



Swimmer/Parent Handbook

Summer 2025

To: All the Preble County Stingrays Parents

From: Preble County Stingrays Parent Board

Welcome to the Preble County Stingrays 2025 season! We're excited to kick off another great year of swimming with the Stingrays! Our team is more than just a place to swim—we're a community that supports our local pool, promotes sportsmanship, and fosters healthy team competition.

Whether your child is new to swimming or a seasoned competitor, our goal is to help every swimmer grow and improve. We're committed to making practices and meets educational, fun, and rewarding for everyone involved. Above all, we want the Stingrays experience to be positive for the whole family. Here's to a fun and successful swim season!

We're looking forward to seeing everyone at our upcoming parent meeting on the evening of **May 19th at the YMCA**. This meeting is a great opportunity to get all your questions answered—whether they're about the team handbook, registration process, or general information about the season.

What to Expect at the Meeting:

- Review of the parent handbook and registration steps
- Overview of the season schedule and expectations
- **Parrot Sports Gear** will be on-site with team suits and swim gear
 - Swimmers can try on suits for proper sizing
 - Orders can be placed at the meeting
- Q&A with coaches and board members

You'll also find a packet included that outlines the roles and responsibilities for swimmers, families, and meet volunteers. Please don't hesitate to ask questions—returning parents are a great resource, and our board members and coaches are always happy to help.

We can't wait to get the season started with you!

We use several methods to keep parents informed throughout the season:

- **TeamUnify**: Our primary communication tool for email and text alerts. This allows us to quickly notify parents of schedule changes, meet updates, and important reminders directly to your phone.
- **Facebook**: We also post updates, upcoming events, and last-minute changes on our team's Facebook page.

Important Links:

-  **TeamUnify Website** – For online registration, job sign-ups, and general team info:
<http://www.teamunify.com/recospcsoh/>
-  **Facebook Group** – Preble County Stingrays Swim Team:
<https://www.facebook.com/groups/preblecountystingrays>

We're excited to dive into another great season and look forward to a fun-filled summer of swimming! **Go Stingrays!**

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FINANCIAL OBLIGATIONS

Number of Swimmers	Team Fee
1	\$175
2	\$230
3	\$275
Over 3	(add \$50 per swimmer)

\$40 of the fee is applied to registration fees.

If you are in need, please see a board member about our scholarship options.

PRACTICE/CLINIC TIMES

Swimmers are expected to arrive at practice a minimum of 15 minutes prior to their official “start” time. These 15 minutes will be used to stretch and do some on-land exercises before each group gets in the water.

9:00 am – 10:30 am (11 and up) arrive no later than 8:45 am

10:20 am – 11:30 am (10 & under) arrive no later than 10:15 am

10:20 am – 11:30 pm (Little Stingrays) arrive no later than 10:20 am

6:00 pm to 7:00 pm (open) swimmers must be able to swim unassisted to attend these clinics and each evening clinic will have a focus. For example, breaststroke, flip-turns, backstroke, etc

LITTLE STINGRAYS – This is designed to have little swimmers (ages 3 and up) who are not afraid of the water to learn how to swim and participate in swim meets. The only requirements are that the swimmer is not afraid of the water and that they are potty trained. There will be a special heat for the Little Stingrays at the beginning of home meets and they will receive a ribbon for this.

ATTENDANCE POLICY

Swimmers are expected to attend **all practices and meets**. If a swimmer has a conflict with a practice or a meet, it is the responsibility of the swimmer/parent/guardian to contact the coach **IN WRITING for the absence** during this conflict. Remember to give enough notice when possible.

- Attendance will be taken daily at practices, if you arrive late, it is the swimmer’s responsibility to inform their age group coach, they are there to get credit for attending practice that day.
- Club swimmers are expected to attend one practice each week, it can be a night or morning practice (if they are attending their club practice during other practices) and all team swim meets.
- **Excused absences:** Excused absences include, (but are not limited to) vacations, camps, illness, and other athletic programs. Please contact the head coach for planned absences. Excused absences will not count against a swimmer when scheduling meets. Parents should contact the coach any time a swimmer is ill and will miss practice.

- **Unexcused absences:** Poor attendance may result in a swimmer not participating in a meet. Unexcused absences the day before or on the day of a meet may result in a swimmer being removed from the relays.
- Also, you must attend 4 practices each week to be eligible to participate on the “A” relay. Both the morning and night practice counts towards the 4 practices.

SOSL Requirements: Swimmers must compete in two league dual meets to be eligible to swim in SOSL league championships.

WEATHER POLICY

Below is listed the different conditions in which water practice may be questionable/canceled. However, in all cases, swimmers should always bring swimsuits. When possible, we will use the Team Unify system and Facebook to try to notify parents, at least 30 minutes prior to the practice start time, that practice will be canceled. If you have questions, please contact the head coach.

Practices will be held on all clear days regardless of the temperature. Swimmers should bring/wear proper athletic shoes any time they are not sure if the water temperature will permit swimming (wear them every day if you’re unsure about the weather.)

Be mindful, also of which practice is canceled. Unless clearly stated, do not assume that because the first practice is canceled, the second is also. The coach will be clear of which practice(s) is/are canceled.

Cold Weather: Anytime the *air temperature* is below 70 degrees plan on the possibility of a land practice.

Rain: A practice will be canceled for rain if it is below 65 degrees, 30 minutes prior to the practice start time. Practices will be held in the rain if there is no danger of thunderstorms. In some cases, rain may be hard enough to cancel practice; the policy is that no swimming is permitted if the lifeguard cannot see the bottom of the pool due to the rain.

Thunderstorms: A practice will be canceled if there is a thunderstorm within 20 minutes of the practice start time. Practice will also be canceled if a thunderstorm develops during practice. Keep in mind, that if no rain accompanies the thunder/lightning, swimmers will do land practice in place of swimming.

NUTRITIONAL GUIDANCE

Nutrition Guide for Swimmers (Ages 3–18)

A healthy diet is essential for young swimmers to grow, train, and compete at their best. Use this guide to support your swimmer's nutrition at every stage of development.

Ages 3–6: Building Healthy Habits Focus: Balanced meals, hydration, and healthy routines

Key Nutrients: Calcium, iron, protein

Best Foods: Milk or dairy alternatives, fruits, vegetables, lean proteins, whole grains

Tips:

- Offer water frequently; avoid sugary drinks
- Provide small, regular meals and snacks
- Make food fun with variety and color

Ages 7–12: Fueling Growth and Activity Focus: Supporting energy needs and developing consistent meal patterns

Key Nutrients: Carbohydrates, protein, healthy fats, calcium, B vitamins

Pre-Practice Snacks: Banana, yogurt with fruit, toast with nut butter

Post-Practice Snacks: Chocolate milk, turkey sandwich, trail mix

Meals: Lean protein, whole grains, vegetables, fruits

Tips:

- Don't skip breakfast
- Encourage hydration before, during, and after practice
- Teach them to recognize hunger and fullness cues

Ages 13–18: Supporting Training and Growth spurts Focus: Meeting higher energy demands and fueling recovery

Key Nutrients: Protein, iron, calcium, omega-3s, complex carbs

Before Practice: Smoothie, fruit, or toast

After Practice: Wrap with protein and veggies, Greek yogurt, smoothie with protein

Tips:

- Prioritize sleep and hydration
- Avoid energy drinks and overly processed snacks
- Encourage consistent meals and healthy snacks

Outdoor Swimming and Heat-Specific Nutrition Tips (All Ages)

Swimming in the heat increases the body's fluid and energy demands. Here's how to keep swimmers healthy and energized:

1. Hydration:

- Swimmers may not feel sweaty, but they lose fluids through exertion and sun exposure
- Encourage frequent water breaks before, during, and after practice
- For long or intense sessions, use electrolyte drinks (diluted sports drinks or electrolyte tablets)
- Always send a labeled water bottle

2. Increased Energy Needs:

- Outdoor training in heat can be more physically demanding
- Make sure kids are getting enough calories from complex carbs and healthy fats
- Offer a pre-practice snack (e.g., banana, granola bar) 30–60 minutes beforehand

3. Appetite Changes:

- Hot weather can reduce appetite
- Use cool, refreshing snacks like smoothies, yogurt, frozen fruit, or trail mix
- Keep post-practice foods light but nutrient-dense (e.g., protein shake, sandwich, fruit with nut butter)

4. Vitamin D:

- Outdoor swimmers benefit from natural sunlight (vitamin D)
- Continue to support bone health with adequate calcium and vitamin D intake

STINGRAYS CONTACT SHEET

NAME	POSITION/OFFICE	PHONE NUMBER
KATELYN MEEKS	HEAD COACH 13-14 & 15-18 AGE GROUPS	937-773-2751
NICK KAUFMAN	ASSISTANT HEAD COACH/ LITTLE STINGRAYS HEAD COACH	937-336-9409
JOSEY MEEKS	LANE COACH 11-12 AGE GROUP	937-472-8926
AVA DUNCAN	LANE COACH 9-10 AGE GROUP	937-533-0064
EMMA PIERCE	LANE COACH 8 AND UNDER AGE GROUP COACH	937-582-1644
NOELLE BASSLER	LITTLE STINGRAYS ASSISTANT COACH	937-503-4571
KAJSA RUEBUSH	PRESIDENT	513-262-9037
ANNIE MARTIN	VICE-PRESIDENT	937-533-6386
TIFFANY MARIT	TREASURER	937-533-7363
JESSICA ISAACS	SECRETARY	937-733-4535
MARY-BETH BACK	VOLUNTEER COORDINATOR	937-414-7214
MICHELLE BOYD	PARENT INFORMATION COORDINATOR	937-902-3073
ADAM BENEKE	CONCESSIONS COORDINATOR	937-533-1154

VOLUNTEER REQUIREMENTS

Worker's Check Deposit: Each swim family is required to provide a \$300 worker's deposit (check or cash) to be held by the PC Stingrays and we will not cash the check. At the end of the season, if all work requirements have been fulfilled, the check will be returned or if only part of the work requirements are fulfilled, the board reserves the right to determine if a partial refund is possible. If there is a reason you cannot fulfill your work requirements, please see a board member to discuss possible options and resolutions.

Requirements: Each family will be expected to work a minimum of 6 volunteer positions over the course of the season, PLUS one Championship volunteer position **OR** a total of 8 volunteer sessions if you cannot attend Championships. Worker deposit checks will be returned at the picnic provided ALL 8 shifts have been completed.

- Each family is responsible for signing up for their volunteer positions online or in person with the Volunteer Coordinator.
- If you work a position that you were not scheduled for (example, a volunteer was ill and an immediate replacement was needed or extra help was needed at the grill), you are responsible for notifying the Volunteer Coordinator and verifying that the position is noted by the Volunteer Coordinator, so you get credit.
- If you switch positions with another volunteer, you are responsible for making sure that the Volunteer Coordinator is made aware of the changes.
- If you will be absent or have an emergency that keeps you from working a scheduled volunteer commitment, please contact the Volunteer Coordinator as soon as possible so a replacement can be found.

Exceptions:

- If you **ONLY** have a swimmer who is in the assisted swimmers **and** 6 or under, you are required to work only 2 volunteer slots at our regular meets.
- If you have physical ailments or restrictions on your volunteer abilities, please contact the Volunteer Coordinator to discuss other options as soon as possible.

VOLUNTEER POSITIONS / JOB REQUIREMENTS

1. **Official Meet Referee & Starter:** Responsible for running home meets and is sole authority for rule interpretation on judgment calls. Gives commands to swimmers to start each event. This person must know the rules and correct order of events. This person must be knowledgeable with USA Rules of Swimming and meet operation. Certification is required but training will be provided.
2. **Official Stroke & Turn Judge:** Responsible for evaluating the use of strokes and turns for each swimmer during an event. There are four total Stroke and Turn judges with two located at each end of the pool, covering the three lanes closest to them. This person must be knowledgeable with USA Rules of Swimming. Certification is required but training will be provided.
3. **Lane timer:** Three timers are required per lane using digital stopwatches (18 lane timers per swim meet or two per lane when our touchpads are operational). We must have two timers per lane (or one per lane with touchpads) at the home meets and one at away meets. Timers start their watches watching the strobe light and if the light is not visible listen for the tone. The watches are to be stopped once the swimmer has touched the wall; you must pay close attention to be sure they touch the wall. All watch times are recorded on a swimmer's lane slip and then collected by the runner to be turned in at the scoring table. Timers must make sure all watch times are recorded.
4. **Backup timer:** Responsible for backing up the timers in case one misses a start. They will have a stopwatch and must start it on time for every race. If a timer misses the start they will raise their hand and the backup timer will finish the event and record their time.
5. **Runner:** Responsible for collecting the lane slips from all timers and DQ slips from the officials and taking them to the scoring table. Runners should make sure that each slip contains the watch times.
6. **Clerk of Course:** Two volunteers needed for home meets, one for away meets. They are responsible for getting swimmers, in order by event and lane, to blocks on time, and for communicating missing swimmers to coaches/bullpen moms.
7. **Data entry/scorer.** Two volunteers needed for home meets and one for away meets. Volunteers will take the timers' sheets and input the times into the computer and run and score the events. They will also score the events as they are completed. They will also, over the course of the meet, print out labels for ribbons.
8. **Ribbon Writers:** Once the data entry volunteers print out the labels, Ribbon Writers will stick and sort the ribbons for the different teams. Typically, two volunteers per home meet is needed.
9. **Concession stand worker:** Responsible for sales of food and drinks in the concession stand.

MAY 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		27		1	2	3
4	5 Conditioning Preble County YMCA 7-8pm 9-12yr old 8-9pm 13yr & up	6 Conditioning Preble County YMCA 7-8pm 9-12yr old 8-9pm 13yr & up	7	8 Conditioning Preble County YMCA 7-8pm 9-12yr old 8-9pm 13yr & up	9	10
11	12 Conditioning Preble County YMCA 7-8pm All ages	13 Conditioning Preble County YMCA 7-8pm All ages	14	15 Conditioning Preble County YMCA 7-8pm All ages	16	14
18	19 Conditioning Preble County YMCA 7-8pm All ages PARENT MEETING 6:30PM Preble County YMCA	20 Conditioning Preble County YMCA 7-8pm All ages	21	22 Conditioning Preble County YMCA 7-8pm All ages	23	21
25	26 Memorial Day No Practice	27 Evening Practice Eaton Aquatic Center 6:30-7:30pm 10yr & under 7:30-8:30pm 11yr & up No assisted swimmers	28 Evening Practice Eaton Aquatic Center 6:30-7:30pm 10yr & under 7:30-8:30pm 11yr & up No assisted swimmers	29 Evening Practice Eaton Aquatic Center 6:30-7:30pm 10yr & under 7:30-8:30pm 11yr & up No assisted swimmers	30 Evening Practice Eaton Aquatic Center 7:30-8:30pm 11yr & up ONLY No assisted swimmers	31

June 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	3 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	4 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	5 Morning Practice Eaton Aquatic Center 9-11:30am* Intrasquad Meet 4:45pm Arrival time	6 Team Pictures Fun Friday Theme: Dress up day Coaches pick	7
8	9 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	10 Morning Practice HOME MEET vs Cardinal Hill-4:45pm arrival	11 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	12 Morning Practice AWAY MEET vs Vandalia- 4:45pm arrival	13 Fun Friday Theme: Anything but a water bottle *Retake Pictures*	14
15	16 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	17 Morning Practice AWAY MEET vs Germantown - 4:45pm arrival	18 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	19 Morning Practice HOME MEET vs West Carrolton-4:45pm arrival	20 Fun Friday Theme: Snow cones	21 Darke County Invitational AWAY *Pay Per Event Opotional
22	23 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	24 Morning Practice HOME MEET vs Idle Hour-4:45pm arrival	25 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	26 Morning Practice @Home hosted by Miamisburg 4:45pm arrival	27 Fun Friday Theme: Tie Dye Will need to bring a white t-shirt for each swimmer	28
29	30 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**					

***9:00 am - 10:30 am (11 and up) → arrive no later than 8:45 am – Morning**

***10:20 am - 11:30 am (10 and under) → arrive no later than 10:20 am – Morning**

***10:20 am – 11:30 pm (Little Stingrays) → arrive no later than 10:20 am – Morning**

****6:00 pm to 7:00 pm (open) → your swimmer must be able to swim without assistance to attend this practice – Evening**

All swim meets will start at 6:00pm. Warm-ups are at 5:00 pm for home meets, 5:30 for away meets. For home meets please be at the pool by 4:45 to help set up and be in the water at 5:00 pm. Meets are usually over around 10:00 pm excluding weather delay

JULY 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	2 Morning Practice Eaton Aquatic Center 9-11:30am* Evening Clinic Eaton Aquatic Center 6-7pm**	3 Laps for Flapjacks	4 No Practice Independence Day	5
6	7 Morning Practice Eaton Aquatic Center 9-11:30am* Evening practice Eaton Aquatic Center 6-7pm**	8 Morning Practice HOME MEET vs Forest Hills-4:45pm arrival	9 Morning Practice Eaton Aquatic Center 9-11:30am* Evening practice Eaton Aquatic Center 6-7pm**	10 Morning Practice Eaton Aquatic Center 9-11:30am* Evening practice Eaton Aquatic Center 6-7pm**	11 Fun Friday Theme: Duck Regatta	12 Championships
13 Awards Ceremony Hueston Woods Lodge Time:TBA	14	15	16	17	18	19

LEADERSHIP OPPORTUNITIES

Team Captains and **Junior Captains** are chosen from the 15-18 age group and 13-14 age group, respectively, based on their demonstration of leadership, dependability, respect, honesty, and responsibility. These leaders will be chosen after the first week of practice and must show their ability to work well with younger swimmers as well as those in their own age group. Please see the coach if you are interested in applying.

Responsibilities:

- 1) Lead stretches at practices and meets
- 2) Help with younger groups' practices each week
 - a) Captains: 3 to 4 times each week
 - b) Junior Captains: 2-3 times each week
- 3) Help at meets when needed
 - a) lead cheers, stretches, warm-ups
 - b) assist in the water with 6 and under swimmers
- 4) Help set up/take down before and after practices

Not only do these positions give you the opportunity to get to know more of your team, but these kinds of leadership positions also look great on college and job applications!

FUNDRAISING: Laps for Flapjacks

Get ready for one of our favorite team traditions—**Laps for Flapjacks!** This year's fundraiser will take place during **regular morning practice on Thursday, July 3, 2025.**

Here's how it works:

- Swimmers collect donations from family, friends, and neighbors. Sponsors can choose to donate a flat amount or pledge an amount per lap completed.
- During practice, teammates will help count laps while the coach leads a special workout that includes races and distance swims.
- After completing their practice, swimmers will be treated to a **pancake breakfast** as a thank-you for their hard work!

Important Details:

- Donation forms and collected funds should be given to a board member.
- All money raised will go toward **new equipment and team improvements.**

We'll also need **parent volunteers** to help cook and serve breakfast—so if you're available, we'd love your help flipping pancakes!

Swimmer's Name: _____

Laps and Flapjacks Fundraiser

Preble County Stingrays will be doing a fundraiser Thursday, July 3rd during practice times. This fundraiser will go toward equipment and supplies for the team. Swimmers will swim laps during practice and you may pledge a donation per lap or you may choose to give a one-time flat rate donation. Your support would be greatly appreciated! The swimmers will be able to enjoy a pancake breakfast at the end of their practice/lap time.

	Name	Phone Number	Donation Per Lap	Flat Rate Donation	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Total Laps _____ **Total Donations** _____

- Use this form when asking family, friends and community for their sponsorships. Be sure to explain what the donations are used for and smile! Go Stingrays!

DARKE COUNTY INVITATIONAL JUNE 21st

You can sign up for 4 individual events. There is an entry fee of \$10, and \$5 for each individual event. Please give your payment to a board member up to one week before the invite, however all money must be in the Friday BEFORE the invitational. They do give trophies for high points in each age group so you might think about signing up for 4 events. The team will pick up the cost if you are in a relay. **PLEASE PUT YOUR CASH OR CHECK, MADE OUT TO PREBLE COUNTY STINGRAYS, IN A SEALED ENVELOPE WITH YOUR SWIMMER'S NAME ON IT.**

PARENT & SPECTATOR GUIDELINES

To ensure a positive experience for all swimmers and families, we ask parents and spectators to follow these important guidelines:

- **Emphasize Fun and Effort**
Encourage swimmers to enjoy the sport and always give their best effort—winning is not the goal, growth and sportsmanship are!
- **Model Respectful Behavior**
Show respect to coaches, swimmers, officials, volunteers, and other families at all times.
- **Be Positive and Supportive**
Refrain from criticizing swimmers, volunteers, or coaches—uplift others with encouragement and kindness.
- **Respect Privacy of All Swimmers**
Always get permission from other parents before posting photos or videos of their children online. Photography is **not** permitted behind the swimmers' blocks.
- **Follow the 24-Hour Rule**
If you have concerns about a meet or practice, please wait 24 hours before speaking with a coach. Avoid raising issues during meets or practices unless it's an urgent safety concern. Please do not use social media to voice complaints.

PARENT FAQs

- Who and What are the Preble County Stingrays?
 - We are a summer swim team that belongs to the Southern Ohio Swim League (SOSL). We used to be known as the Eaton Swim Team but changed the name to encompass all of Preble County. This team was established in 1969 when the pool first opened. We provide a fun atmosphere for kids to learn how to swim and provide a team structure. We encourage individual sportsmanship as they compete against other swimmers.
- Are there “try-outs” for the Preble County Stingrays?
 - There are no try-outs for the team and every swimmer will get to swim. If you are able to perform all 4 strokes you will have the opportunity to be in 5 events in each dual meet (3 individual events and 2 relay events). Relays are dependent on having enough swimmers to make a relay team.

- There is a one-week trial period. If you do **not** want to join the team after the first week you will be refunded your fees and worker deposit if you have paid them, but we cannot refund any suits or swim items that you have ordered.
- Who is eligible to swim for the Stingrays?
 - We take swimmers from the age of 3 up to those that have just graduated from high school (maximum of 19 years old). The only thing we ask of the younger swimmers is that they are not afraid of the water and potty trained.
- Is there a discount for having multiple swimmers on the team?
 - Yes, the price per swimmer is adjusted for families with multiple swimmers.
- Is there a discount for families with pool passes?
 - No
- What is the Little Stingray Program?
 - It is designed for swimmers ages 3-7 that are **not** afraid of the water and potty trained. These swimmers will be able to swim in the assisted events at meets where assisted events are offered. If they do not require assistance, they can swim in 2 events: freestyle and backstroke. If they are unable to swim the full length of the pool, then an older swimmer will assist them. We also encourage swimmers with disabilities to come out and swim.
- What is a dual meet?
 - A dual meet is a meet between two individual swim teams. Dual meets make up most of the meets we participate in and are included in your yearly fees.
- When and where do the dual meets take place?
 - Our dual meets are always on Tuesday and Thursday nights. This year's schedule is included in this Parent Handbook and is also posted on Facebook. The directions and links to the away meet pools will be on the website as well as Facebook.
- What events are swam during a dual meet?
 - Medley Relay, Individual Medley Relay (IM), Short Freestyle, Breaststroke, Backstroke, Long Freestyle, Butterfly, Freestyle Relay
- What is the order of the Medley Relay?
 - Backstroke, Breaststroke, Butterfly, Freestyle
- What is the order of the Individual Medley (IM)?
 - Butterfly, Backstroke, Breaststroke, Freestyle
- What is an Invitational?
 - When 3 or more teams come together to swim a meet. We attend the Darke County Invitational each year. The order of events for this meet is a little different than a dual meet. Invites are not required but are encouraged. **There is an additional cost to attend an invitational. You will pay an entry fee and according to the number of individual events your swimmer participates in. The amount per event is determined by Darke County and will be provided to us prior to the event. All fees must be paid the day of the invite.**
- What and where are the SOSL Championships held each year?
 - Championships are when all the teams in the SOSL league come together to swim a final meet of the season to determine the Champion of the Southern Ohio Swim League.

- This year's Championships are held on Saturday July 12th at West Carrollton pool.

****PLEASE REMEMBER YOUR SWIMMER MUST COMPETE IN 2 LEAGUE MEETS TO BE ELIGIBLE TO SWIM AT CHAMPIONSHIPS. THE INVITATIONAL DOES NOT COUNT TOWARD THIS.**

- How long are the SOSL Championships?
 - This meet is an all-day meet, typically starting with warm-ups at 7:30 am. The meet starts at 8:00 am and ends around 5:00 pm. We are striving to have 100% participation this year at Championships.
- Can practice be observed?
 - Parents are able to attend practice, however, we ask that you please stay under the picnic shelter or in the grass areas by the shelter. This allows for your swimmers to stay focused on their coaches and coaches to stay focused on your swimmers uninterrupted.
 - There will be a few times during the season when you will be allowed on deck to observe your swimmer. These will be determined by the coaches.
 - If you have questions or concerns, please talk to the coaches before or after practice. You can also send an email to pcsswimteam@gmail.com and they will get back to you within a day.
- What is Sports Engine Motion?
 - This is the web-based program we use to manage the team. It provides online registration, meet sign up & worker sign up capabilities. Sports Engine Motion was formerly known as TeamUnify.
- How will we know if a practice is canceled?
 - The coach will notify all families, using a variety of different platforms, and leave a detailed message regarding which practices are canceled. They will leave an email, Facebook Post and a text message. It is imperative that you enter a valid email AND phone number (with SMS capabilities) when you register and make sure to verify BOTH.
- How do you communicate with parents and swimmers?
 - We use email, text, & Facebook. We encourage you to post pictures during the season of the swimmers to our Facebook page.
- How do I sign my swimmer up for a meet?
 - You may sign up for events using Sports Engine Motion.

****PLEASE NOTE: THE COACH HAS FINAL DECISION ON WHAT EVENTS EACH SWIMMER WILL SWIM.**

- What if I participate in other sports?
 - We have several swimmers who do other sports. We do not penalize swimmers if they are unable to attend a meet. We do ask that you let the coaches know in advance in writing. If you have a schedule of dates you will miss, please get that to a coach as soon as possible.
- Do I have to buy a team suit?
 - Team suits are not required

- Can I leave after my last event?
 - **ALWAYS** check with the head coach before you leave. Relays are set at the beginning of the meet but are swam and the end of a meet. If a swimmer leaves without letting a coach know it is very chaotic to scramble and rearrange relays at the end of the meet. **PLEASE LET THE COACH KNOW YOU ARE LEAVING.**
- What is “Clerk of Course”?
 - Swimmers **MUST** go to this area before **EVERY** individual event to line up and then be released to go to the blocks. Relays will meet at the relay bullpen.
- How do I become an official?
 - To be a Starter, Referee, or a Stroke Official there is a video and test that must be completed. There is a training that will happen during the Intrasquad meet. We encourage you to become an official because we are always in need of them. We do offer incentives for Officials as well as an Official shirt you get to keep.
- Who do I contact about completing my volunteering positions?
 - Contact the Parent Volunteer Coordinator; their number can be found in the Parent Handbook. Each family must complete a required number of assignments to be determined at the beginning of each season. In the past this has been 6 dual meet worker slots AND 1 championship worker slot or 8 dual meet slots if you are unable to work at championships. If these worker slots are not fulfilled, the family will not receive their work deposit check back at the end of the season. If you have difficulty fulfilling this requirement, please contact the Parent Volunteer Coordinator.
 - Please refer to page 9 of this Parent Handbook to see the short descriptions of the Volunteer positions. Each job assignment will be for half a meet; 1st half is events 1-40 and 2nd half is events 41-80.
 - Anyone over the age of 16 can work these assignments for the family’s credit and in some cases youth as young as 14 can fulfill slots.
- What and how much is the Worker Deposit?
 - The worker deposit is a check for \$300.00 that we take and hold until the end of the season. As long as you fulfill the required amount of worker jobs you will get this back.
 - These **MUST** be turned in by the end of the first week of practice or your swimmer will not be allowed to participate.
- What kind of end-of-the-season awards are there?
 - After Championships, there is a picnic/banquet where awards will be given out. All family members are welcome.
- Who do I contact if I want to become a board member next season?
 - We have elections at the Awards banquet. An email & Facebook post will be made letting you know what positions will be up for vote. You can let a board member know you are interested in a position and your name will be added to the ballot.

- How do I find out what my child/children are swimming at a meet?
 - You may purchase a heat sheet at the meet if available. Whenever possible, the coach will post the heat sheet to Facebook prior to the meet and you may print your own. It is encouraged that you write the event, heat & lane on the swimmer's arm or leg using permanent marker. (ex. Event 31-Heat 2-Lane 8)

E	H	L
31	2	8

- What to pack in your swim bag.
 - Sharpie, extra towels, slip on shoes, warm clothes, snacks, water, etc.
 - Swim goggles with bungee cord, swim caps, nose clips (if needed).
 - It is strongly encouraged to label everything with your child's name to eliminate confusion as many items look the same.
 - We suggest you bring at least 3 towels and a set of dry clothes for the swimmer to change into after the meet. You should bring plenty of water and Gatorade to keep your swimmers hydrated during the meet. Try to stay away from the pizza, hotdogs and other food like this until the end of the meet. Bring some power bars, protein bars or fruit to keep them from becoming hungry during the meet.
- Is there a Picture day?
 - Yes, we have a picture day. This year Picture day is on Friday June 6, 2025. Individual pictures are taken first and then a team picture will be taken.

***Any other questions you may have can be addressed by email (pcsswimteam@gmail.com), posting questions on the Facebook page, or by contacting the coaches or board members. Most veteran parents can also answer questions and are usually happy to help. There will be a board member present at most morning practices and our emails can be found on the Sport's Engine website (<https://www.gomotionapp.com/team/recospcsoh/page/home>).

As a final note, we encourage feedback from all parents. Positive and negative feedback is welcome as we are always looking to improve The Stingrays. You are our greatest ambassadors to let the community and other families know about us. As a board and coaches we want to provide a positive atmosphere for all swimmers and parents.

Our main goal is to encourage kids to try new things and have a fun time doing it!