

## MWYS SWIM TEAM NEWSLETTER

# The Stingrays Spark

October 2019

Welcome to MWYS 2019-20 Short Course

Dear Stingrays families-

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Hope you all had a great start of the short course season. With our first newsletter for this season, we would like to extend a warm welcome to all returning Stingrays families and all new members who joined us this fall. Once again, our current team is comprised of just over 100 talented, hardworking swimmers, dedicated coaches, committed parents and a nimble committee of parent volunteers.

In this introductory edition of our newsletter, we have compiled information about team coaches, captains, and parent swim officials. Check out other recent team happenings and upcoming team events including the virtual YMCA meet and our annual fundraiser swimathon.



As always, we are looking forward to your involvement and help with all of the team activities including volunteering at the swim meets. We are also looking for new parents to consider becoming swim meet officials.



Finally, we all eagerly await reopening of the Y pool later this month...it's been so long..!

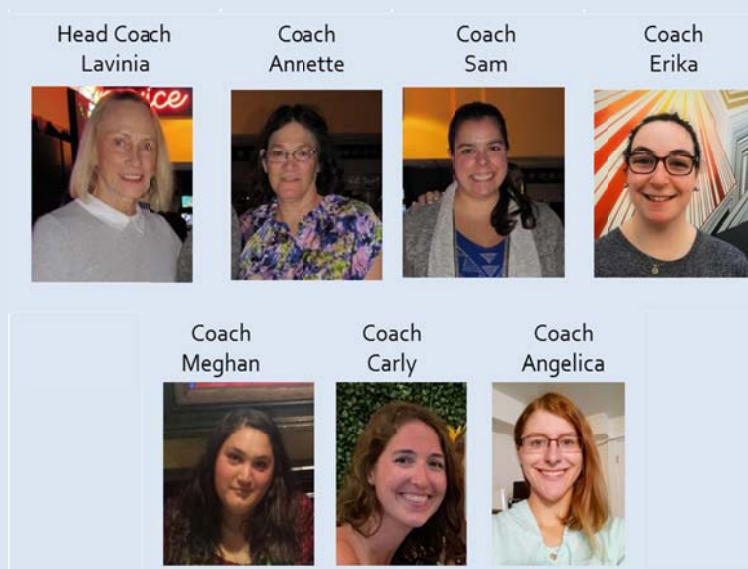
Let us know your comments, feedback or stories to share for next editions of the newsletter.

Go Stingrays!

### 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 Coaches



*To know more about our coaches, please check our team website.*

## MWYS Captains

Girls		Boys	
<b>Ava Yablonski</b> 	<b>Laura Dube</b> 	<b>Armen Abrahamian</b> 	<b>Brian Cheung</b> 
Sherborn HS	Framingham HS	Wayland HS	Natick HS

## MWYS Parent Swim Officials

MWYS Parent volunteers who are certified USA meet officials



1. Xiaoren Chen
2. Dan Dube
3. Patrick Gammell
4. Bin Jia
5. Ching Lee
6. Haruru Lee
7. Bo Li
8. Peter Liu
9. Tim Loo
10. Jun Qi
11. Yimin Shen
12. Bingming Shentu
13. Jingsong Wang
14. Yunyan Wang
15. Xiu Feng Pan

## MWYS swimmers at 2019 NE Top Ten Award Banquet!

**Congratulations** to the following MWYS swimmers for being among the **Top 10 NE USA swimmers** for the 2018-19 season!

- Evie Gao
- Haruna Masuda
- Katelyn Huynh
- Akina Masuda
- Ashwina Bangari
- Laura Dube
- Ava Yablonski
- Kevin Jia
- Brandon Liu
- Ethan Lu
- Edward Gao
- Marcel Liu
- Jiming Xu



*MWYS top Ten Swimmers with coach Lavinia, Annette, Sam and Erika, family members and the keynote speaker at the event- Olympian NE swimmer **Laura Sogar**.*

MWYS USA swimmers who were among the top 10 swimmers in various age groups for the 2018-19 season were recognized at the annual New England Swimming Award Banquet held on October 06, 2019 at the Newton Marriott.

## Stingrays families Go Apple Picking

Several MWYS families made it to our annual team tradition of apple picking that was held on Sunday, Sept 22nd. It was a perfect day to pick fruits while spending quality 'off-the-pool' time with friends, families and coaches.



*Photos courtesy: Seta Abrahamian*



## Our 5<sup>th</sup> annual fundraiser: The Swimathon

Fifth annual Swim-a-thon of the Stingrays will happen on **November 10, 2019** at the Regis pool. All swimmers will participate in this fun team event that is also our biggest fundraiser. **In the past, our team raised \$4772, \$4143, \$3987, and \$4295 in 2015, 2016, 2017, and 2018 respectively.** With the help of parents, families, coaches and, of course, the Stingrays swimmers, we are looking forward to another successful year.

Our goal this year is to raise **\$4500.**

Funds raised from the swimathon 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.



Please check with your swimmers for their Swim-a-thon distance goals and help them get fundraising pledges (per lap or lump sum) from families, friends and neighbors. Parent volunteers will also be needed for counting the laps on the day of the swim-a-thon. ***For more information, please check the team website or contact the coaches.***

## Upcoming events

October 19-20, 2019	The YMCA Virtual meet in Warwick, RI
November 10, 2019	The 5 <sup>th</sup> Annual Swimathon at Regis College
November 15-17, 2019	SSYS USA/YMCA meet at the Hancock Lincoln School, Quincy
December 01, 2019	The HAY meet USA/YMCA in Milford, MA
December 06-08, 2019	Candy Cane USA meet at Keefe Tech, Framingham
December 14, 2019	Yankee Swap and Team Dinner
December 19-22, 2019	NE Senior Championships, Brown University, RI
December 30, 2019	USA Distance Meet, Milton, MA
January 3-5, 2020	BYB Invitational YMCA/USA, Reading, MA

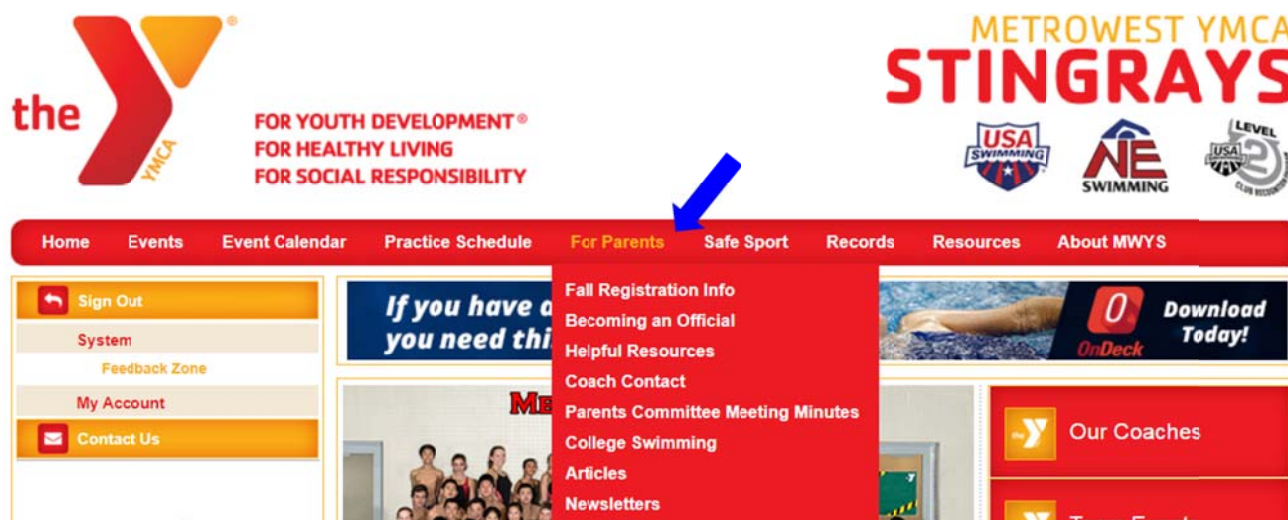
We are always looking for parent volunteers to get involved in a variety of activities beyond officiating and timing at the meets. We are a volunteer run team and our strength comes from the army of dedicated parents. For more information on how you can get involved, please reach out to parent committee chair **Ching Lee** or **Dan Dube** or any of the following members of the parent committee.

### MWYS Parent Committee

**Ching Lee, Dan Dube, Seta Abrahamian, Dinesh Bangari, Rob Dupcak,  
Jessie Lu, Haruru Lee, Chart Sawatdiphong, Xiu Feng Pan,  
Cindy Loo, Tim Loo, Peter Liu, Patrick Gammell**

## Useful Resources for Parents

Our team website has a number of useful resources for both swimmers and parents. In addition to practice schedule, meet information; check out the newly curated website. You may want to check out the **'For Parents'** tab (shown below) to dig into a number of useful documents, old newsletter and other useful links. Many Thanks to **Jessie Lu** and **Dan Dube** for their help in gathering this useful documents/links and curating the website.



If you have not explored the team website recently, we strongly encourage you to give it a shot. You may find answers to many of your questions that you always wanted to ask but didn't know where to look and who to ask. We will be happy to hear your feedback!

[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=mwys](https://www.teamunify.com/Home.jsp?_tabid_=0&team=mwys)

## Interested in Running?

A number of MWYS parents and swimmers will be running the **25th Annual Framingham Turkey Classic 5K Road Race** to be held on **Thanksgiving Day, November 28, 2019**.

It sure will turn out into another fun-filled, team event for the Stingrays. So, if you are registered for the race or interested in registering let us know. We even have a group of parents that runs during on some of the swim practice days.



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