



## Mini Ray Program

### Season Start-Up Info



To new & returning MiniRay Program members,

Welcome to the 2023/2024 swim season with the Strathcona County Swim Club ("SRAYS") and our Mini Ray program.

The Mini Ray program is an exciting opportunity within our swim club. It's where our swimmers begin to embark on their competitive swimming journey. A lot of firsts are experienced during a swimmer's stint as a member of the Mini Ray program, from learning how to swim all four swim strokes, attending the first swim meet, to achieving the first Swim Alberta Festival time standard. These experiences make the season all the more memorable.

The SRAYS were committed to providing quality coaching to the MiniRays for the upcoming season. While it's very common to have young & inexperienced coaches working with the youngest inexperienced swimmers at some swim clubs, the MiniRays will work all of the SRAYS coaches on a weekly basis to ensure they're being provided quality coaching from experienced individuals.

There is a lot of information within this document but it is important for all members to be as informed as possible. We hope this document gets members organized and excited for the upcoming swim season. Please take the time to read through the information package and please feel free to contact me with any questions you may have regarding the content in the document or questions left unanswered at [headcoach@silverrays.ca](mailto:headcoach@silverrays.ca)

See you at the pool!

A handwritten signature in black ink, appearing to read "Mark Chantaj".

Mark Chantaj  
*SRAYS Head Coach*



## Weekly Schedule



	Monday	Wednesday	Friday	Sunday
<b>Schedule A</b>	Act 7:20 – 7:30p Swim 7:30 – 8:30p	Act 6:50 – 7:00p Swim 7:00 – 8:00p	Act 5:50 – 6:00p Swim 6:00 – 7:15pm	
<b>Schedule B</b>		Act 6:50 – 7:00p Swim 7:00 – 8:00p	Act 5:50 – 6:00p Swim 6:00 – 7:15pm	Act 11:20 – 11:30a Swim 11:30a – 12:45p

Our MiniRays will have 3 weekly practices **held at Millennium Place pool**. There is no programming difference between ‘Schedule A’ & ‘Schedule B’; it is purely a scheduling decision that suits your household the best.

While practice attendance is not mandatory, it is STRONGLY encouraged and key to your swimmer experiencing consistent improvements throughout the season. Missing a practice will have swimmers miss out on acquiring new swim skills or potentially swimming their favorite stroke during the week. With 3 weekly practices, weekly attendance is either 100%, 66%, 33% or 0% ...

### Weekly Templates

The Mini Ray swim curriculum will follow a “weekly template” of 4 work-outs and will roll through them each week (*Week #1: A-B-C, Week #2: D-A-B, Week #3: C-D-A*). This will ensure all swim strokes & skills are being taught on a bi-weekly basis.

Practice Plan A	Practice Plan B	Practice Plan C	Practice Plan D
<i>Backstroke Technique Breast Kick Flip Turns</i>	<i>Breaststroke Technique Flutter Kick Track starts</i>	<i>Freestyle Technique Dolphin Kick Backstroke Starts</i>	<i>Butterfly Technique Streamline kick on back Breast pull-outs</i>



## Swim Meet Schedule



Date	Days	Swim Meet Name	Location	Compulsory
Oct 21-22	2	Pirate Zombie Disco	Spruce Grove	
Nov 4-5	2	Poppy Invitational	Edmonton	*
Nov 26	1	OSC 10&U Series #1	St. Albert	
Dec 8-10	3	Candy Cane Classic	Edmonton	
Jan 14	1	OSC 10&U Series #2	St. Albert	
Jan 19-21	3	Blue Bears Invitational	Edmonton	
Jan 27-28	2	Winter Festival North	Sherwood Park	*
Jan 27-28	2	SilverFest	Sherwood Park	
Mar 16-17	2	Neil Lepps Invitational	Sherwood Park	*
Apr 7	1	OSC 10&U Series #3	St. Albert	
Apr 27-28	2	Speed Demon Distance Diva	Edmonton	
May 26	1	OSC 10&U Series #4	St. Albert	
June 1-2	2	SilverRay Invitational	Edmonton	*
June 15-16	2	Summer Festival North	Spruce Grove	*

**“Compulsory” Swim Meets**  
Attendance to all SRAYS hosted swim meets & Swim Alberta Provincial meets are compulsory for all MiniRay swimmers to attend. Please save these dates in your calendars.



The Mini Ray program will focus on preparing swimmers to compete in 50m & 100m events in all four strokes (Freestyle, Backstroke, Breaststroke, Butterfly), 100m IM and 200m FR.

MiniRay swimmers who are 10&U F /11&U M will strive to achieve their Swim Alberta Festival time standards. Please see the times in the link below, swimmers need 1 time to qualify to attend Winter or Summer Festival  
[https://swimalberta.ca/wp-content/uploads/Time\\_Standards/2021-2022-Festival-Time-Standards.pdf](https://swimalberta.ca/wp-content/uploads/Time_Standards/2021-2022-Festival-Time-Standards.pdf)

At swim meets, coaches will work with swimmers to ensure they're being a supportive teammate, are confident swimming new events, and always prepared on-deck with their SRAYS team gear, water bottle and healthy snacks.



## MiniRay Program



### Practice Structure

#### Activation (10min)

These 10 minutes are an opportune time for Mini Rays to get acquainted with their teammates & coaches and where we really attempt to develop a positive team environment. During this time, we'll have music playing while we participate in a variety of activities as a means to develop general athleticism and developing basic athletic abilities such as core strength.

#### Pool (60min)

A **BIG** emphasis will be placed on swimming with proper technique & swim skills. As the saying goes *“whilst it’s true that all swimmers who swim with great technique are not fast, **ALL** the fastest swimmers have great technique”*. In order for all swimmers to reach their potential when they are much older, they need to slow down right now and develop proper stroke technique & swim skills.



### Acting like a SilverRay


The SRAYS Competitive Program coaching staff takes a holistic approach when developing its swimmers. Along with what happens in the pool, we will constantly attempt to teach the kids the importance of being a great teammate, developing a positive attitude, having a willingness to try new things, showing others respect, listening when the coach is providing instruction and always putting forth their best effort.



## Equipment List



The following list of equipment are items each MiniRay should bring to the pool every practice.

<p style="text-align: center;"><b>Goggles</b></p>	<p>This is an important piece of equipment; all swimmers need a pair. This is non-negotiable.</p>
<p style="text-align: center;"><b>SRAYS Swim Cap</b></p>	<p>We are a team and with all SRAYS swimmers wearing their caps in the pool we'll look like one. This is non-negotiable.</p>
<p style="text-align: center;"><b>Water bottle</b></p>	<p>Remaining hydrated is important during physical activity. Developing good training habits will benefit the swimmers when they're older and in genuine need of remaining hydrated during 90-120min practices.</p>
<p style="text-align: center;"><b>Snorkel</b></p> 	<p>Snorkels are an effective tool to reinforce proper head &amp; body position during streamline kick sets &amp; learning how to swim freestyle.</p> <p>We want swimmers to learn how to use their snorkel in the MiniRay program so when they move into the SilverRay program they are accustomed to swimming with it on.</p>

Swimmers will be expected to wear their SRAYS team gear on the pool deck at all events & swim meets. Please feel free to contact the SRAYS Equipment Manager at [equipment@silverrays.ca](mailto:equipment@silverrays.ca) with any SRAYS swim cap or SRAYS Team Gear inquiries.

## COMMUNICATION IS KEY

*PLEASE CHECK YOUR EMAIL ATTACHED TO YOUR 23/24 REGISTRATION*

Throughout the season the SRAYS coaching staff will send out emails with information, reminders and any changes to the practice schedule/upcoming events. It'll be a useful practice to frequently check your email inbox, attached to the email address provided during registration, to remain informed with what is happening with the SRAYS.