



Eagle Rays

2025-2026



The Eagle Rays are swimmers age ~10-13 years old who attend local competitions and are working towards achieving their first Festival time standard (*please view Appendix A*). This group will work closely with experienced members of our coaching staff who will help the swimmers develop the best swim strokes & skills and establish appropriate training habits to ensure they are set up for long term success in the pool.

WEEKLY SCHEDULE @MILLENNIUM PLACE				
Monday	Tuesday	Wednesday	Friday	Saturday
Swim 5:45-7:15pm	DryLand @MP TBA	Swim 4:45-6:15pm	Swim 4:00-5:30pm	Swim 10:15-11:30am

FALL/WINTER SWIM MEET CALENDAR		
SRAY POPPY INVITATIONAL		OCT 25-26 TH
OSC 12&U #1	Eligible Swimmers Only (Please review meet package)	NOV 23 RD
EKSC CANDY CANE		NOV 28-30 TH
OSC 12&U #2	Eligible Swimmers Only (Please review meet package)	JAN 11 TH
EKSC BLUE BEARS		JAN 16-18 TH
SWIM ALBERTA WINTER FESTIVAL	Qualifiers Only (Please review meet package)	JAN 23-25 TH

Eagle Rays Program

- Continual improvement of competitive stroke technique (Backstroke, Freestyle, Breaststroke, Butterfly)
- Continual improvement of competitive swim skills (Streamline position, Turns, Starts)
- Emphasis on developing ability to kick (Flutter, Dolphin, Breast, Underwater Dolphin)
- Introduction to Individual Medley training
- Introduction to Dryland training
- Introduction to Mental Skills (Goal setting)

Eagle Rays Commitments

- Attendance to all 4 weekly swim & 1 weekly dryland sessions is strongly encouraged.
- Attendance to all swim meets on meet calendar is strongly encouraged. (SRAYS hosted meets compulsory)
- Swimmers will wear SRAYS branded clothing/swim gear when representing SRAYS at swim meets.
- Swimmers will focus on developing a positive attitude & strong work ethic during swim sessions.
- Swimmers will treat all teammates, coaches & Millennium Place staff with respect.
- Swimmers strive to progress through swim club and provide evidence they are ready for new group (*please view Appendix B*)
- Parents/Guardians will communicate to coaching staff if swimmer will be absent from any swim session or extended period of time.
- Parents/Guardians will have fundraising & volunteering commitments throughout the season (*please view Appendix C*)
- Parents/Guardians are responsible for annual training fees and will adhere to payment policies and potential withdrawal process during season (*please view Appendix D*)

Eagle Rays Equipment

Swimmers will maintain their own mesh bag that they will bring to each practice which contains all their equipment for each swim practice.

- Water bottle, SRAYS swim cap, appropriate training suit, & goggles
- Swim Gear: JR kick board, JR pull buoy, JR snorkel & fins

Please email our equipment manager to order swim caps & swim suits equipment@silverrays.ca

Visit Team Aquatic supplies to order your swim gear <https://team-aquatic.com/pages/equipment>

Appendix A

Swim Alberta 24/25 Festival time standards. Please note time standards are subject to change for 25/26 season

https://swimalberta.ca/wp-content/uploads/Time_Standards/2024-2025-Festival-Standards.pdf

Appendix B

SRAYS Club Structure and movement pathways

https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/25-26-club-structure-1-1-_005966.pdf

Appendix C

Fundraising & Volunteer commitments

https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/2025-2026-fundraising-and-volunteer-commitments_093963.pdf

Appendix D

Fees & Payment policies

https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/2025-2026-fee-and-payment-policies_092075.pdf