



# The Stingrays Spark

October 2018

Metrowest YMCA Swim Team Newsletter

## 2018-19 Short Course Season

### Upcoming Events

- **Oct 19-21, 2018**

**SSYS USA  
Swim Meet**

Lincoln-Hancock  
Community  
School, Quincy  
MA

- **Oct 28, 2018**

**Virtual YMCA  
Meet**

Regis College,  
Pool

- **Nov 3, 2018**

**SAFE SPORT  
presentation by  
New England  
Swimming**

Metrowest YMCA  
(Gym),  
Framingham, MA

- **Nov 11, 2018**

**Swim-a-thon  
Annual  
Fundraiser**

Regis College  
Pool

*Dear Stingrays families-*

*We hope you all had a smooth start of the short course swim season and are preparing well to handle the changing weather as well as swim meets and other team events that the short course season brings with it. Our team of 119 strong swimmers is the largest it has ever been. We extend warm welcome to several new swimmers who joined in various practice groups. Our practice schedule is running smoothly with five coaches at multiple sites. With 15 swim meet officials and a cadre of excellent parent committee members and volunteering support from all of the swim families, we are looking forward to an exciting season.*

*As mentioned in the last edition of the newsletter, our team has made phenomenal growth both in size and performance over last few years. It is a pleasure to share the news that our team was also able to raise good funds this year. Our team account balance is about 3-times of what it was at this time last year. Thanks to the tireless efforts of the parent committee led by Dan Due and unwavering support of parent volunteers, officials and coaches that made this possible.*

*In this edition of the newsletter catch up on some of the recent team events and read about a few that are coming up. Keep an eye on your Inbox for more information about fun events like **Team Dinner** and **Holiday Yankee Swap**. We would also like to draw your attention to two key upcoming events. The **annual swim-a-thon** coming up on November 11<sup>th</sup> at the Regis pool is one of our key team fundraisers. We strongly encourage all of you to get actively involved in the swim-a-thon fundraiser. Another equally important event is the **SAFE SPORT presentations** by New England Swimming Safe Sport Committee, to be held on November 3<sup>rd</sup> at the YMCA. More information for both of these is presented below. We look forward to your participation in both of these events.*

### **Go Stingrays!**

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

- Nov 16-18, 2018

**NSSC Specialty  
with Distance  
USA meet**

Salem State  
University,  
Salem, MA

- Nov 25, 2018

**HAY YMCA  
swim meet**

Milford High  
School, Milford,  
MA

- Nov 30- Dec 2, 2018

**Crimson  
Specialty USA  
Meet**

Keefe Tech  
Regional,  
Framingham, MA

- Dec 1, 2018

**TEAM Dinner**

Location: TBD

- Dec 6-9, 2018

**NSSC  
Trials/Finals w  
Distance USA  
meet**

MIT, Cambridge,  
MA

## Off the Pool: MWYS Swim Team Events

### MWYS swimmers at the New England Swimming Award Banquet

MWYS USA swimmers who were among the top 10 swimmers in various age groups for the 2017-18 season were recognized at the annual New England Swimming Award Banquet on September 23, 2018. The annual event held at the Newton Marriott recognized the top 10 swimmers in their age group. The following 8 swimmers represented the MWYS contingent at the event along with their families and coaches Lavinia, Annette and Sam.

**Ivan Cheung , JJ Dupcak, Fin Gammell, Edward Gao, Kevin Jia, Marcel Liu, Ava Wong, and Jiming Xu**



*Congratulations swimmers. We are so proud of your accomplishment!*

### The Stingrays go for Apple Picking

After kicking off the short course season with regular practices at the Y, Keefe Tech, Regis and Wayside, several MWYS families came together for an apple and pear picking event at the Honey Pot Hill Farm in Stow on Saturday, September 22, 2018. A bunch of Junior and senior swimmers, their parents and **coach Lavinia**

## Useful weblinks

[MWYS  
Stingrays  
home page](#)

[NE Region  
YMCA  
Swimming](#)

[New  
England  
Swimming](#)

[USA  
Swimming](#)

## Contact Us

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

[dsbangari@gmail.com](mailto:dsbangari@gmail.com)

enjoyed this beautiful Fall day outside the pool while picking fruits, casual chatting, and getting to know each other.



## MWYS Team Building Event

The Stingrays had their first of its kind team-building activity on September 30, 2018 at the Metrowest YMCA Family Outdoor Center in Hopkinton. This event was coordinated by MWYS parent **Sandy Dupcak**. The swimmers and coaches assembled in the afternoon at the outdoor center. Under the guidance of **coaches Lavinia, Annette, Sam and Erika**, and with help from a number of parent volunteers, swimmers in different age groups played interactive games, exchanged fun facts about each other and enjoyed the food that was generously donated by several families. It was a fun event and we will organize similar events in the future based on the feedback received. Many thanks to all those who attended the event, volunteered, and donated the food. A huge thank you to **Sandy** for coordinating this fun but challenging task!





*MWYS swimmers, coaches and parents during the team-building activity*



## MWYS Swim Meet Officials

Swim officials are an integral part of the sport of swimming. The meets would not run without these officials. We currently have on our team a total of **15 parents who are certified as swim meet officials**. These officials are:



**Xiaoren Chen, Dan Dube,  
Patrick Gammell, Sue Hur,  
Bin Jia, Ching Lee,  
Haruru Lee,  
Bo Li, Tim Loo,  
Jun Qi, Yimin Shen,  
Bingming Shentu,  
Jingsong Wang,  
Yunyan Wang, Alex Wong**

**Jun Qi** and **Jingsong Wang** are the two apprentices. Among these 15 officials, we have 6 who are also certified as 'Starters'. **Alex Wong** and **Dan Dube** have also completed the **YMCA Level 2** officials certification. **Dan Dube** is also certified as a meet referee.

This is an impressive list of officials from our team but it is never enough. So, please consider becoming a swim meet official. *Contact **Dan Dube, Patrick Gammell, Sue Soong, Alex Wang** or any of the officials listed above for additional information.*

## Annual Swim-a-thon Fundraiser

***Fourth annual Swim-a-thon of the Stingrays will happen on November 11, 2018 at the Regis pool. All swimmers will participate in this fun team event that is also our biggest fundraiser. In the past, our team was able to raise \$4772, \$4143 and \$3987 in 2015, 2016 and 2017, respectively. With the help of parents, families, coaches and, of course, the Stingrays swimmers, we are looking forward to another successful year.***



*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.*

*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.*

## SAFE SPORT Presentations at the Y November 3, 2018

Like any other sport, competitive swimming also has its fair share of challenges, safety risks and threats. To ensure safety of our swimmers at all levels and in all situations, it is very important that all of us swimmers, parents and coaches are aware of such safety risks and the ways to prevent or appropriately handle any potential safety issues.



In this regard, the **New England Swimming Safe Sport** will be here at the Y for a round of presentations about Safe Sport to the swimmers **AS WELL AS** the parents. There will be separate presentations for swimmers of different ages and parents. Please check the teamunify website for more information about the time of the event. Many thanks to our team parent volunteer **Haruru Lee** for coordinating this event. Please contact Haruru if you need more information.

### **We Need Your Help!!**

Success of our swim team is possible only 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. No prior experience necessary!

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