



The *Stingrays Spark*

November 2017

MetroWest YMCA Swim Team Newsletter

Upcoming Events

- **25 November 2017**
Community Service; Senior Home Leaf Raking
- **29 November 2017**
Hockomock Pentathlon YMCA-USA Meet
- **1-3 December 2017**
Specialty meet with distance CRIM USA meet
- **2 December 2017**
Team Dinner
- **8-10 December 2017**
ABF Winter Solstice Classic USA Meet
- **14-17-December 2017** New England Seniors USA Meet at WPI
- **16 December 2017**
Yankee Swap- fun event

2017 Short Course Season Update

Dear Stingrays families-

The MetroWest YMCA Stingrays swim team had an excellent start of the 2017 short course season. Several swimmers have made cut times for various championship meets including the YMCA district, NE regional, and USA age group championships. We are confident that many more swimmers will made the cuts during upcoming meets. As the holiday season is upon us, coming few weeks are going to be busy for all of us. We have a few more meets, team dinner, Yankee swap and NE Senior championship meet before the year end. Catch up on some of these events in this edition of the newsletter. Also read about our third annual Swim-a-thon fundraiser held this past Monday, November 20th.

We wish you and your families a very happy holiday!

Go Stingrays!



**27 December
2017**

Distance events-
USA Meet

• **5-7 January 2018**

BYB invitational
YMCA USA Meet

• **12-14 January
2018**

Winter Carnival
YMCA/USA meet

• **27-28 January ,
3-4 February
2018**

YMCA District
Championships

3rd Annual Swim-a-thon of MWYS Stingrays

The Stingrays swim team had its annual swim-a-thon fundraiser on November 20, 2017. This was the third edition of this important team event. This year's event was held simultaneously at Keefe Tech and Regis pools. A total of 75 swimmers participated- 39 at Keefe Tech and 36 at Regis. That's a significant participation! Congratulations to all the swimmers most of whom either achieved or surpassed their swim-a-thon goal. The money raised through the swim-a-thon will be used for important team activities and a portion will be donated to the YMCA annual campaign. So every dollar counts! Stay tuned for more information on the funds raised and detailed analysis of this year's swim-a-thon.



Contact Us

Comments, suggestion
or newsworthy item for
the newsletter can be
sent to:

Dinesh Bangari
dsbangari@gmail.com

Special shout out to the following parent volunteers who helped as Lap Counters at the two sites. **At Keefe Tech:** Cynthia Loo, Luis Gonzalez, Paulina Gonzalez, Xiao Wu Sham, Chart Swatdiphong, Kevin Pham, Annie Galalis, Junjun Gao, Pat Siopo and Erika Leite-Amaral. **At Regis:** Rob Dupcak, Ching Lee, Joel Crisafulli, Seta Abrahamian, Alex Wong, Kiran Bangari, Mei Gao,

*Rajan Rajanagan, Narayani Rajanagan, Theresa Lu, Andrea Pierson, Hiroko Cheung and Dan Dube. Finally, this event would have not been possible without coaches. **Thank you coaches Lavinia, Annette, Amanda and Max!***

NE Senior Swimming Championship Qualifiers

Congratulations to the following MWYS swimmers who have made the cut times for the 2017 New England Senior Championship to be held in WPI during 14-17 December 2017.

Ivan Lukashev (50 Free)
Jiming Xu (100 Breast)
Anthony Xue (100 Back)
Chance Yan (100 Back)
Sarah Doherty (100 Back)
Bridgette Grothman (200 IM)



Helping Hands: MWYS Help at Local Community Food Drive

On Sunday, November 5th, MWYS swimmers and their families joined local community volunteers for the community food drive held at the Marlboro Community Center. Over 30 MWYS volunteers- Stingrays swimmers and their families and coach Lavinia - helped gather food donations and sort food items into boxes. Among the volunteers were 8 students from Framingham State University and the local Boy scouts.

Together, we helped collect over 8,000 pounds of food today. The event organizers were pleasantly surprised at the speed with which such a large

volume of food donations was processed by the volunteers. They were impressed to see so many families show up. We are getting a reputation in community service already - they gave us a date for the next food drive in May 2018.

*Thank you to all who participated and special thanks to **Sue So0ng and Dan Dube** for coordinating this fun and meaningful event!*

Swim Team Dinner

Saturday, 2 December 2017
Super Buffet, Marlboro

The annual team dinner is just around the corner. Join your fellow swimmers and their families, and coaches for a buffet dinner on Saturday, December 2nd. This is the second year we will be going to Super Buffet for this event.

Please RSVP and pay in advance, if possible, to one of the following parent volunteers who are coordinating this event:

Seta Abrahamian
Xiaoren Chen
Sondra Yablonski



We Want YOU to Become a Swim Official!

Swim Officials are indispensable for the sport of swimming. Although we have about 10 officials in our team, we need more given recent increase in our team size. Please consider joining the ranks of swim officials, especially if you have a young swimmer in the team.

Five reasons to become an official

1. You'll be working with the greatest group of volunteers in all sports.
2. You'll be close to the action. The bleachers aren't comfortable anyway!
3. High satisfaction; low pay.
4. It's a great way to meet future Olympians—unless you already have one in your home
5. Great food and hospitality, and you can't beat the price!

How do I become an official for USA Swimming?

You'll need to become a member of USA Swimming. Depending upon the requirements of your LSC (local swim club, our team is an LSC a new official may have to attend a clinic, take an official's test which is available online, work as an apprentice to get your on the job training, and then ... have fun!

Steps to becoming an official

- 1) Register with USA swimming
- 2) Complete background check
- 3) Complete athletic protection training
- 4) Complete Online test - open book
- 5) Attend clinic
- 6) Apprentice at two meets and four sessions

For more information please contact

Dan Dube (dpdube10@gmail.com)