

Mission Statement

The mission of the Stingrays is to provide an organized, competitive swimming program for the youth of the area in association with the Rappahannock Area YMCA of Fredericksburg, Virginia. The program encourages and emphasizes good sportsmanship, self discipline, and achievement of goals, regardless of ability, keeping in mind the philosophy of the YMCA in developing the mind, body, and spirit.



WWW.SWIMRAYS.ORG

Club Affiliations



Training Site and Coach Information

RAYS Head Coach/Executive Director

Bob Herlinger
stingraybob93@verizon.net
540-207-0846

Massad YMCA

212 Butler Rd, Falmouth, VA
Anthony Pederson - Head Site Coach
apederson13@gmail.com
703-919-5889

Rosner YMCA of Spotsylvania

5700 Smith Station Rd, Fredericksburg, VA
Andy Bertolet - Head Site Coach
swimfasternow@gmail.com
540-840-0680

Jeff Rouse Swim & Sport Center

1600 Mine Road, Stafford, VA
Dalton Herendeen - Head Site Coach
dherende@umw.edu
574-206-5532

King George YMCA

10545 Kings Highway, King George, VA
Connor Muncie - Head Site Coach
munciecmrays@gmail.com
540-903-8867

THE FASTEST SWIMMING

in the Fredericksburg Area



2018—2019 Program Guide

Why Choose Stingrays?

When choosing a year-round swim team, cost may be a factor, and while our cost is comparable to local teams, we offer more. For nearly 40 years, the Stingrays have been the premier team in the Fredericksburg area. The Stingrays have scored higher at all championship meets than any other team in the area. We train 45 weeks a year, more than any other team in the area. We offer more practice time for the upper level training groups: double training sessions during most holidays, plus summer long course training at Curtis Park and Jeff Rouse SSC. We regularly have swimmers qualify for National Level meets as well as local championship meets. Many Stingray swimmers continue to compete in college. We offer the most experienced staff, with fulltime professional coaches plus many experienced part-time coaches. We simply offer more than any other team in the area. Think of this as an investment in your child's future.

Membership and Dues

Membership dues vary with the level at which a swimmer trains. Annual dues can be paid in eleven monthly installments or in one discounted payment. All swimmers at the YMCA locations are required to be members of the YMCA. The Stingrays offers multi-swimmer family discounts, Outreach Assistance, and opportunities for scholarships.

How To Become A Stingray

If you are interested in becoming a member of the STINGRAYS, attend one of our evaluation sessions. During these sessions, we evaluate each swimmer to determine which practice group s/he belongs. It is never too late to join the STINGRAYS. You may even join during the season with prorated fees.

If you have any questions, contact Head Coach Bob Herlinger, Coach Connor Muncie (King George YMCA), Coach Anthony Pederson (Massad YMCA), Coach Andy Bertolet (Rosner YMCA), or Coach Dalton Herendeen (JRSSC).

Practice Groups

Practice groups are designed to progress by age, ability and commitment of each swimmer. Membership is open to boys and girls between the ages of 5-18. New swimmers must be evaluated before joining.

Developmental: Emphasizes the development of all four competitive strokes, including racing starts and flip turns. Swimmers age 10 & under must be able to swim freestyle and backstroke for at least 25 yards; Practice 2-3 times per week.

Age Group 2: For swimmers who have accomplished all four strokes at a competitive level. Swimmers will be introduced to nutrition, goal setting, and basic core body strengthening exercises. Ages 7-14, must be legal in all four strokes; Practice 3-4 times per week.

Age Group 1: For age group swimmers who successfully accomplish all four competitive strokes and have a desire to improve. Hard work, discipline, and goal setting will be stressed. Ages 9-14; Practice 4-5 times per week.

Juniors: Designed to transition swimmers from the age group program for entry into the Senior level. This program consists of the elite age group swimmers on the team. Ages 11-15; Practice 5-6 times per week.

Seniors: For elite swimmers on the team who are committed and consistent in training at the National level. Ages 14 or older; Practice 6-7 times per week.

Extra Team Programs

High School Prep: This program is designed to meet the competitive needs of swimmers who want to prepare for the upcoming High School season. At King George YMCA, Rosner YMCA and Jeff Rouse SCC. For ages 13 and over, as well as approved 12 year olds; Practice 4 times per week.

JumpStart: This program, available at all 4 sites is designed to meet the competitive needs of swimmers who want to prepare for the upcoming RSL summer season. Ages 7 and up must be legal in all four strokes. Practice 4 times per week.

College: The Collegiate Swimmer program is for previously experienced USA Swimming athletes that are currently swimming for their college or university team. This program is available at all 4 sites.



Evaluation Dates

**Monday, August 6th
&
Tuesday, September 4th
5:00 - 6:30 pm**

**At All 4 Training Sites
(or by appointment)**



Come Check Us Out!