



The Stingrays Spark

March 2018

Metrowest YMCA Swim Team Newsletter

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- 2018 championship season highlights
- Long course 2018
- End of season party information

Upcoming Events

- **07 April 2018:**
Stroke & Turn
Official's Clinic

11:30 AM - 1:00 PM

Metrowest YMCA

- **07 April 2018:**
Starter
Official's Clinic

1:30 PM - 3:00 PM

Metrowest YMCA

Happy New Year!

Dear Stingrays families-

As the 2017-18 short course season just ended, we bring to you in this edition of the newsletter some highlights of our team's performance at the various YMCA and USA championships. We are very proud of the progress that our team has made. Our team's performance at the recent championship meets is a testimony to the fact that MWYS is a team of talented and hardworking swimmers, dedicated coaches and committed parents. There were several New England YMCA records that were broken by MWYS swimmers. We will bring those to you soon in a separate communication.

Our long course season will begin soon and we hope that you get some time to relax before we transition to the long course practices. Practice schedule is included in this newsletter and you can always refer to the teamunify website.

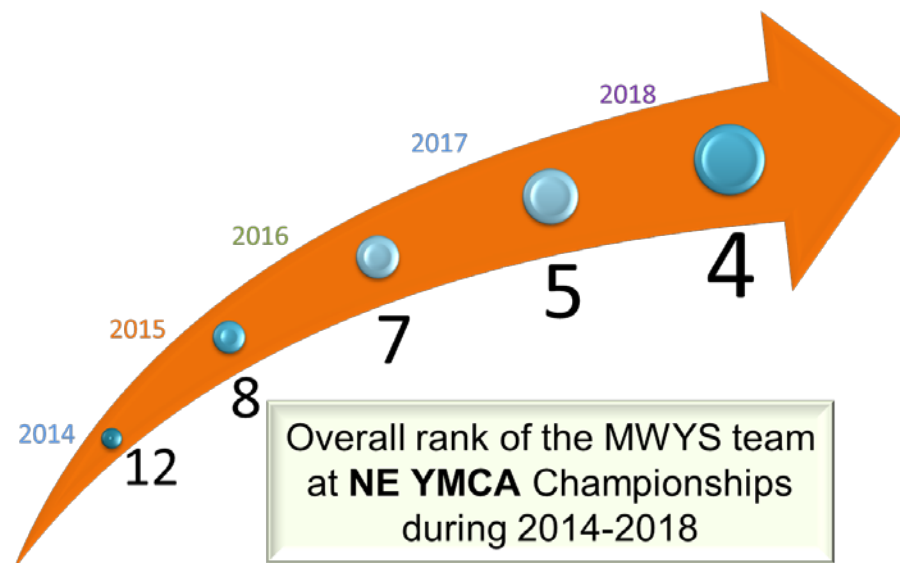
*To celebrate accomplishments of our swimmers and also the hard work of all of the team- coaches, officials, volunteers and families, please do join us for the end of short course season party on **April 7th** (details on page 8 of this edition). We look forward to seeing you there!*

Go Stingrays!

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

2018 Short Course Championships

Our team finished at 4th place overall both in the Eastern Mass District YMCA Championships and the New England YMCA Championships. Our 4th place finish at the NE YMCA Championship is best so far. It also shows how we have come a long way from our 12th place finish just a few years back. This progression is an outcome of our team's planning, strategic vision, alignment between coaches and parents and constant support from the Metrowest YMCA administration. Of course, our 100+ swimmers worked hard to make this happen. Well done Stingrays! Keep it up!



Our team also had a decent presence and performance at the USA age group championships. We finished overall 11th in the 11-14 age group. Many of our 10 & under age group swimmers made it to the top 20 swimmers in several individual and relay events. See results table on pages 3 and 4 for details.

2017-18 CHAMPIONSHIP RANKS of MWY STINGRAYS				
Age group		Eastern MA District YMCA	NE- YMCA	Age Group USA
8 & under	Girls	4	6	13
	Boys	5	8	
9-10	Girls	4	11	
	Boys	5	6	
11-12	Girls	5	10	11
	Boys	2	2	
13-14	Girls	3	5	
	Boys	2	3	
15-18	Girls	6	18	32
	Boys	17	12	
Overall Team Rank		4 (of 27 teams)	4 (of 64 teams)	

• 07 April 2018:

Swim Team Party

6:00 PM - 8:00 PM

PINZ Entertainment

110 S Main St,
Milford, MA
01757

• 04 May 2018:

Specialty

Long Course Meet at MIT

May 4, 2018
(04:00 PM) - May
6, 2018 (07:00 PM)

Short Course Championships: 10 & Under

Stingray 10 & under swimmers enjoyed the championship meets both in and out of the pool. It was a good opportunity for families and swimmers to spend some quality time with their team.



MWYS Swimmers at USA Age Group Championships

Check out on the next two pages for some of the top performances of Stingrays swimmers at the 2018 short course Age Group Championships.

Girls:

Especially worth mentioning are the **4th place finish** in 200 medley relay and **9th place finish** in 400 yard free and by our **10 & under girls** teams of **Sabrina Torrijos, Alexandra Loo, Arpi Abrahamian, Evie Gao and Angela Noyes**.

In individual events, **Ava Wong (11)** and **Sabrina Torrijos (9)** had their top finishes of **8th place** in 200 back and **9th place** in 50 back, respectively.

Evie Gao (10 & under girls), **Arpi Abrahamian** (10& under girls), **Ashwina Bangari** (11-12 girls), **Ava Wong** (11-12 girls) and **Ava Yablonski** (13-14 girls) also finished among the **top 20 swimmers** in their individual events.

Useful weblinks

MWYS
Stingrays
home page

NE Region
YMCA
Swimming

New
England
Swimming

USA
Swimming

MWYS GIRLS AT NEW ENGLAND AGE GROUPS

Age group	Event	Swimmer	Place
10 & under	50 Yard Free	Arpi Abrahamian	10
	50 Yard Back	Sabrina Torrijos	9
	50 Yard Fly	Evie Gao	13
	200 Yard Free Relay	Angela Noyes, Alexandra Loo, Sabrina Torrijos, Arpi Abrahamian	10
	400 Yard Free Relay	Alexandra Loo, Arpi Abrahamian, Sabrina Torrijos, Evie Gao	9
	200 Yard Medley Relay	Sabrina Torrijos, Angela Noyes, Evie Gao, Arpi Abrahamian,	4
11– 12	100 Yard Back	Ava Wong	14
	200 Yard Back		8
	200 Yard IM		13
	400 Yard IM		20
	200 Yard Back	Ashwina Bangari	19
13–14	50 Yard Freestyle	Ava Yablonski	14
	200 Yard Free Relay	Lily Yu, Sophia Wong, Laura Dube, Ava Yablonski	15
	400 Yard Free Relay	Laura Dube, Lily Yu, Sophia Wong, Ava Yablonski	16
	200 Yard Medley Relay	Sophia Wong, Laura Dube, Ava Yablonski, Lily Yu	15
	400 Yard Medley Relay	Sophia Wong, Laura Dube, Ava Yablonski, Lily Yu	13

Contact Us

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

Boys:

Our relay team of 10 & under boys (**Derek Qi, Kevin Jia, Ivan Cheung and Zack Zhang**) finished at **8th place** in 200 free relay and **9th place** in 200 medley relay.

Our 11-12 boys had the best team performance with high finishes in both individual and relay events. **Marcel Liu** was the **top finisher** in 50 fly, 100 fly, 200 fly and 400 IM events. He finished **2nd and 3rd** place in several other events (see page 5). **Edward Gao** finished **2nd** in 100 breast and 200 breast events and **3rd** in 50 breast. The relay team of **Marcel Liu, Edward Gao, Dominic Crissafuli and Joseph Sun** was placed among the **top 3 finishers** in 200 free, 200 medley and 400 medley relays. They finished at **6th place** in the 400 free relay.

Joesph Sun (11-12 boys), **JJ Dupcak** (13-14 boys) and **Jiming Xu** (15-18 boys) also finished among **top 20 finishers** in their individual events.

MWYS BOYS AT NEW ENGLAND AGE GROUPS

Age Group	Event	Swimmer	Place
10 & under	50 Yard Free	Ivan Cheung	19
	50 Yard Breast	Kevin Jia	10
	50 Yard Fly	Derek Qi	17
	100 Yard IM	Zack Zhang	17
	200 Yard Free Relay	Derek Qi , Kevin Jia,Zack Zhang , Ivan Cheung	8
	400 Yard Free Relay	Ivan Cheung, Zack Zhang, Derek Qi, Kevin Jia	12
	200 Yard Medley Relay	Zack Zhang, Kevin Jia,Ivan Cheung, Derek Qi,	9
11– 12	50 Yard Free	Marcel Liu	3
	500 Yard Free		3
	1000 Yard Free		2
	100 Yard Breast		3
	50 Yard Fly		1
	100 Yard Fly		1
	200 Yard Fly		1
	100 Yard IM		2
	400 Yard IM		1
	100 Yard Free	Edward Gao	8
	1000 Yard Free		11
	50 Yard Back		20
	50 Yard Breast		3
	100 Yard Breast		2
	200 Yard Breast		2
	50 Yard Fly		5
	100 Yard Fly		14
	100 Yard IM		5
	50 Yard Breast	Joseph Sun	16
	100 Yard Breast		19
	200 Yard Breast		14
	200 Yard Free Relay	Dominic Crisafulli, Joseph Sun, Edward Gao, Marcel Liu	3
	400 Yard Free Relay	Edward Gao, Joseph Sun, Dominic Crisafulli, Marcel Liu	6
	200 Yard Medley Relay	Marcel Liu, Dominic Crisafulli, Edward Gao, Joseph Sun	3
	400 Yard Medley Relay	Joseph Sun, Dominic Crisafulli, Edward Gao, Marcel Liu	3
13– 14	50 Yard Free	JJ Dupcak	13
	100 Yard Free		14
15– 18	100 Yard Breast	Jiming Xu	11

Short Course Championships: 11 & Over

Stingray 11 and over swimmers had a great at the championship meets. They had several excellent finishes in Individual and relay events. Both boys and girls relay teams finished at high places in many relay events during the NE YMCA Championships, thus scoring points for the whole team!



Stingrays Long Course 2018 Begins in April

We will begin long-course practice in the first week of April. Practices will happen at Regis College, Keefe Tech and YMCA.

Weekly practice schedule is shown below.

For seniors and Yellow groups there is an optional Saturday practice at MIT on certain weekends. Check the team unify website for more information.

MWYS LONG COURSE 2018 PRACTICE SCHEDULE

	MON Regis	WED Keefe	THUR Regis	FRI Keefe	SAT YMCA	SUN Regis
Senior Practice	7:00-8:45	3:45-6:00	7:00-8:45	3:45-6:00	4:45-7:00	5:45-8:00
Dry Land	None	6:00-7:00	None	6:00-7:00	4:00-4:45	None
Yellow Practice	7:00-8:45	3:45-6:00	7:00-8:45	3:45-6:00	4:45-6:00	5:45-8:00
Dry Land	None	6:00-7:00	None	6:00-7:00	4:00-4:45	None
Green Practice	7:00-8:45	3:45-6:00	7:00-8:45		5:45-7:00	5:45-8:00
Dry Land	None	6:00-6:45	None	6:00-7:00	4:00-4:45	None
Blue Practice	6:00-8:15	4:45-6:00	6:00-7:15	3:45-6:00		4:45-6:00
Dry Land	None	6:00-7:00	None	6:00-7:00	4:00-4:45	None
Red Practice	6:00-7:15	3:45-5:00	6:00-8:15			5:45-8:00
Dry Land	None	6:00-7:00	None	6:00-7:00	4:00-4:45	None
Orange Practice	6:00-7:15		6:00-7:15	3:45-5:00		4:45-6:00
Dry Land	None	6:00-7:00	None	6:00-7:00	4:00-4:45	None
Junior Practice	6:00-7:15		6:00-7:15			4:45-6:00
Dry Land	None	6:00-7:00	None	6:00-7:00	4:00-4:45	None
Little Stingrays Practice	6:00-7:15	Just dry land 6:00-7:00	6:00-7:15	Just dry land 6:00-7:00		4:45-6:00

THANK YOU to all our parent volunteers! We are counting on your continued support.

Special thanks to parents and coaches who shared team photos for this edition of the newsletter.

End of Season Party: 07 April 2018

Join fellow YMCA Stingrays to celebrate our fantastic achievements for short course season with a night out bowling!



PINZ Entertainment

[110 S Main St, Milford, MA 01757](#)

<https://pinzbowl.com/>

WHEN: Saturday, April 7, 2018

Bowling from 6- 8 PM

(get there at 5:30-5:45pm to get bowling shoes as bowling teams will begin promptly at 6:00pm)

PLEASE RSVP on our Teamunify site (edit commitment) so we know how many people are coming and we can reserve enough bowling lanes.

All bowlers must wear socks

Bowling shoes & \$5 arcade card are included for all swimmers

Parents + siblings welcome to join in on the bowling with RSVP!

We will provide complementary light food (pizza) and drinks.

Additional food & drinks can be purchased on site for regular menu pricing.

**For questions, please contact
Seta Abrahamian**