



Manta Rays

2025-2026



The Manta Rays is one of developmental groups within the swim club. Swimmers are ~12 years of age or older and will focus on improving their strokes & skills so they can perform at their best while attending local competitions. The Manta Rays is a group that attempts to strike a balance between working hard improving in the pool and socializing with teammates & making friends.

WEEKLY SCHEDULE @MILLENNIUM PLACE		
Monday	Wednesday	Friday
7:15 – 8:15pm	7:15 – 8:15pm	6:45 – 8:00pm

FALL SWIM MEET CALENDAR		
SRAY POPPY INVITATIONAL	Edmonton @Kinsmen Center	OCT 25-26 TH
PPAC REINDEER	Spruce Grove @Tri Alta Center	NOV 29-30 TH

Manta 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)
- Introduction to proper lane etiquette and use of pace clock during swim sessions.
- Introduction to swim meet etiquette & behaviour (Warm-Up, Marshalling, Pre/Post race talks with coach).

Manta Rays Commitments

- Attendance to all 3 weekly swim sessions is strongly encouraged.
- Attendance to all swim meets on meet calendar is strongly encouraged.
- 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.
- 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 A*)
- Parents/Guardians are responsible for annual training fees and will adhere to payment policies and potential withdrawal process during season (*please view Appendix B*)

Manta Ray Equipment

Swimmers will maintain their own mesh bag that will contain 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.

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

Fundraising & Volunteer commitments

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

Appendix B

Fees & Payment policies

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