



The Stingrays Spark

July 2018

Metrowest YMCA Swim Team Newsletter

In This Issue

- 2018 Long Course Championships
- End of Long course season party information

Upcoming Events

• July 12-15, 2018

New England
Swimming
Senior
Championship:

Brown
University,
Providence, RI

10 & Under Age
Group
Championship

Harvard
University,
Cambridge, MA

• July 14-15, 2018

USA Kids
Triathlon

Happy Summer!

Dear Stingrays families-

Hope you are having a great summer. What a busy long course season it has been! The long course season for the MWYS swimmers will be over in just a few weeks. Through a bunch of meets, practice sessions at various places including weekend MIT practices for senior swimmers, school and graduations, swimming and summer camps, here we are half way through the championships.

We had a busy and productive long course season with several Stingrays swimmers making it to the championships for different age groups. We continue to grow as a team as also reflected in our ranking among New England local swim clubs. This season we also got an opportunity to co-host a LCM meet in Warwick, RI. It was a great show by everyone-swimmers, coaches, parent volunteers, and above all, the officials. We have another LCM meet to co-host in July end and we are counting on your participation.

*In the midst of all this hard work, it is important to take time to celebrate as a team. So, please mark your calendars for the end of season picnic on **August 4 2018**. Catch up on some other team happenings in this edition of the newsletter.*

*Finally, before we all take a short but much needed break from the pool, please make sure to sign up for the short course season by **July 25, 2018**.*

Go Stingrays!

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

MIT, Cambridge,
MA

July 19-22,
2018

NE 11-14 LCM
Age Group
Championships

Harvard
University,
Cambridge, MA

• July 27-19,
2018

2018 Beat the
Heat
Championship

McDermott Pool,
Warwick, RI

• August 4, 2018

End of Long
Course Season
Beach Party

Wayland Town
Beach, Wayland,
MA

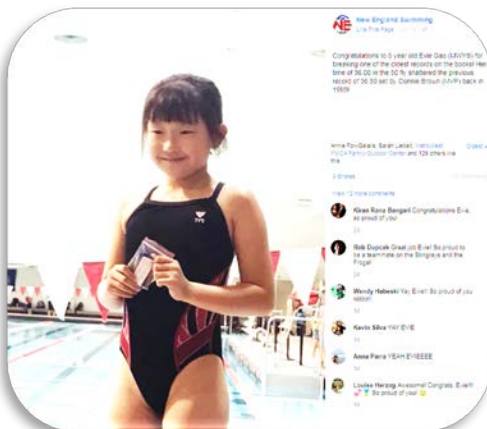
Evie Gao Sets New England Swimming Record

Congratulations to Stingrays swimmer **Evie Gao** (8) who swam her personal best in 50M Fly and set a formidable New England record at the 2018 LCM 10 & under championship. With a record time of **36.00** seconds, she shattered the 25 year old record of 36.50 set by **Connie Brown** in 1993. Evie will now be competing at zones.

What an accomplishment!

We are all very proud of Evie and wish her all the best ahead.

Screen shot from the NE Swimming Facebook page. <https://www.facebook.com/nswim/photos/>



MWYS Swim Team's Progress in Recent Years

As shown in the chart here, the MWYS team has grown significantly during the last 2-3 years. Both in the short (SCY) and long (LCM) course format, the rankings of our have grown at the local swim club (LSC; shown above), regional and national level. This remarkable growth is a reflection of the hard work put by our coaches, our talented and hardworking swimmers, dedicated parents and continued support of the team by the Metrowest YMCA administration. We now have to sustain the momentum!



[Data by Dan Dube; Graphic: Dinesh Bangari]

Useful weblinks

MWYS
Stingrays
home page

NE Region
YMCA
Swimming

New
England
Swimming

USA
Swimming

MWYS Long Course Season in Pictures



Above: MWYS swimmers and coaches gathered for an impromptu farewell party for coaches Amanda and Max.

Below: MWYS co-hosted an LCM swim meet with Kent County YMCA swim team at the McDermott Pool



Coach Lavinia checks out the concession stands



Cindy Loo hands out ducks to heat winners



Many MWYS officials and volunteers helped during the meet.

Below: MWYS officials and coaches at a long course meet at the Brown University pool.



2018-19 Short Course Registration

Before going for the summer recess, please make sure to sign up for the 2018-19 short course season. You can do it on-line or at the YMCA service desk. Please follow directions in **Sue Soong's** email sent on **July 17th** via teamunify.

Contact Us

Comments,
suggestion or
newsworthy item
for the newsletter
can be sent to:
dsbangari@gmail.com

MWYS Swimmers at the LCM Age Group Championships

Congratulations to the following Stingrays swimmers who will be representing the MWYS at the 2018 LCM age group championships happening over the next few weeks.

Age group	Girls	Boys
10 & Under	Evie Gao Katelyn Huynh	Ivan Cheung Daragh Gammell Kevin Jia David Soong
14 & Under	Ashwina Bangari Sissy Wang	Dominic Crisafulli Finn Gammell
11-12	Ava Wong Michelle Yee	Brandon Liu Ethan Lu
13-14	Laura Dube Michelle Li Ava Yablonski	JJ Dupcak Edward Gao Marcel Liu Jeffery Zhang
Seniors	Sarah Doherty Laura Dube Ava Yablonski	Armen Abrahamian JJ Dupcak Marcel Liu Ivan Lukashev Jiming Xu Anthony Xue Chance Yan

We Need Parent Volunteers!!

Success of our swim team is possible because of the commitment and motivation of our parent volunteers. If you would like to volunteer in the team activities, please get in touch with **Dan Dube**, **Sue Soong** or any other MWYS parent. We need you!

2018 New England Kids Triathlon

Sunday, July 14, 2018



The 7th Annual New England Kids Triathlon was held at the MIT athletics complex in Cambridge on Sunday, July 15 2018. More than 20 MWYS swimmers participated in the event.

Congratulations to all the Stingrays triathletes.

Special congratulations to **Angela Noyes** (11) and **Laura Dube** (14) for finishing among the top 3 triathlete finishers in their respective age groups.



Laura Dube, 14 (left) finished 2nd place and **Angela Noyes**, 11 (right) finished 3rd place in their respective age and gender groups. Over 20 MWYS swimmers participated in the triathlon this year.

Stingrays coach Annie Lam and parents Jilin Pan, Kiran Bangari, and Dinesh Bangari volunteered at this fun event.

Well done Stingrays!

End of Long Course Season Party

Saturday, August 4, 2018

As we plan for the successful end of the Stingrays Long Course 2018 season, we are already looking forward to a fun and relaxing afternoon at the Wayland Beach on

Saturday, August 4th from noon-6pm for the Pot Luck BBQ.

Rain Date, Sunday, August 5th.

Here are some details:

Registration Deadline: July 28, 2018

Job Signup Deadline: (till midnight)

August 3, 2018

LOCATION: Wayland Town Beach (It is Lake Cochituate, but not the State Park)

26 Parkland Drive Extension

Wayland, MA 01778

WHERE: We need a set up crew to come a earlier (11am) and set up our area in the shaded pine area on the far left of the beach and take over picnic tables for our group.

WHEN: Beach is open from 10-7pm
Party scheduled to start around noon, but feel free to come before, especially if you are bringing critical food/supplies.

ADMISSION: Free and ample parking. When you get to the entrance gate, you must mention that you are part of the "Stingray YMCA Swim Team" and the entrance will be covered by our Stingrays Team Fundraising, but if you have a Wayland Beach tag please use it to reduce our overall costs.

WHAT TO BRING: Hoping for good weather, you will need typical beach gear - bathing suits, sunscreen, towels. Feel free to bring beach chairs...there are some and there are picnic tables, but chairs are a good idea. There is a swimming dock, volleyball court (bring a ball if you have one), basketball court, playground (great for little kids), beach house with bathrooms and snack bar. You can rent kayaks, canoes and paddleboats for \$15/hour.

FOOD & DRINKS: Please sign up on our site for items you can bring for the group. We are expecting most families to join and we need set up, BBQ and clean up crews. ***Please bring your food and drinks in containers that will keep them cool.....anyone who has extra coolers, feel free to bring them. We should make sure we keep the meats cool as well until the BBQ is ready. Also please bring any serving utensils for items that you are bringing if needed (salads etc).***
