



# Tiger Rays

2025-2026



The Tiger Rays is a group within our competitive program for swimmers 10-12 years old who will be attending Winter/Summer Festival. A very strong emphasis will be made to develop the most technically sound swim strokes & competitive swim skills as well as establishing appropriate training habits to ensure our Tiger Rays are set up for long term success in the pool. This group will be coached by SRAYS Head Coach, Coach Mark.

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

FALL/WINTER SWIM MEET CALENDAR		
SRAY POPPY INVITATIONAL		OCT 25-26 <sup>TH</sup>
EKSC CANDY CANE		NOV 28-30 <sup>TH</sup>
OSC JP FISET	Qualifiers Only (Please review meet package)	DEC 10-14 <sup>TH</sup>
EKSC BLUE BEARS		JAN 16-18 <sup>TH</sup>
SWIM ALBERTA WINTER FESTIVAL	TARGET COMPETITION	JAN 23-25 <sup>TH</sup>

## Tiger Rays Training Program

- Continual improvement of competitive stroke technique (Backstroke, Freestyle, Breaststroke, Butterfly)
- Continual improvement of competitive swim skills (Streamline position, Turns, Starts)
- Strong emphasis on developing kicking ability (Flutter, Dolphin, Breast, Underwater Dolphin)
- Continual improvement & development on Individual Medley swimming (200/400m)
- Introduction to Dryland training
- Introduction to Mental Skills (Goal setting & Building confidence)

## Tiger Rays Commitments

- Attendance to all 5 weekly swim & 2 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 or Performance Program (*please view Appendix A*)
- 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 B*)
- Parents/Guardians are responsible for annual training fees and will adhere to payment policies and potential withdrawal process during season (*please view Appendix C*)

## **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](mailto:equipment@silverrays.ca)

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

## **Appendix A**

SRAYS Club Structure and movement pathways

<https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/25-26-club-structure-1-1- 005966.pdf>

## **Appendix B**

Fundraising & Volunteer commitments

[https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/2025-2026-fundraising-and-volunteer-commitments\\_093963.pdf](https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/2025-2026-fundraising-and-volunteer-commitments_093963.pdf)

## **Appendix C**

Fees & Payment policies

[https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/2025-2026-fee-and-payment-policies\\_092075.pdf](https://www.gomotionapp.com/canabspsc/UserFiles/Image/QuickUpload/2025-2026-fee-and-payment-policies_092075.pdf)