Performance program groups. The intent of this program is to provide financial assistance to those swimmers who consistently demonstrate a sincere commitment to maximizing their swimming potential. The Clesner Award will be awarding each recipient with \$1000 added to the swimmer's account to go towards monthly dues and meet fees.

[Clesner Award Application Link](#)

RAYS Family Merit Scholarship

The RAYS are excited to offer the RAYS Family Merit Scholarship. The scholarship is available to any RAYS athlete members of USA Swimming who are in good standing with the RAYS in Bronze, Silver, Gold, Gold 1, and High School Performance program groups. The intent of this scholarship is to reward and recognize the educational and athletic commitment taken on by the student and thank them for being a part of the RAYS. The Family Merit Award will be awarding each recipient with \$1000 added to the swimmer's account to go towards monthly dues and meet fees.

[RAYS Family Merit Scholarship Award Application Link](#)

The Helen Wang Memorial Scholarship

The Helen Wang Memorial Scholarship - The Wang Family and the RAYS are honored to present the Helen Wang Memorial Scholarship. Helen was an amazing role model, student, and champion to so many and was taken from us too soon. Helen was a friend to everyone she met and left a piece of herself in everyone's heart. The scholarship fund was established to not just honor Helen but to continue her dream to make a difference in the lives of others. The gift will be awarded to five (5) graduating seniors. Applications will be judged based on academic scholarship, volunteerism, having a minimum of 5 A (or better) swim times in SCY or LCM, letters of recommendation, and a short essay. The Wang Family and the RAYS will be presenting five (5) scholarships to the top five graduating senior applicants in the amounts of one (1) for \$1,000, two (2) for \$750, and two (2) for \$500 (2).

[Helen Wang Scholarship Application Link](#)

RAYS Graduating Senior Scholarship

The RAYS are pleased to be offering a Graduating Senior Scholarship to a graduating RAYS swimmer in the amount of \$500. The scholarship will be paid to the senior to go towards college expenses. Applications will be judged on the basis of grade point average (GPA), extracurricular/leadership/community activities, letters of recommendations, and a short essay. The Graduating Senior Scholarship in the amount of \$500 to one of our graduating seniors.

[Graduating Senior Scholarship Application Link](#)

Deadline for submitting is: February 28, 2026

Steps to RAYS Scholarships application:

1. All RAYS interested in applying must first request an Applicant Number via an email to the RAYS Bookkeeper at bookkeeper@swimrays.org. When provided, this Applicant Number must be used throughout the application process. The Applicant Number is used to both protect the applicant's privacy and to ensure an objective selection process. The judges will not be made aware of the applicant's identity.
2. Mail completed applications to: RAYS Bookkeeper, PO Box 866, Stafford, VA 22555-0866.
3. They may also be submitted via email to: bookkeeper@swimrays.org.

GOGGLES ON AND KEEP SWIMMING....

CHAMPIONSHIP SEASON IS HERE! GOOD LUCK!

Upcoming Meets, Events and Registration Deadlines

Event	Info	Dates	Deadline
12 and unders District Championships	PWAC (Prince William Aquatic Center) , Prince William, VA 12 and unders with event times less than Senior and/or Age Group Champs Times - P/F	Fri - Sun February 13-15	January 12
13 and overs District Championships RAYS Hosted!	Jeff Rouse Swim & Sport Center , Stafford, VA 13 and overs with event times less than Senior and/or Age Group Champs Times - P/F	Fri - Sun February 27- March 1	February 10
13 and overs Senior Championships	Collegiate School Aquatic Center , Richmond, VA. 13 & Overs with Qualifying Times - P/F	Thurs - Sun March 5-8	February 27
12 and unders Age Group Championships	Collegiate School Aquatic Center , Richmond, VA. 14 & unders with Qualifying Times - P/F	Thurs - Sun March 12-15	February 27
NOVA Season End Meet	NOVA Aquatics Center - Regency, Richmond, VA. All levels, All ages	Sat - Sun March 20-21	March 5
NCSA Spring Junior National Championships	Rosen Aquatic & Fitness Center , Orlando, FL 13 & overs with qualifying times - P/F	Tues - Sat March 17-21	March 5
NCSA Spring Age Group Championships	Rosen Aquatic & Fitness Center , Orlando, FL 14 & unders with qualifying times - P/F	Tues - Sat March 25-28	March 11
RAYS Spring Break	NO PRACTICE! Practices Resume Tuesday, April 6th	Monday-Monday March 23-April 6	

LET LONG COURSE SEASON BEGIN!

The full **RAYS Long Course meet schedule** can be found on the **RAYS** website, www.swimrays.org

All **Meet registration** is done through the **RAYS** website.



IMPORTANT!!

ALL registration for USA Swimming will be done by RAYS
This is included in your registration fee.

WHAT WE'VE BEEN UP TO....



Samik Dangol
New RAYS Record!
9-10 200y Fly



Ava Eddy
New RAYS Record!
100M Backstroke



Charlotte Kay
New RAYS Record!
9-10 200y Backstroke



Sarah



Emily



Samik Dangol
New RAYS Record!
9-10 200y Breaststroke



Coach Connor (with Sid Johnson) won his 100th swim meet with the KG Foxes!



Ava



Sid

PROUD OF YOU

College Commits!



Noah



Savannah

CONGRATS!



Ali Lee
VSI Age Group Qualifier!



Sami Williams
VSI Senior Championships Qualifier!



Lainey Long
VSI Age Group Qualifier!



JEFF ROUSE INVITATIONAL



On Deck with

RAYS Head Site Coach
Massad YMCA
Lead Coach for Gold &
High School Performance
**Coach
Dylan Peck**

Hometown: Jacksonville, FL,
grew-up in Fredericksburg, VA



In your swim career;

What made you start swimming?

- I started swimming year round because my friend on my football team swam and I wanted to race him. So, I joined the same club team. I swam on our neighborhood summer team, Salem Fields, beginning at 5 years old.

Your best stroke? Was it your favorite?

- I was good at the IM's for most of my swimming career. I like the strategy involved and I was pretty good at every stroke. Towards the end of my career my best stroke became Breaststroke.

Your highest achievement is swimming?

- My highest individual achievement is probably qualifying for the 2019 Toyota US Open in college and competing in the meet. I didn't swim very well but it was fun to go!

The swim achievement you are most proud of?

- The Swim achievement I am most proud of is when the George Mason University Men's Swim Team became the 2020 Atlantic 10 Conference Champions. We were huge underdogs going in and it was the first time our school had/has ever won the meet!

Favorite swim career memory?

- I have so many it's hard to pick one. I will say you remember the people and the funny moments much more than you remember your individual achievement's. However, winning is a great experience.

In your swim coaching career;

What made you start coaching swimming?

- I got into coaching sort of on accident, I was working and going school at Mason as a graduate student and on my commute back home I would stop into Rouse and coach a Group. I also helped my brothers out on the Chancellor High School team for one year.

A favorite swim coaching memory?

- My favorite experience I've had thus far has to be the trip I got to take this past summer to Irvine California for Summer Junior Nationals. It's some of the most fun I've ever had in my life.

Most unique swim coaching experience?

- My coaching Career hasn't been very long so I don't know if I've done anything that unique yet.

Your Mt. Rushmore of swim coaches? Have you met them?

- The Coaches I have drawn the most inspiration from in my short coaching career have been Eddie Reese, Dave Durden, Chris Natoli, and Pete Morgan. Natoli was my college coach and I learned so much from him. I swam a summer with Pete Morgan at NCAP and the time he spends with every athlete on his team is something I aspire to emulate in my coaching. Eddie Reese (recently retired Men's Head Swim Coach at the University of Texas at Austin): 15 NCAA titles, 3 Olympic teams, and 45 years of dominance. Might be the best coach in any sport ever and he is the embodiment of what it means to be "The Greatest". I've probably studied Dave Durden (Head Swim Coach, University of California, Berkeley) the most because I find his approach to his season planning and workouts super fascinating and he seems like someone I'd really enjoy swimming for, so I want to coach like him.

Do you have a sports idol?

- I was too young to really remember watching him but Phil Jackson has a book, "Sacred Hoops" that I read when I was competing that completely revolutionized my perspective on competition;

What is your favorite sports moment?

- Any time the NFL Jacksonville Jaguars win a football game is a great sport moment. If they somehow won a NFL Super Bowl practice is cancelled on Monday.

Favorite quote?

- For my work as a coach the quote I live by is "Never do anything Halfway" meaning the time I spend writing and executing practices deserves my highest level of thought and effort. Even on days when I don't feel motivated, if I expect my athletes to work hard for me everyday then they should expect the same from their coach everyday.
- For life it's "Counting your blessings multiplies their abundance" I have this quote taped on my keyboard so I see it everyday while I work. Super simple at first glance and seems easy enough, but very powerful on days when being negative gets the better of me. I am also guilty of thinking too far into the future and seeing this reminds me to stay grounded and appreciate what I have while it's still here.

Any other fun things we should know about you?

- I enjoy a round of golf with my friends and family when I don't have a swim meet to attend, either to coach or watch my brothers.



★ Be a Site Liaison ★

We're looking for Site Liaisons for this season and next!

As a Rays Site Liaison, you'll work closely with our awesome coaches 🗨️ and Social Chairperson 🗨️ to help coordinate:

🎁 Holiday parties 🏆 Championship Goodie Bags 🎉 Other site-specific team events
We've got a winter holiday party 🎄 coming up at each site — and we'll be here to help you plan it!

👉 Interested?

Reach out to us at 📧 socialchairperson@swimrays.org OR 📧 administrator@swimrays.org

Let's make this season the most fun yet!

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



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, Feb 17 at 8:00 p.m. EST | REGISTER**
- **Thursday, Feb 19 at 8:00 p.m. EST | REGISTER**

Athlete Trainings (13-17 years old):

- **Thursday, Feb 19 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](#)

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](#)

Sample Questions for Coaches
Here's a list



What are the different Meet Formats?

That's an excellent question!

Understanding the meet format is key to knowing what to expect on race day.

Swim meets generally follow one of two formats: Timed Finals (the most common for new and young swimmers) or Prelim/Finals (used for higher-level championship meets).

Here is a simple breakdown of the two formats:

Timed Finals Meet (The Standard Format)

The Timed Finals format is straightforward and is used for almost all local, invitational, and "B/BB" level meets.

Feature	Explanation
How it works	Every swimmer swims each of their entered events only once .
The Result	The swimmer's place in the event is determined by their time, regardless of who they swam against in their specific heat (race). All times from all heats in that event are merged, and the fastest time wins the event.
Schedule	The meet is typically a single session per day (e.g., a Saturday morning meet). Your swimmer arrives, warms up, swims their events, and then is done for the day.
Swimmer Focus	Focus is on getting a Personal Best (PB) time.
Common at	Dual meets, club invitationals, Novice/Rookie meets, and most events for swimmers aged 12 & Under.

Your Swimmer's Experience:

Your swimmer will be placed in a heat with other swimmers of a similar speed (based on their entry time).¹ If there are 10 heats of the 50 Freestyle, the winner of Heat 1 is simply the fastest swimmer in that particular race, but their overall place in the event is determined only after the 10th and final heat is swum.

They only need to focus on one great swim.

Summary:

Format	Swimmer Races	Experience
Timed Finals	Once per event	Single, shorter session. Good for setting PB's

Prelims/Finals Meet (The Championship Format)

The Prelims/Finals (or "P/F") format is designed for higher-level competitions where the goal is to determine a single, definitive winner in a head-to-head race. It requires a significant commitment, as it is a two-session day for qualifiers.

Feature	Preliminary Session (Morning)	Final Session (Evening)
How it works	All entered swimmers race their event to get the fastest time possible.	The top 8, 16, or 24 fastest swimmers from the morning return to race again.
The Result	The morning times are used only to qualify for the final session.	The places (1st, 2nd, 3rd, etc.) and medals/points are determined <i>only</i> by the times swum in this session and from the A (top 8) final.
Schedule	The day is split: Morning Session (Prelims) and Evening Session (Finals).	Qualifiers often have a long break between the two sessions. Qualifiers are expected to compete in finals. Non-qualifiers are done for the day.
Swimmer Focus	Morning: Swim fast enough to make the cut for finals. "Qualify!" However, a PB is also a great accomplishment.	Evening: Swim even faster to place, win a medal, or a better PB. "Race!"
Common at	State/LSC Championships, Sectionals, Junior Nationals, and meets for older age groups (13 & Over).	

Your Swimmer's Experience:

- Morning Prelims: Swimmers race hard, trying to finish in the top positions (e.g., top 8 or top 16).
- Making Finals:
 - If they finish in the top 8, they usually make the "A Final" (or Championship Final).
 - If they finish 9th through 16th, they may make the "B Final" (or Consolation Final).
- Evening Finals: They return to the pool.
 - Swimmers in the A Final compete for 1st through 8th place.
 - Swimmers in the B Final compete for 9th through 16th place.

Why is this format used? It rewards swimmers who can perform well under pressure and race a fast time twice in one day. The Final race in the evening is the true head-to-head competition for the title.

Summary:

Format	Swimmer Races	Experience
Prelims/Finals (P/F)	Twice per event (if they qualify)	Full-day commitment, High pressure, high reward championship racing.

For your new swimmer, almost every early meet will be a Timed Finals. When you see a meet is structured as Prelims/Finals, it's a sign that your swimmer has reached a higher level of competition!