



Arlington Stingrays
May 27th – July 31st, 2025
Team Handbook

WELCOME

The Arlington Stingrays extends a special welcome to all new team members and parents. The Stingrays are the summer league swim team subsidiary of the USA swimming team Arlington Aquatic Club. We hope you find this program an enjoyable way to spend a part of your summer.

This handbook provides both new and returning members with important information about the Stingrays to make your participation both enjoyable and satisfying. We ask all team members and parents to please read through this handbook. When you have questions, please ask any of our coaching staff. We want your involvement to be as fulfilling and fun for you as it is for each of us.

Coaches

Head Coach	Trey Hayes (dhayes3@aisd.net)
Assistant Coach	Haleigh Brown (hbrown3@aisd.net)
Assistant Coach	Madison Pike (mpike2@aisd.net)
Assistant Coach	Daniel Sanchez (dsanche3@aisd.net)
Assistant Coach	Christian Wilson (cwilso10@aisd.net)
Assistant Coach	Madison Zdrojewski (mzdrojew@aisd.net)
Parent Liaison	Jamie Heggan (jheggan@aisd.net)

We encourage you to communicate with the coaching staff before, or after practices. During practice is not a good time because we have many swimmers in the water, and they deserve the coach's attention. As well, it can be a safety issue if the coach is not focused on the swimmers in the water. We ask you not to approach the coaches during practices, or meets (often, this will not achieve the best outcome for you, or the coach). Instead, if you have a question, or issue you can reach out to us via email, and we can schedule a time to talk.

Communication

To stay in the loop, please join our Arlington Stingrays SportsYou. SportsYou is a communication app we use for team updates.

Please use the following code: 4PVJ-2X3Z

General Information

Objective:

The Stingray's primary objective is to provide a competitive summer swim program for youth under the age of 18 in Arlington ISD. As well, it is our priority to maintain and operate this organization and team at the highest possible level of *FUN!* Your children will come away from this experience with improved skill in the water, self-esteem, and fond memories from their times at the pool.

Eligibility:

Swimmers are eligible to join if they are 18 years of age or younger on May 1st if they can swim 25 yards (one length of the pool unassisted) and not a USA Swimming Member. To join the team for the first time, a swimmer must be able to swim one length of a 25-yard pool, it doesn't have to be pretty. The swimmer just needs to be strong enough in water to cross the pool. We can teach them the rest.

New Swimmer Try-Outs:

New swimmers must try-out for the team before registering online. Try-outs are May 12th, 13th, 14th & 15th from 5:00-6:30pm. Once your child has passed the 25-yard safety test to make the team, they are invited to join a practice group based on age/ability. The coaches will determine the groupings. The registration fee must be paid, and the registration/medical release form must be completed and signed after approval from coaches. **Please do not register prior to tryouts if your child has never been on a swim team.**

Registration Fees:

It costs a lot of money to run a swim team. Unlike many organizations, our team will not ask you to do any fundraising or donate food and drinks for the concession stand. Our team evaluates the cost of operating the team for the summer and then establishes a price per swimmer that will meet our budgetary needs. Income to meet these expenses comes from registration fees. We also have several options for discounts for multi child homes and families with special needs.

Registration fees for season are: \$100 per swimmer.

Your registration fee includes the following:

- ✓ Practices from May 27th – July 31st
- ✓ Coaches' salaries
- ✓ Team swim cap
- ✓ Website access for meet results, swimmer stats, and online meet signup.
- ✓ Participation in the 1 swim meet
- ✓ Awards/Ribbons

USA Swimming fee for the season are: \$65 per swimmer.

Membership is valid for up to 150 consecutive days. This period is set by your LSC.

- Benefits:
 - USA Swimming meet participation up to and including LSC Championship meets, but not the Zone Championship level.

- If an athlete wishes to participate past their expiration date or compete in competitions higher than the LSC Championships (E.g.: Sectionals, Futures, Junior Nationals or National Championships), the athlete will need to pay the difference between their Seasonal Membership and Premium Membership. The difference must be submitted before the 150 days of the Seasonal Membership has expired.
- Requirements if 18 and over:
 - Annual completion of Athlete Protection Training (APT)

Refund Policy:

No refunds will be given after **May 31st** as league fees and accountability will have been reported and caps have been ordered.

Practice Schedule/Rules

The swimmers will be grouped according to age groups and/or ability as determined by the coach. These guidelines are to provide your swimmer(s) with the optimum opportunity for practices. Practice will be Monday, Tuesday and Thursday from 9:00 – 10:00 AM. There will be no practice the week of June 23rd and June 30th along with no practice on July 17th.

STINGRAYS 10 and under	MON, TUES, THURS	9:00 - 10:00 AM	SCY	AAC Coaches
STINGRAYS 11 - 12 Years Old	MON, TUES, THURS	9:00 - 10:00 AM	SCY	AAC Coaches
STINGRAYS 13 - 14 Years Old	MON, TUES, THURS	9:00 - 10:00 AM	SCY	AAC Coaches
STINGRAYS 15 and over	MON, TUES, THURS	9:00 - 10:00 AM	SCY	AAC Coaches
SUMMER SCHEDULE WILL BEGIN TUESDAY MAY 27TH - JULY 31ST NO PRACTICE WK OF JUNE 23RD & JUNE 30TH - NO PRACTICE JULY 17TH END OF SUMMER MEET JULY 31ST - TIME TBD				

1. Arrive 5 minutes before your practice session. Starting practice late or in the middle of a session is distracting to other swimmers and the coaches.
2. No horseplay, such as running, diving, or pushing people in the pool, etc.
3. No use of profanity or other vulgar expressions.
4. No fighting or hitting.
5. Listen to and obey all instructions from the coaches.
6. Perform the practice workout routine (sets) instructed by the coaches.
7. Obey all rules and regulations of Arlington ISD.

Swim Meets

Swim Meet Duration:

We will host a swim meet on July 31st. Warm-ups for the swimmers will be 5:00-5:30pm, and the meet will run from 5:45pm until around 8:30pm. You can expect to be there for about four hours per session. The meet will be held at the Arlington ISD Natatorium, 1001 E Division Street, Arlington, TX 76011.

Parent Participation Responsibilities/Assignments

(No experience required)

- Parent participation at a swim meet is the heart of the meet. A swim meet cannot be run without parent involvement.
- Do not worry if you do not have experience; we will train you.
- It takes thirty-two volunteers to “run” a swim meet. We would like **one** parent or child over the age of 15 from each family to work at our swim meet (we are hosting 1 meet). The “Volunteer Coordinator” will put together a signup genius for each meet. We will send out the link for everyone to select a volunteer position. We will train you.
- Please refer to the job descriptions listed on the next few pages to find a job that suits your interests.

Ready Area Coordinators (1&2) – 2 parents will line up the kids according to the heat and lane assignments on the heat sheet.

Coordinator #1 – Calls for and organizes swimmers by event and lane in the ready area. Coordinates ready area helpers. Need good lungs and high tolerance for child chatter.

Coordinator #2 – Moves full groups of swimmers from ready area to the blocks. Coordinates their helpers (at least one needed). This requires a keen eye to keep swimmers from moving up too soon and swimming in wrong events, which may cause major delays in the meets.

Ready Area Assistants – Assist ready area coordinators placing swimmers by event and lane on the ready area benches and moving swimmer groups from the ready area to the starting blocks. This is another good place to see the meet.

Timers – Time swimmers using the team provided stop watches and record the times on the swimmers’ event entry cards. Three timers will be in each lane and the Head Timer will have backup watches in the event you or your stopwatch goofs on a race. THIS REALLY IS THE BEST SEAT TO WATCH A SWIM MEET, Just know you will get wet.

Head Timer — Encourages parents to volunteer for timing during home and away meets; coordinates timers’ schedules (usually two sessions per meet); coordinates runners; starts two or three extra stopwatches for timers who may miss a start or have malfunctioning stopwatches.

Runners – A minimum of two, well-organized people collect entry sheets from timers and deliver them to the scorers’ table. This is a fast-paced, fun job during the 10 & under (25 yard) events.

Ribbon Writers – This essential job ensures all swimmers get their rewards and move on toward improved self-esteem. Ribbon Writers receive the computer printed labels from the scorers’ table and place labels on ribbons.

Floaters – Help fill in anywhere “Volunteer Coordinator” needs you.

The following positions require CCSL training. Training dates will be announced at the beginning of each season. Please see a board member if you are interested in attending training.

***Computer Operators (training required)** — Operates the computer and scoreboard. Receives scratches and substitutions from coaches and makes appropriate changes to entries.

***Starters (training required)** — Calls swimmers to the blocks, starts each heat of races, calls false starts and possibly some stroke and turns.

***Referees (training required)** — Senior official at swim meets responsible for (final authority) all decisions and rule interpretations. Starter and Referee may be the same person during a swim meet.

***Stroke & Turn Judges (training required)** — Responsible to judge (generally four lanes) the technical form of the swimmers' strokes and turns in accordance with league rules. You are responsible to disqualify and explain disqualification to swimmers to improve the swimmers' performance.

Personal Equipment

Suits and Swim Caps:

Each register team member will receive a team cap for practice and the meet.

Swimsuit Requirements:

Girls — Wear a one-piece (competition style) swimsuit to all swim meets and practices.

Boys — Wear either a "jammer" competition swimsuit, or a brief (commonly referred to as a "speedo.")

Where do we get Suits?

[BOYS TEAM SUIT](#) – Select blue

[GIRLS TEAM SUIT](#) – Select blue

Caps & Goggles:

Swim caps and goggles are mandatory. You will find that both are generally essential to a productive swim season.

Caps — For boys and girls, caps help reduce the effects of chlorine on hair. The experienced swimmer knows that caps are effective in reducing drag in the water.

Goggles — All swimmers use them. Goggles are very effective in eliminating eye irritation caused by chlorine. As well, the swimmer can see where they are going. It is a good idea to keep a few pairs of extra goggles in the swimmer's bag, or your car for emergencies.

-[SwimOutlet](#) is a quick and easy online store that delivers very quickly

We want to express our sincere appreciation to those parents, guardians, and friends who give so much of their time to this quality program for our children.