



SST NEWS

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1st Quarter Newsletter – September-November 2025

Quick Reference Calendar & Events

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- **Sep. 1** – No practice due to Labor Day
- **Sep. 12** – [Fall Swim Lessons](#) begin
- **Sep. 13** – [Fall Equinox](#) swim meet
 - Available for Copper-Senior
 - Commitment deadline is Sep. 3
- **Sep. 17** – [Fall Membership Meeting](#)
 - No practice that day
- **Sep. 19** – No practice due to UAF meet
- **Sep. 26** – [September New Swimmer Tryout](#)
- **Oct. 11-12** – [IM Pentathlon](#) swim meet
 - SST Hosted, Volunteers Needed
 - Available for Copper-Senior
 - Commitment deadline is Oct. 1
- **Oct. 24** – No practice due to UAF meet
- **Oct. 25** – [October New Swimmer Tryout](#)
- **Oct. 31** – No practice due to UAF meet
- **Nov. 10** – [Winter Swim Lessons](#) begin
- **Nov. 21-23** – [Golden Gobbler](#) swim meet (Mesa, AZ)
 - Available for Bronze-Senior
 - Commitment deadline is Nov. 5
- **Nov. 22** – [Turkey & Tinsel Splash](#) swim meet
 - Available for Copper-Senior
 - Commitment deadline is Nov. 12
- **Nov. 25** – [November New Swimmer Tryout](#)
- **Nov. 27-29** – No practice due to Thanksgiving weekend

Practices

Swim Meets

Team Events



PRACTICE SCHEDULES

During the high school season (early August through early November), our practices schedules get pushed later in the evening. We understand these late evenings can be challenging, and we appreciate your patience. We will all be excited to adjust to an earlier schedule come November.

Fall and winter also means UAF Volleyball, Basketball, and Swim seasons. These UAF events affect locker room availability and, in the case of UAF Swim, pool availability. We are fortunate to have a great facility, and we hope the occasional disruption is acceptable. To help with your planning, here is the breakdown:

Fall Practice Schedule through End of High School Season (Nov. 8)

GROUP	DAYS	TIMES
Copper I	Monday & Wednesday	7:15-8:00p
Copper II	Tuesday & Thursday	7:15-8:00p
Bronze I	Monday & Wednesday	6:15-7:15p
Bronze II	Tuesday & Thursday	6:15-7:15p
Silver	Tuesday/Wednesday/Thursday	6:15-7:15p
Gold	Monday/Wednesday/Friday	6:15-7:30p
Platinum	Monday/Tuesday/Thursday/Friday	6:15-7:45p
Junior/Senior	Monday-Friday	6:15-7:45p

ESTIMATED Winter Practice Schedule (beginning Nov. 10)

GROUP	DAYS	TIMES
Copper I	Tuesday & Thursday	4:30-5:15p
Copper II	Tuesday & Thursday	5:15-6:00p
Bronze (I & II)	Tuesday & Thursday	6:00-7:00p
Silver	Monday Wednesday & Friday	4:45-5:45p 5:45-6:45p
Gold	Monday Wednesday & Friday	4:45-6:00p 5:45-7:00p
Platinum	Monday Tuesday-Friday	4:45-6:15p 5:45-7:00p
Junior/Senior	Tuesday-Friday Saturday	4:15-5:45p 12:00-1:30p

Schedule Disruptions through December

Locker Room Closures (UAF VB/BB)	Pool Closures (UAF Swim)
Sep. 11-12, 25 Oct. 2, 16 Nov. 5-6, 14-15, 20	Sep. 19 Oct. 24, 31



ONLINE REGISTRATIONS

September is our online registration month as we begin a new season. We do not run the auto billing cycle in September. Instead, September dues are collected during the online registration. All members are asked to please complete their registration prior to September 30. Please note, the system will not allow you to sign up for meets or events until you have completed your registration.

Please make sure all your information is correct during the registration process, including t-shirt sizes. We will be ordering t-shirts for all registered swimmers in October, and we will use the shirt sizes indicated on your account.

Once you have completed your SST Online Registration, our staff gets notified and we approve your registration after a quick double-check. This insures everyone is in the correct group. You may view the [Team Online Registration Instructions](#) for a step-by-step guide and FAQs.

[2025-2026 SST Online Registration Link](#)

After completing your SST Online Registration, you will find a link to the 2026 USA Swimming Membership Registration. The USA Swimming Membership is required for all swimmers in the country, covering individuals and teams with USA Swimming insurance. If you are 12 years old or younger and in the Copper groups, you may choose a reduced cost 'Flex Membership'. If you are 13 years old or older, or in any group from Bronze through Senior, you will need a 'Premium Membership'. Please let us know if you have questions or issues.

[2026 USA Swimming Membership Registration Link](#)

(also found at the end of the SST registration)

Total Trip Dates (including travel days)

Nov. 19 – 24, 2025

Commitment Deadline

Nov. 5, 2025

Chaperones Available for 11&O

Chaperoned swimmers will be responsible for booking travel that matches their chaperoned parent. If you need a chaperone, or are willing to chaperone, please make a 'note' during event sign up. The sooner we know of your chaperone status the better.

FALL TEAM TRAVEL TRIP – MESA, ARIZONA

The 2025 SST Fall Travel Trip will be to warm and sunny Mesa, Arizona on Nov. 20-23. We will use the first day to recover from travel and stretch out in the competition pool, followed by a three-day swim meet at Skyline Aquatic Center. If you can only make the swim meet days that is quite alright, we'll make sure you're prepared.

Golden Gobbler Swim Meet (Nov. 21-23)

Mesa Aquatics hosts this fun meet for all age groups. There are qualifying times for most events, but all 50s have no qualifying time and are open to anyone! If you do have a qualifying time, you get two bonus swims for each (2 qualifying times = 4 bonus events). Everyone swims Prelims, then there are two Finals heats for 13&O and one Finals heat for 12&U. Long story short, you'll get a lot of swims during the weekend. More information, including travel info, can be found on our [website](#).

Friday, Nov. 21	Saturday & Sunday, Nov. 22-23
Timed Final Distance Session All ages 1650 Free 12&U 500 Free	13&O Prelims in the morning 12&U Prelims in early afternoon All ages Finals in the evening



[Qualifying Times](#) | [Current Qualifiers](#)

TEAM SUPPORT – VOLUNTEERS AND FUNDRAISING

Snapshot View

	Fundraising	Volunteer (Service Hours)	Sponsorships
Who	All SST Swimmers	Bronze-Senior	No requirement
What	\$300 per Swimmer	15 hours per family	Nothing
When	Late winter	Sep. 1 – Aug. 31	Oct (to be on t-shirts)
Where	Online	Mostly at swim meets	Online form submission
Why	Keep dues as low as possible while still meeting team budget	Provide opportunities for swimmers, such as meets and events	Continue progressing as our organization and promoting yours
How	Swim-a-Thon	Volunteer signup tutorial	Sponsor page link

Full Detail View

Fundraising - APPLIES TO ALL SWIMMERS

It is the goal of the Stingray Swim Team coaches and volunteer board to provide parents with a clear understanding of what team season fees to expect and how sponsorships and other fundraising opportunities help support our team. We have adopted a fundraising policy to help establish a consistent and reliable way to meet the team's financial obligations while keeping each families' obligation flexible and fair.

Each swimmer will have an annual fundraising obligation of \$300. The team will provide one fundraising opportunity each year; a Swim-a-Thon in late winter. All swimmers in all groups are expected to participate in this fundraiser. Those who do not meet the \$300 minimum will have the balance added to their account. Any additional fundraising and/or sponsorship ideas are welcome and encouraged.

Volunteer Hours - APPLIES TO BROZE AND ABOVE SWIMMERS

The Stingray Swim Team depends on each family to volunteer throughout the season in order to provide high quality services to our members. **The minimum volunteer requirement per family is fifteen (15) hours per season from September 1 - August 31.** Volunteer requirements may be met during swim meets, team functions/events, and other essential non-event tasks. Non-event tasks include, but are not limited to, Board of Director participation and/or various committee participation.

*Copper Group swimmers are exempt from this volunteer requirement, and their hours will be prorated on a quarterly basis once they move up to Bronze or above.

Members shall utilize the website "job signup" feature for event-related volunteer hours to be tracked. Non-event related volunteer hours (Board of Director participation and/or committee participation) shall be tracked by the team Volunteer Coordinator. All questions/comments/concerns shall be directed to the team Volunteer Coordinator.

A penalty of \$40 per unachieved volunteer hour shall be levied on August 31. Volunteer requirements and subsequent penalties will be prorated on a quarterly basis for members joining/leaving the team outside the September 1 through August 31 timeline.

Sponsorships

Corporate and/or individual sponsorships are an important piece of the annual SST budget. Our Board of Directors work hard to solicit new and existing sponsors in order to secure funding for our effective, vibrant swim team. We greatly appreciate your assistance in our sponsorship efforts. If you own a business, or believe any business would be a good partner for SST, please feel free to disseminate the letters below. Swimmers who plan to travel this season, particularly out of state, are highly encouraged to solicit corporate sponsors. Our travel budget is tight, and the more sponsorships we obtain the more meets we can attend. Not all sponsorship revenue will go toward travel, but revenue generated from traveling swimmers can be used to subsidize travel meet expenses.