



Parent Info Night

Gold River Stingrays 2024

COACHES' MESSAGE

COACH CHRISTIE AND COACH STEPHANIE

- Welcome
 - New families stand up
- Coaching Overview
- Spring / Summer Schedule
 - Following all posted @ goldriverstingrays.org
 - Practice schedule
 - Meet schedule
 - Meet attendance counts! Must attend at least two league meets to participate in champs.
 - Mini Ray schedule



COACHES' MESSAGE

COACH CHRISTIE AND COACH STEPHANIE

- Coaching Schedule
- Practice Expectations/Equipment, etc.
- What to expect at a meet
 - Age Group Parent Lead – Adrienne Leech
 - Age Group Parents Engagement
 - Coaches select age group parents
 - The role of an age group parent
 - How you can help as a parent
- Questions or concerns?
 - christied@sparetimesportsclubs.com



LEAGUE UPDATE

LEAGUE REP – ALLIE RUIZ

- League Representative Role
- NCSL Registration - <https://www.teamunify.com/Home.jsp?team=recncsl>
 - Birth Certificates
 - Need to be readily available within 72-hours of a board audit
 - Registration Mandatory
 - Within 24 hours of first swim meet (@Laguna on 5/11)
 - June 1, 2024 – must be registered to continue to swim at meets
- We are part of the Gold Rush Conference
 - Teams include Del Norte Dolphins, Laguna Creek Gators and the Woodcreek Seawolves.

NorCal Swim League Website



PARENT BOARD OVERVIEW

BOARD PRESIDENT – KELLY REYES

- Board's Purpose
 - Deliver the most positive experience for everyone!
 - Fundraise for team expenditures - 2023 \$\$ raised helped us to invest in a new timing system, starter and custom pop ups.

****Contact Kelly Reyes if you're interested in participating in the Parent Board or filling a key position**

Board of Directors	
Position	Chairperson
President	Kelly Reyes
President in Training	OPEN
Vice President	Keith Leech
League Representative	Allie Ruiz
Social Events Coordinator	NEED ADDITIONAL SUPPORT Laura Kronbetter & Stephanie Kurtz Tamara Bish - Varsity Lead
Social Media Communications	Shannon Tarazi
Sponsorship Lead	Nastasia Hawkins
Treasurer	Club

Key Positions	
Volunteer Coordinator	Joanna Partyka - NEED BACK UP
Meet Referee	Josh Brock
Stroke and Turn	Cristina Brinzei
Starter	Keith Leech
Head Timer	OPEN
Computer	Rami Tarazi, Mark Posner & Ratnesh Raval
Age-Group Coordinator	Adrienne Leech
Ready Bench Lead	OPEN
Announcers	Brad Davis and Matt Garrison
Photographer	Sara d'Eon & OPEN (for away meets)
Hospitality Lead	OPEN
Apparel & Gear	Coach Stephanie and Natalie Davis
Publications & Newsletters	Coach Christie & Sara d'Eon
Recognition/Incentives	OPEN



VOLUNTEER COORDINATOR

JOANNA PARTYKA

Volunteer Expectations: Stingrays Handbook - Main Points

- Volunteer requirement per season = 25 credits per family
- Volunteer for 2-3 shifts during Championships at the end of season
- Sign up for your shift through TeamUnify
 - In TeamUnify - track accumulated points and receive your accountability report
- Volunteer Job Descriptions-Stingrays Handbook:
 - Each position awards credits; Ex: Timing shift = 3 credits, Ready Bench shift = 4 credits
 - If you cannot make the shift, contact volunteer coordinator; try to find a replacement
 - If you have a declared swimmer and do not sign up for meet before the cut off date **YOU WILL BE ASSIGNED A POSITION!**
 - Failure to show up or cover your shift - \$50 charge to Gold River Stingrays
 - Unfulfilled credits = \$10 per unfulfilled credit
 - Ex: Throughout the season you fulfill only 19 points. You will be charged for the remaining unfulfilled points = $25 - 19 = 6 * 10 = \$60$



VOLUNTEER COORDINATOR

JOANNA PARTYKA

Current Open Lead Positions

- Volunteer Back Up
- Head Timer
- Ready Bench Lead
- Hospitality Lead
- Social Committee
- Recognition/Incentives
 - Stingray of the Week*
 - Best Time Buttons*
 - Stung Signs*
 - Swim Buddy*
- Photographer – Away Meets

**Opportunity to earn volunteer points for families not attending meets*



APPAREL

COACH STEPHANIE

Stingrays Apparel Site



Stingrays Suit Site



- Team Apparel and Suits
 - Each swimmer receives a team shirt and latex cap (included in registration fees)
 - Suits
 - Available online through Elsmore
 - Sizing kit available for those that still need to order
 - Apparel
 - Orders due 4/14 - Store closes
 - Personalized swim caps
 - Order deadline is 4/20
 - Order on TeamUnify site – [Under Events](#)



SOCIAL EVENT UPDATE

SOCIAL COMMITTEE – LAURA KRONBETTER, STEPHANIE KURTZ & TAMARA BISH (VARSITY) **NEED MORE VOLUNTEERS!!**

- Upcoming events - mark your calendars!
 - **April 26:** Stingray Parent Icebreaker/Kids Night Out - Pickleball for All @ club
 - **June 10:** First day of summer practice kick off
 - Summer Friday Fun Days Start! (Volunteer Opportunity!!)
 - **June 14:** Dive in Movie - club hosted
 - **June 22:** Auction, Raffle and Senior Celebration
 - **June 26:** Swim A Thon- Fundraiser (Volunteer Opportunity!!)
 - **June 30:** Sunday Funday at Movement Brewing Company (Volunteer Opportunity!!)

- Survey will be sent to opt in {
- *Swim Buddies –check your email for survey for swimmer participation
 - *“We’ve Been Stung!” – team spirit yard signs- check your email for survey for family participation
 - Take pictures of your kids to be uploaded to social media sites (FB & IG)
 - Swim Meet Fundraisers – temp tattoos, shout outs and more!
 - Volunteer Opportunities
 - Will need help at all events to ensure things run smoothly – earn points!
 - National Anthem - swimmer sign up sheet

**Opportunity to earn volunteer points for families not attending meets*



COMMUNICATIONS

- Weekly team communication via email – every Monday
- Inside hallway – Aquatics board
- Stingray Website – www.goldriverstingrays.org
- Facebook
 - Gold River Stingrays Active Members Page – Private Group
 - GR Stingray Page – Public
- Instagram profile - [gold_river_stingrays](https://www.instagram.com/gold_river_stingrays)



THANK YOU TO OUR 2024 SPONSORS!!



Gold River Stingrays Swim Team 2024 Sponsorship Opportunities

Gold Level - \$1,000 donation - Only 5 sponsor opportunities available

- Banners on external club walls by pool area
- Reserved parking spot for 2024 home meets
- Reserved tent spot for all 2024 home meets
- Logo on team T-shirt and website
- Sponsor highlight shout-outs during meets

Silver Level - \$600 - Only 5 sponsor opportunities available

- Banners on external club walls by pool area
- Reserved parking spot for 2024 home meets
- Logo on team T-shirt and website
- Sponsor highlight shout-outs during meets

Bronze Level - \$300 - Unlimited sponsor opportunities available

- Banners on external club walls by pool area
- Logo on team T-shirt and website
- Sponsor highlight shout-outs during meets

If you'd like to sponsor the Stingrays, please talk to Nastasia Hawkins!!



Gold River STINGRAYS

SWIM TEAM

2/5: First Day of Strength & Conditioning
3/4: First Day of March Clinic
4/12: **Mandatory Parent Information Night**
4/1: First Day of Regular Practice
4/26: **Stingray Parent Ice Breaker**
5/4: **Time Trials**
5/11: **Meet @ Laguna Creek Sports Club**
5/18: **Meet @ Rio Del Oro Sports Club**
6/1: **Meet @ Del Norte**
6/8: **Home Meet vs Fair Oaks**
6/10: First Day of Summer Practice
6/14: **Dive-In Movie**

6/22: **Home Meet vs Johnson Ranch and Senior Celebration**
6/24-6/28: **Beast Week**
6/26: **Swim-A-Thon**
6/29: **Meet @ Woodcreek**
6/30: **Sunday Funday @ Movement**
7/15-7/19: **Spirit Week**
7/17: **Coach Appreciation Day**
7/18: **Spaghetti Feed**
7/19: **Breakfast of Champions**
7/20-7/21: **"Champs" @ Roseville**
Week of 7/22: **Awards Night (TBD)**
8/3-8/4: **MOC @ TBD**

2024 CALENDAR

