



Mighty Rays

2025-2026



The Mighty Rays is one of our developmental groups within the swim club. Swimmers are ~10 years old or younger, in their 1st or 2nd season of competitive swimming and attend local competitions. Our Mighty Rays will gain valuable racing experience at swim meets as they attempt to achieve a Swim Alberta Festival time standard. Winter/Summer Festival is an exciting 12&U Provincial level competitions held in January/June (*please view Appendix A*)

WEEKLY SCHEDULE @MILLENNIUM PLACE		
Tuesday	Wednesday	Friday
Early 5:30-6:30pm Late 6:30-7:30pm	4:30 – 5:30pm	5:30 – 6:45pm
NOTE: Tuesday practice time is a scheduling preference for each member and not determined by current ability. Members are asked to commit to either Tuesday early or Tuesday late practice for season.		

FALL SWIM MEET CALENDAR		
SRAY POPPY INVITATIONAL	Edmonton @Kinsmen Center	OCT 25-26 TH
OSC 12&U #1	Edmonton @Kinsmen Center	NOV 23 RD
PPAC REINDEER	Spruce Grove @Tri Alta Center	NOV 29-30 TH

Mighty 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).

Mighty Rays Commitments

- Attendance to all 3 weekly swim 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*)

Mighty Ray 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.

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