

Welcome to the Seminole Aquatics Summer Stingray program, which starts on Monday, June 9th!

Here's EVERYTHING you need to know before your child's first day!

CHECK IN: Please arrive at the pool 20-30 minutes before your scheduled group starting time and **check in at the Seminole Aquatics tent or table.** We'll be handing out the swimmers' t-shirts and swim caps at that time.

PLEASE TAKE A LOOK at our [Parents Info](#) will bring you to our website with information for the first day. Also from our website, please check out the [Stingrays FAQ's](#) and our [Summer Stingrays Swim Meet Schedule.](#)

TEAM COMMUNICATIONS VIA TEXT MESSAGING: SportsYou is a one-way text system that is free and easy to subscribe to; we use it primarily to advise parents regarding weather issues at the pool. Joining the 2025 Summer Stingrays text group is easy, just follow these simple directions, and/ or just scan the QR code below!

sportsYou



You've been invited to join

SUMMER STINGRAYS 2025

Use your **unique access code** below and follow the instructions.

Access Code

7N2D-BNUV

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group.**
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at **www.sportsyou.com**
or in the app stores



TEAM LOGIN INFO: Since you have already registered for the Stingrays through our website, you now have an active account and can log in to your Seminole Aquatics account by using the email address that you used during registration and the password that you assigned to it!

NO SHORT-TERM CHANGES OF GROUPS & TIMES: Just a friendly reminder --- we cannot accommodate swimmers changing groups or group times on a short-term basis due to family vacations, VBS, other commitments, camps, etc.

THE WEATHER: This will be our 23rd year of the Stingrays, and the one constant is the unpredictability of Florida weather. It's inevitable that we will have some cancellations due to storms, particularly in the evening groups. However, at the end of the summer, no one ever seems to remember the rainouts! What they do remember is the camaraderie, the fun, the games that they played in the water, the end of summer party, the meets, the relays, and the ribbons they won.

Please try to rely on your preferred weather radar app or our SportsYou texts when making a decision about coming to practice on rainy or stormy days. Any practice cancellations will usually be announced via a text message through the SportsYou system. We follow all City of Sanford protocols regarding lightning, and the City's lifeguards do an excellent job of monitoring the weather.

GROUP CHANGES DURING THE SUMMER? The great majority of our swimmers remain in the same group for the summer. On rare occasions however, we will move a child to a different group in the same time slot. This decision is made solely by the coaches. Please let them handle these moves. *Lobbying a coach to have your child placed in a more "challenging" group is never a good idea.* Thanks in advance!

WHERE CAN PARENTS SIT DURING THE SESSIONS? We keep all parents on the "building side" of the pool during swim team and swim lessons; this allows the coaches to do their jobs, and the children to be able to focus on the coach, not on the parents. We love having parents watch the sessions, but please do not try to "coach" or even encourage your child from the pool deck. Let the coaches coach.

CAN PARENTS LAP SWIM DURING THEIR CHILDREN'S

SESSIONS? Yes, but you'll need to pay the City's daily pool fee. Just see a lifeguard at the pool office window if you'd like to swim a few laps!

CAN MY CHILD GET IN THE WATER TO PRACTICE BEFORE OR AFTER THE DAILY SESSION?

Unfortunately, no. The pool is open to children between 12 pm and 5 pm on weekdays, Sat 9-6, Sun 12-6. But if you want your child to really succeed long-term . . . avoid trying to give them “extra” practice.

QUESTIONS? If you have any questions about the program, please reach out to me at swimseminole@hotmail.com! If the question is of a billing nature, you can reach Tami at reachseminoleaquatics@gmail.com.

PARENT BONUS INFO! I share this with our year-round team parents on our website, and it really encompasses our philosophy about competitive swimming. I've coached a lot of very fast swimmers over the years, and this information might be some of the most crucial advice a sports parent can ever get. Click [HERE](#) to learn more.

Finally . . . competitive swimming is a process. It takes years of development and training. As I said earlier, I've coached a lot of very fast swimmers over the years---19 high school State champions, 90-plus high school All-Americans, several Junior Olympic champions, two National #1 sprinters, and U.S. Olympic Trials qualifiers. Most of these athletes had parents that trusted the process, and they let their children simply have fun in the program. By the time they enter their high school years, the swimmers make their own decisions as to what level of commitment they want to give. You can't create a championship swimmer in one summer, but you can certainly burn one out with too much pressure.

So, parents . . . relax, sit back, and enjoy watching your child learn an activity that they can do for the rest of their life.

Thanks again for choosing to spend your summer with us! We love what we do!

Tony Ackerson
Seminole Aquatics Head Coach/ SR Group Coach