



Sahuarita Stingrays Swim Team

Scope & Sequence

Mission Statement:

Established in 1970, Sahuarita Stingrays is a year-round swim team dedicated to the holistic development of young individuals. We pride ourselves on being an open, inclusive, and community-centric swim team aspiring to be the very best in Southern Arizona.

Core Beliefs:

1 - Team Over Self:

We prioritize the collective strength of our team over individual achievements.

Emphasizing teamwork fosters a supportive and encouraging environment for every swimmer.

2 - Character Development:

We are committed to building character in every swimmer.

Our approach involves hard work, kindness, and instilling values that extend beyond the pool.

3 - Family Unity Through Swimming:

We believe in bringing families together through the shared passion for swimming.

By fostering a sense of community, we create lasting connections among swimmers and their families.

1. Swim School Program - New to Swimming and Learning the Basics

a. Level 1: Pups (8 & Under)

The Pups group is our introductory group to the swim team for 8 & Under Swimmers. Must be able to swim 25 yards unassisted and at least 4 years of age.

- Focus on learning the basics of swimming
- Focus on side breathing for Freestyle
- Beginning step in learning how to legally perform each of the 4 stroke disciplines: Freestyle (Front Crawl), Backstroke, Breaststroke and Butterfly
- Introductions to competitive starts including diving off the side of the pool.
- Begin learning clock skills for set send off
- Gain endurance and confidence while becoming a stronger swimmer

b. Level 2: Skates (9-12)

The Skates Group is part of the Swim School Program. The Skates group is for new swimmers ages 9-12 and introduces them to swimming.

- Focus on learning the basics of swimming
- Focus on side breathing for Freestyle
- Learn how to legally perform each of the 4 stroke disciplines: Freestyle (Front Crawl), Backstroke, Breaststroke and Butterfly
- Introductions to competitive starts including diving off the side of the pool.
- Swimmers learn correct flip turns for each of the 4 competitive strokes
- Complete the dive progression for competitive swim starts progressing to diving off the swim blocks when swimmer is ready.
- Become proficient with clock skills and set send off
- Gain Endurance to complete in swim meet races of 50+yards per event.

c. Homeschool Swim Program (open to all school age students)

For swimmers who can complete one length (25 yards) of freestyle and backstroke.

- This group will work on refining those strokes while also developing butterfly and breaststroke.
- Learn to swim in a group environment
- Develop clock skills for set send off
- Develop aerobic and anaerobic capabilities.

2. Age Group Swimming - Athletes have learned the basics and participating in swimming as a sport

a. Level 3: Batrays (9-14)

The Bat Rays is part of the Stingray Age Group Swimming Program. Bat Ray Swimmers have learned the 4 competitive strokes and basic swim skills and are now progressing into the next phase of their swimming. Bat Rays participate in Junior Olympic and State Level Competitions as well as smaller local level meets.

- Work on proficiency of stroke through technique of each of the 4 competitive strokes
- Continue to progress through practicing the turns for all 4 competitive strokes
- Continue to develop skills for competitive dive starts
- Learn steps to relay swimming
- Build endurance to compete in swim meet races of 100+yards per event.

b. Level 4: Manta Rays (13 & Over)

The Manta Rays is part of the Stingray Age Group Swimming Program and is intended for High School level Swimmers and competitive middle school swimmers.

- Practice and progress the 4 competitive strokes through continued technique and skill development
- Continue to practice basic swim skills including competitive turns and dives
- Emphasize training to a greater degree
- Participate in Junior Olympic and State Level Competitions as well as smaller local level meets.

3. Senior Level Swimming - High School Aged Swimmers performing at State Level or higher level competitions
 - a. Level 5: Eagle Rays (14 & Over)

The Eagle Rays group is part of the Stingray Senior Swimming Program and is intended for swimmers competing at the state level and above. This group is for Senior and competitive middle school swimmers.

- Focused on reaching the highest levels of competitive success through high level coaching
- Incorporate a mix of every distance and stroke discipline at a very high level.
- Swimmers begin to focus on specific strokes and events where specified skill training is incorporated into daily practice.
- Learn leadership skills as they are the leaders of our squad and are expected to represent our team in the highest regard both in and out of the pool.

This scope and sequence represents the typical progression of swimmer through the groups offered through Sahuarita Stingrays Swim Team. It's important to note that the program is designed to be flexible, allowing swimmer to work at their own pace while gaining skills and experiences along the way.

Required Registration and Membership Fees (as of 11/01/2023)

\$30.00 Annual Sahuarita Stingrays Swim Team Registration

\$85.00 Annual USA Swimming Registration

Monthly Fees Per Group:

Pups \$99 per month

Skates \$109 per month

Batrays \$119 per month

Manta Rays \$134 per month

Eagle Rays \$158 per month

Homeschool 2 days a week \$50 per month

Homeschool 4 days a week \$100 per month

Required for Swimmers:

- Meet Entry Fees
- USA Swimming Membership
- Swim Suit
- Goggles
- Swim Cap
- Water Bottle
- Swim Fins (Long / Short – depending on skill level)
- Kickboard
- Swim Pull Buoy
- Swim Paddles
- Mesh Swim Equipment Bag
- Swim Parka Water Resistant Coat
- Training Headstrap Swim Snorkel (MantaRays/EagleRays)
- Swim Training Drag Socks (MantaRays/EagleRays)
- Aquatic Resistant Swim Belt (MantaRays/EagleRays)

Website:

Explore more about Sahuarita Stingrays on our official website: SahuaritaStingrays.com