

The Stingrays Spark

August 2019

2019 Long Course Season

Dear Stingrays families,

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Hope you all are enjoying the summer season. Congratulations on enduring the practices, meets and the championships of our long course season, which in hindsight, so short☺. With the long course age group championships last weekend, the Stingrays' long course season is almost over. Almost.....because we still have a contingent of 9 swimmers who made the cut times for the Eastern Zone Championships and will be racing in Richmond, Virginia during August 7-10. Our team had good participation in 10 & under, 11-12, and 13 & over long course championships with some excellent finishes-both as individual swimmers and as an overall team. Our team's success is a result of the hard work by our swimmers and coaches, commitment and dedication of all parents, and parent volunteers. Congratulations to everyone for another excellent season. We all should take a moment to reflect on the growth of our swim team and to be proud of it!

Check out this edition of the newsletter to catch up on a few other team related news stories. Do let us know if you have any comments or suggestions for the newsletter.

We wish you all a nice rest of the summer season, safe travel and a relaxing few weeks before the short course season kicks in.

Mission of the MetroWest YMCA Stingrays

Metrowest YMCA is a competitive swim program that focuses on stroke development and swim technique in a fun, safe, healthy and positive environment while emphasizing values such as healthy living, respect, friendship and teamwork.

MWYS Swimmers at Long Course Championships

The Stingrays swimmers wrapped up the long course season with some excellent performances at the age group championships. Congratulations to all the swimmers who participated in the championship events. Special congratulations to the following MWYS swimmers who scored points in their respective age groups.

At the 2019 Long Course Championships, MWYS was the top YMCA team for the 13-18 age group and one of the 2 top YMCA teams for the 12 & under age group.

	Girls	Boys	MWYS team rank
10 & Under	Evie Gao, Haruna Masuda	Daragh Gammell	7 (of 40 teams that scored a point)
11-12	Akina Masuda	Ethan Lu Brandon Liu	
13-14	Michelle Li	Edward Gao Marcel Liu	11 (of 45 teams that scored a point)
15-18	Ava Yablonski Laura Dube Sarah Doherty Irene Yang	Anthony Xue	

Our Top Swimmers of the LCM Season

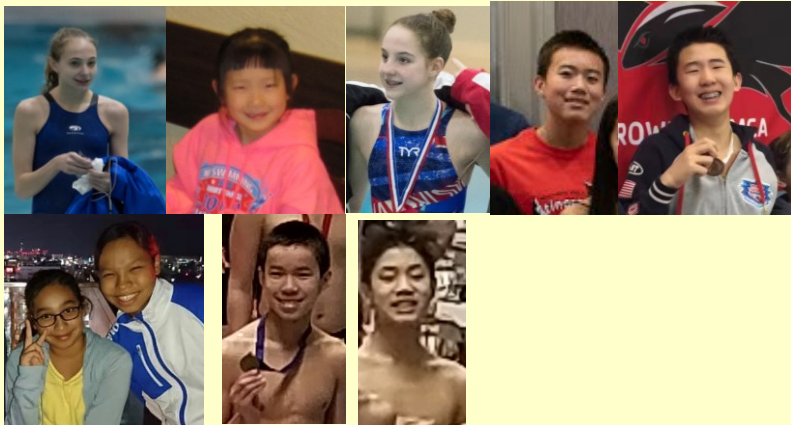
Stingray swimmers who competed at the long course championships were among the top performers in their respective age groups. Special congratulations to the following MWYS swimmers who ranked among top10 or better in their respective age groups. **Well done Stingrays!**

Congratulations!	
1	Ava Yablonski (15-18 girls)
4	Marcel Liu (13-14 boys)
4	Evie Gao (10 & under girls)
5	Akina Masuda (11-12 girls)
7	Haruna Masuda (10 & under girls)
10	Ethan Lu (11-12 boys)

MWYS swimmers competing at Eastern USA Zone Championships!

A total of nine MWYS swimmers made eastern USA zone championships cut times in three or more events. They will compete in the Zone championships during 7-10 August 2019 at Collegiate School Aquatic Center in Richmond, Virginia.

We are very proud of these swimmers and wish them best of luck for their competition!



2019 Zone Championships swimmers

- Ava Yablonski
- Akina Masuda
- Laura Dube
- Haruna Masuda
- Evie Gao
- Marcel Liu
- Edward Gao
- Brendan Liu
- Ethan Lu
- Anthony Xue*

*made zone cuts

MWYS gets USA Swimming SAFE SPORT recognition

Congratulations to everyone as our swimming team (club) has received a Safe Sport Recognized Club status. We are committed to providing a safe, healthy, and positive environment here on this team, and we have received recognition for all of our efforts to this end.

Through USA Swimming's Safe Sport Program, we submitted our Athlete Protection Policies, safeguarding procedures, and educational engagement, including

- Our travel, electronic communication, and anti-bullying policies;
- Our team honor codes and codes of conduct;
- The processes by which we recruit and train staff;
- Our communication procedures;
- And our efforts to educate about Safe Sport, abuse prevention, and healthy boundaries.

All of these items were reviewed by USA Swimming Safe Sport staff. Our Safe Sport Recognized status will run for 2 years, after which time we will be eligible to renew by reviewing all of our policies and procedures again.

We are excited to have achieved this milestone and demonstrate our commitment to providing a Safe Sport environment on this team. Many thanks to our Safe Sports coordinator **Haruru Lee**, parent volunteers, coaches, swimmers and all parents who completed the online training!

*MWYS is now a
SAFE SPORT
Recognized Swim
Club*



MWYS Swimmers participate in 1st NE Swimming Leadership Summit

Three MWYS swimmers attended the first ever leadership summit hosted by New England Swimming. **Ava Yablonski, Laura Dube** and **Ashwina Bangari** were 3 of the 43 female swimmers in New England that attended this summit held at Simmons University (Boston) on June 7-9, 2019. The summit was for female swimmers (age 13-16) with certain times, IMX scores and other factors. The swimmers learned how to be better leaders for their teams and later on in life. They were given lectures by speakers that helped the girls learn and understand the characteristics of being good leaders. The girls also attended drylands, swim practices twice a day and mindfulness sessions. The summit provided opportunities for the girls to meet new people and bond with them. Since the girls had their turn this year, next year is for the boys. So, if you are a male swimmer on our team in the age range of 13-16, keep up with the New England Swimming teamunify page for alerts and sign up next year!



Article and photo contributed by: Ashwina Bangari

Parent Committee Update

Many thanks to **Ching Lee** for taking the role of Parent Committee Chair as our current chair Patrick Gammell got a short-term work-related travel assignment.

If you have any suggestions for the team parent committee or you would like to volunteer in any capacity, please contact **Ching Lee, Dan Dube, Patrick Gammell** or other parent committee members.



Upcoming event

Short course season practice for 2019-2020 will begin from **Tuesday, September 3rd 2019**. Practices will happen at Regis, Clearbrook and Wayside pools until the Y pool reopens. Please check the teamunify website for full practice schedule and additional information.