



LRR STINGRAYS

**Parent Meeting
April 27, 2025**

2025 Stingrays Board of Directors

Position	Name(s)	Email
Team Representative	Katy Kownacki	teamrep@lrrstingrays.com
Asst. Team Representative	Theresa Greene	assistantteamrep@lrrstingrays.com
Data Coordinators	Jeff Markowitz & Joe Harvey	data@lrrstingrays.com
Volunteer Coordinator	Jenny Castilleja	volunteermanager@lrrstingrays.com
Officials Coordinator	Richard Anderson	officials@lrrstingrays.com
Table Workers Coordinator	Kristen van de Graaff	tableworkers@lrrstingrays.com
Treasurer	Gloria Sim	treasurer@lrrstingrays.com
Secretary	Allison Covey	secretary@lrrstingrays.com
Concessions Director	Allison Parsons & Katie Palacios	concessions@lrrstingrays.c





**Why did you
sign up for
the LRR
Stingrays?**

**What's the
best part of
summer
swim?**



2025 STINGRAYS COACHING STAFF



Head Coach

Jett Lee



Email: headcoach@lrrstingrays.com

Assistant Coach

Samantha Rojas



Email: assistantcoach@lrrstingrays.com

Little Stingers Coach

Hannah Warnick



Email: littlestingers@lrrstingrays.com

LITTLE STINGERS

Stingrays “Learn to Swim” program

- Typical ages: 4-8
- Priorities: water safety & pool deck safety

Coach Hannah & Little Stingers Junior Coaches

- Little Stinger Evaluation: tbd
- Swimmers placed into groups based on assessment of swimmer abilities
- Practices: scheduled by group
 - 30 minutes, M-F
 - June 16 - July 18



2025 SCHEDULE



2025 PRACTICE SCHEDULE

Age Group	Afternoon Practice (May 28 – Jun 12)	Saturday Practice (June 1 only)	Morning Practice (Jun 13– Jul 16)
13-18	3:45 - 4:45	8:00 - 9:00	8:00 - 9:00
8 & Under	4:45 - 5:30	9:00 - 9:45	9:00 - 9:45
9-10	5:30 - 6:30	9:45 - 10:45	9:45 - 10:45
11-12	6:30 - 7:30	10:45 - 11:45	10:45 - 11:45

- ★ No Practice: July 4
- ★ Picture Day (No Practice): June 24
- ★ Practices after July 16 are adjusted for Divisional/All-Star Swimmers



Northern Virginia Swim League

Division 3 Teams

Little Rocky Run <i>Stingrays</i>	McLean <i>Marlins</i>	Hunt Valley <i>Stingrays</i>
Little Hunting Park <i>Gators</i>	Mantua <i>Marlins</i>	Fair Oaks <i>Sharks</i>

Division 3 2025 Schedule

Saturday, June 14 @ 9am	LRR @ McLean
Saturday, June 21 @ 9am	LRR vs. Fair Oaks (HOME)
Saturday, June 28 @ 9am	LRR @ Mantua
Saturday, July 5 @ 9am	LRR @ Hunt Valley
Saturday, July 12 @ 9am	LRR vs. Little Hunting Park (HOME)



Western Fairfax Development League

WFDL Teams

Little Rocky Run <i>Stingrays</i>	Brookfield <i>Breakers</i>	Virginia Run <i>Riptide</i>
Oakton <i>Otters</i>	Pleasant Valley <i>Piranhas</i>	Sully Station <i>Supersonic Transporters</i>

Monday, June 16 @ 6pm	LRR vs. Pleasant Valley (HOME)
Monday, June 23 @ 6pm	LRR @ Oakton
Monday, June 30 @ 6pm	LRR @ Brookfield
Monday, July 7 @ 6pm	LRR @ Virginia Run <i>IM is the first event at this meet</i>
Monday, July 14 @ 6pm	LRR vs. Sully Station (HOME)



2025 NOTABLE DATES

LRR Stingray Events

- **June 7:** Time Trials - 7:30 am Warm-ups
- **June 9:** Makeup Time Trials - 5:30 pm Warm-ups
 - limited lanes, no concessions, no rain date
- **June 24:** Family Fun Night
- **July 19:** End-of-Season Banquet

NVSL Championship Events

- **July 2:** Divisional Relays - pm @ HOME
- **July 9:** All-Star Relays - pm @ Lincolnia Park
- **July 19:** Individual Divisionals @ Hunt Valley
- **July 26:** Individual All-Star Championship @ Pinecrest

the “nitty gritty”



MEET ELIGIBILITY



- **Divisional Meets:**
 - NVSL/Saturday meet entries for each swimmer is determined using the ladder and coaches competition strategy
- **Developmental Meets:**
 - WFDL/Monday meet entries are open to ALL swimmers, with some restrictions on stroke selections
- *Swimmers may only swim each stroke one time during a “swim week” (Saturday to Friday)*

WEEKLY MEET ENTRIES

Divisional Swimmers

(Determined using the ladder and coaches competition strategy)

Two individual events on Saturday
=
1 exhibition event + IM on Monday

One individual event on Saturday
=
1 regular event, 1 exhibition event + IM on Monday

Developmental Swimmers (Open to all swimmers)

Meet entries chosen by the swimmer with coach approval if "new" stroke

2 regular events + IM

SportEngine / TeamUnify



Week at a Glance

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
POOL AM	Practice	Practice	Practice <i>swimmers notified of Saturday participation</i>	Practice	Practice <i>swimmers notified of stroke assignments</i>	NVSL meet	No Swim
POOL PM	WFDL meet		*RELAYS* 7/2 & 7/9		Pep Rally		
ONLINE	Declare swimmer for NVSL meet by midnight		Email notification of NVSL participation	Updated ladder posted (usually by 8pm)		Declare swimmer for WFDL meet by 4pm	



Important Weekly Deadlines

Monday	Midnight	Parents must DECLARE swimmer availability for the upcoming Saturday meet. <i>If NOT declared by this timeline, your swimmer will not be seeded.</i>
Wednesday	8am	Swimmers' families are notified that they have been selected to compete in the upcoming Saturday meet.
Thursday	8pm (approx)	Updated ladder is posted (after opposing team seeding is received from the Division Coordinator).
Friday	During practice	Swimmers are notified of stroke assignments for the Saturday meet.
Saturday	4pm	Parents sign up swimmers for the upcoming Monday night meet. There can be no exceptions to this timeline.



Please don't miss deadlines

- Usually not recoverable because of the processes that we're required to follow.



Monitor email closely

- Unexpected things can and do happen. Changes often have to be made with very little advance notice.

VOLUNTEERING

Our season cannot run without volunteers!!!

- Volunteer sign ups open! Sign-ups must be completed before first day of practice or your swimmer will not participate
- Volunteer requirements:
 - Stingray Families - 7 jobs per family
 - Little Stinger ONLY Families - 2 jobs per family (social events)

Other important notes:

- Make sure to check in with the volunteer coordinator when you report for duty
- You are responsible for finding your own replacement if you cannot fulfill your volunteer obligations
- Include your cell phone number when you sign up

VOLUNTEER JOBS

TIMER

*Times the whole meet.
Requires standing. Three
timers needed per lane.
Must be 18+ and wear
white shirt & navy
bottoms.*

MARSHAL

*Monitors assigned area
for safety & volume.
Wears bright vest*

CONCESSIONS

*Works the snack shack **or**
picks up/delivers ordered
items **or** mans the grill
(Monday meets). Two
shifts for open & close*

TABLES / RUNNER

*Verifies times and DQ
sheets. Assists data
coordinators.*

CLERK OF COURSE

*Makes sure swimmers are
in correct lanes.
Organizes swimmers
before the start.*

SET-UP/TAKE-DOWN

*Sets up the pool before
the meet (stacking chairs,
setting up time boards,
etc.), then returns pool to
operating status. Very
physical job.*

SOCIAL EVENTS

*Organizes and helps run
pep rallies, senior night,
family fun night, and
banquet. Set up & take
down of these events*

*****OFFICIAL*****

*Officiates meet. Requires
NVSL training. Email
Officials Manager if
interested - no other
volunteer jobs required*

If your swimmer swims in extra meets, such as relays or divisionals, you may be asked to volunteer at those meets in addition to your standard obligation

STAY INFORMED!!



LRR Stingrays Website:

<https://www.teamunify.com/Home.jsp?team=recnvsllrr>



Follow us on Instagram:

@lrr_stingrays



Join us on Facebook:

<https://www.facebook.com/groups/215004806235680/>

"Little Rocky Run Stingrays"



GO STINGRAYS!!!

TEAM SUIT

Team Suit Store through Cassel's Sporting Goods - open until May 8!



<https://littlerockyrunteamsuits.itemorder.com/shop/home/>

Not sure what size to get? Attend a sizing event after the meeting today
OR next Saturday 5/3 from 10am - 12pm at Rec Center #1
(email teamrep@lrrstingrays.com if you cannot attend and are unsure
what size to order)

SPIRITWEAR

Buy your Stingrays Spiritwear through Custom Apparel by Dana!



<https://fca309-86.myshopify.com/collections/lrr-stingrays>

Submit your order by May 22!