



The Stingrays Spark

December 2018

Metrowest YMCA Swim Team Newsletter

Upcoming Events

- **Dec 13-15, 2018**

NE Seniors USA Swim Meet

Brown
University, RI

- **Dec 15, 2018**

Holiday Yankee Swap

YMCA, Aerobics
Room

- **Dec 27, 2018**

Distance Meet Shamrock Swim Clu,Swimming

The Egan Center,
Milton, MA

- **Jan 4-6, 2019**

BYB YMCA Invitational Meet

Burbank Y,
Reading, MA

Happy Holidays

Dear Stingrays families-

*As our swimmers are working through the short course season, we hope you were able to participate in some of the team activities and events. We have had a busy few weeks with several meets, swim-a-thon fundraiser, Safe Sport workshop and the team dinner. As the holiday season is already upon us, we will soon be heading into the championship season. In fact, the **seniors USA championships** is happening this coming weekend!*

*In this edition of the newsletter, please check out some quick updates on recent team happenings and learn about upcoming meets and events. Of note, the **Holiday Yankee Swap** (for swimmers) is happening this weekend on Saturday, Dec. 15th. This is a fun team tradition you don't want your swimmer to miss!*

Many of our swimmers have made the cut for upcoming championships. Information for a few of these championship meets for some age groups is included in this letter. We will share updated information on these as well as other meets via email as it becomes available.

We wish you all a joyful holiday season and a happy new year 2019!

Go Stingrays!

If you have any comments, suggestion or newsworthy items for the newsletter, please contact us via email: dsbangari@gmail.com.

MWYS Swimmers set a NE Swimming Record

During the **2018 Candy Cane USA meet** at Keefe Tech (1-3 Dec 2018), 11-12 MWYS swimmers **Ava Wong, Brandon Liu, Ashwina Bangari** and **Ethan Lu** clocked a time of 1:59.93 in **Mixed 200 Medley relay** to win the event and break both the meet record and the **New England Record** of 2:01.76 set by ATST swimmers earlier this year.

***Congratulations to Ava, Ashwina, Brandon and Ethan
for this accomplishment!***

- Jan 11-13, 2019

**Winter Carnival
YMCA meet**

Boston
University,
Boston, MA

- Jan 26-27, 2019

**YMCA Eastern
MA District
Championships**

WPI, Worcester,
MA

- Feb 8-10, 2019

**Regional USA
Meet**

Keefe Tech
Regional,
Framingham, MA

- Feb 22-24, 2019

**10 & Under
USA Age Group
Championships**

Univ. NH, NH

- Feb 28-March 3, 2019

**14 & Under
USA Age Group
Championships**

WPI, Worcester,
MA

Volunteer Leader Board

Parent volunteers are the key to the sport of swimming. As of November 2018, 53

Stingray families have volunteered over 350 volunteer hours!

Special shout out to the following families who volunteered 10 or more hours for team activities during this SCY season.

**Those who can, do;
Those who can do more;
volunteer.**

	Family/volunteer (s)	Hours volunteered
1	Haruru and Ching Lee	46
2	Patrick Gammell	32
3	Tim and Cynthia Loo	24.5
4	Jun Qi	21.5
5	Yang Zhang	19
6	Dan Dube	12
7	Alex and Judy Wong	10.5

A huge thank you to all of the parents who pitched in their time! Many thanks to **Rob Dupcak** for keeping track of our team's parent volunteer activity. If you volunteered but did not sign up on the team website, please contact **Rob** to have your efforts counted.

MWYS Winners at HAY PTP Swim Meet

Post-Thanksgiving-Pentathlon (PTP) meet was hosted by the HAY Lightning swim team at Milford High School: MWYS swimmers had an outstanding performance at this meet. MWYS swimmers clinched most of the trophies awarded to the top three swimmers in various age groups.

Age Group	Girls	Boys
8 & under	Evie Gao (1 st place) Serena Loo (2 nd place)	Jack Galalis (2 nd place)
9-10	-none-	Kevin Jia (3 rd place)
11-12	Ava Wong (1 st place) Sisi Wang (2 nd place)	-none-
13-14	Ava Yablonski (1 st) Laura Dube (2 nd place)	Marcel Liu (1 st place) Edward Gao (3 rd place)
15 & over	Sarah Doherty (1 st place) Alexi Wong (2 nd place) Sophia Wong (3 rd place)	Anthony Xue (1 st place) Jiming Xu (3 rd place)

- March 8-10, 2019
15-18 USA Age Group Championships
WPI, Worcester, MA

- March 15-17, 2019
Silvers USA Meet
WPI, Worcester, MA

- March 22-24, 2019
NE YMCA Championships
MIT, Cambridge, MA

Useful weblinks

**MWYS
Stingrays
home page**

NE Region

A total of 15 MWYS swimmers returned home with a trophy and several MWYS swimmers had high rank finishes.

Congratulations winners! Well done!



YMCA
Swimming

New
England
Swimming

USA
Swimming

Contact Us

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

dsbangari@gmail.com

Annual Swim-a-thon Fundraiser

Fourth annual Swim-a-thon of the Stingrays was held on November 11, 2018 at the Regis pool. We had 86 total swimmers complete the swim-a-thon - our largest group ever! Our team swam over -133 miles - 17 miles more than last year. We raised over \$3000 in donations. In the past, our team was able to raise \$4772, \$4143 and \$3987 in 2015, 2016 and 2017, respectively.



The funds raised are used for a number of key activities of the team including purchase of common use swim equipment, contribution to the YMCA annual campaign (which also funds swim team fees of families in need), fund team activities, awards etc.

Many thanks to the swimmers and parents who participated in this important fundraiser for the team. Help of all the coaches and parent volunteer is greatly appreciated.

SAFE SPORT Presentations at the Y

On November 3, MWYS swimmers and parents participated in the Safe Sport seminar/workshop. The seminar was given by NE Swimming Athlete committee member, Connor Fitz Miller of Kingfish and his mom. Connor is a Senior and will be attending Miami University. He has been actively involved in Safe Sport and has been giving workshops to several other teams.

Haruru Lee, our Safe Sport Coordinator organized this workshop.



A total of 33 swimmers participated in this event. They were divided into teams and performed hands-on activities related to the principles of Safe Sport. It turned out to be a fun team building event.

10 & unders (16 of 52 swimmers attended)

Daragh Gammell, Evie Gao, Caroline Ho, Caroline Specht, Matthew Spalding, Serena Loo, Benjamin S, Sayomia Lee, Manalia Lee, Evan Giang, Katherine Zhang, Ayla Lin, Kevin Li, Serena Lin, Mia Zhao, Lidia Qi

11 -14 years old (14 of 51 swimmers attended)

Ethan Pham, Norah Pham, Jeffrey Zhang, Sophia Zhang, Derek Qi, Sarah Shentu, Aila Lee, Finan Gammell, Ivan Cheung, David Soong, Edward Gao, Michelle Li, Sam Shi, Alexandra Loo

15 & over (3 of 18 swimmers attended)

Alexi Wong, Allen Cheung, Brian Cheung

Parents session was held separately from the swimmers session. A total of 22 parents participated. For those who were not able to attend, additional sessions will be organized in the future. New England Safe Sport Website (<https://www.usaswimming.org/Home/safe-sport>) offers a number of useful resources on Safe Sport. These include videos and presentations. You all are encouraged to watch these videos.

(Contributed by: Sue Soong and Haruru Lee)

Parent Committee Update

Patrick Gammell is the new chair of the swim team parent committee. Patrick has been an active member of the parent committee, is a certified swim meet official and has two kids in the swim team.

Congratulations to Patrick on his new role.

Please contact Patrick or any other members of parent committee to learn more about getting involved in swim team activities!

*We had our **annual team dinner** on Saturday, Dec 1, 2018 at Super Buffet in Marlboro. Over 150 people from the MWYS swim families gathered for annual team dinner. It was a fun event attended by swimmers, coaches, parents as well as swim families. The dinner was sponsored by the swim team parent committee.*

Got Ideas?

Swimmers, parents, coaches

Do you have any ideas or stories that you would like to share with the team via our team newsletter? We know our swimmers talent is not limited to the pool! We will be delighted to hear your ideas and include in the newsletter. Please reach out via email: dsbangari@gmail.com

Championship Meet Qualifiers

USA Senior Championship Qualifiers

Boys (# of events)	Girls (# of events)
Alex Gu (1)	Sarah Doherty (1)
Marcel Liu (4)	Laura Dube (1)
Ivan Lukashev (2)	Ava Yablonski (1)
Jiming Xu (1)	
Anthony Xue (2)	

USA Age Group Championship Qualifiers

(Information for 14 & under swimmers not yet available)

Age Group	Boys (# of events)	Girls (# of events)
10 & Under	Daragh Gammell (1)	Evie Gao (11)
	Kevin Jia (6)	
	Kevin Li (3)	
	Aexander Lu (2)	
	Ben Sawatdiphong (1)	

NE YMCA Championship qualifiers

Age Group	Boys (# of events)	Girls (# of events)
10 & Under	Jack Galalis (1)	Sona Abrahamyan (1)
	Daragh Gammell (4)	Evie Gao (9)
	Kevin Jia (8)	Julian Garman (2)
	Rex Li (7)	Caroline Ho (3)
	Aexander Lu (5)	Ayla Lin (1)
	Maxwell Qi (2)	Serena Loo (1)
	Ben Sawatdiphong (4)	
11 to 12	Ivan Cheung (6)	Arpi Abrahamian (2)
	Finn Gammell (8)	Ashwina Bangari (8)
	Brandon Liu (8)	Katelyn Huynh (2)
	Ethan Lu (9)	Keila Jalinous (2)
	Alex Qi (3)	Nora Pham (3)
	William Wang (1)	Marie Scanlon (3)
	Zack Zhang (9)	Sabrina Torrijos (1)
		Sicheng Wang (9)
		Ava Wong (10)
		Michelle Yee (2)

Age Group	Boys (# of events)	Girls (# of events)
13-14	Dominic Crissafulli (1)	Laura Dube (8)
	Edward Gao (8)	Michelle Li (2)
	Marcel Liu (8)	Sarah Shentu (2)
	Algis Petlin (1)	Ava Yablonski (7)
	Joseph Sun (1)	Irene Yang (5)
	Jeffery Zhang (8)	
15 to 18	Armen Abrahamian (3)	Beverly Brion (1)
	Allen Cheung (2)	Sarah Doherty (7)
	Brian Cheung (3)	Alexi Wong (5)
	JJ Dupcak (5)	Sophia Wong (5)
	Alex Gu (5)	Lily Yu (4)
	Justin Lu (2)	
	Ivan Lukashev(2)	
	Peter Lukashev (1)	
	Jacob Pierson (1)	
	Jiming Xu (5)	
	Anthony Xu (6)	
Total swimmers	31	26
