

Manta Rays 2023, Welcome Back Families!





Manta Rays: Swimmers, Volunteers, The Team, The Club, The Community

Agenda-Nisa

- Manta Rays Governance
 - Mission Statement/Purpose
 - Team Handbook
 - Manta Rays Board
- Volunteering & Swim Meets
- Social
- Spirit Wear & Suits
- TeamUnify
- Calendars
- Coaching Staff



Manta Rays Purpose-Jen

- To provide an opportunity for swimmers ages 5 through 18 to **improve** technical swim ability, **encourage** and develop **good sportsmanship** and **individual integrity**, and instill a **positive and supportive team** environment for all members combined with low-key competition.
- To provide a safe, enjoyable, and well organized recreational swim team program for both members and, if space allows, non-members of Fairbrae.
- To develop community leaders through a ground-up coaching program.

Manta Rays Objectives- Jen

For Swimmers

- Provide a positive team experience
- Develop swimming skills
- Have swimmers join us again next season

For Coaches

- Clear demonstration of skills
- Responsive & positive management of swimmers
- Provide a safe and fun environment for the swimmers

For Parents

- Volunteer and help out
- Maintain our high quality family social functions
- Support the coaches and the team

Coaching Staff

2023 Manta Rays Coaching Staff

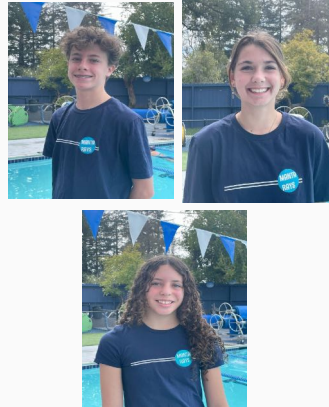
Lead Coach



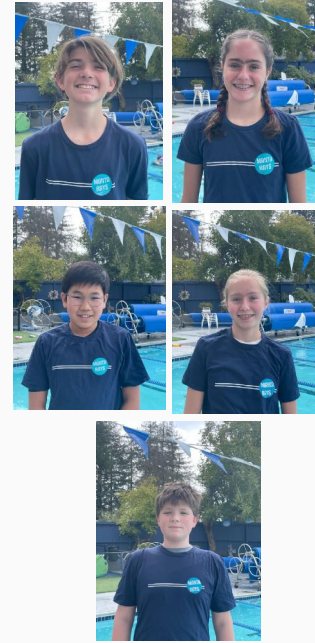
Assistant Coach



Coach In Training



Junior Coach



Managing Coach



2023 Coach Staff

Lead Coach:

Audrey Colen
Hana Daron
Danella Hohmann
Kate Jelfs
Aiden Leone
Paige Leone

Assistant Coach:

Carmen Chao
Zoe Gardner
Landen Leone
Carmen Looney
Vali Stork
Max Whalley

Coach In Training:

Carter Hickman
Philina Stork
Anna Silveira

Junior Coach:

Kylie Broeder
Marina Broeder
Preston Lee
Ilias Stork
Miles Yagi

Meet the Board Members

Thank you!!!

Huge thank you to Katherine and Susmita for organizing the food and cocktails for tonight! It's a HUGE undertaking to figure out the details for a group this large on a small budget!

THANK YOU!!!!

Secretary
Olive Huang

Manta Rays President
Adam Stephenson

Treasurer
Kristine Kelly

At Large
John Cwynar
John Mason

Meet Director
Nate Gardner

Snack Shack
Eugenia/**OPEN**

Meet Manager
Alex Marshall
Nicholas Billsborow

Coach Liaison
Jennifer
MacDermott (acting)

Social
Coordinator
Susmita Dutta

Volunteer
Coordinator
Ruchika Mehta

Meet Director In
Training
OPEN

Smart and Final
Shopper
Yvonne Chang

Costco Shopper
Jane Lee

Set Up Coordinator
Yvonne Chang

Clean Up
Coordinator
OPEN

In Training
OPEN

Registrar /
Webmaster
Diyar Essaid

Data / Results
Alex Marshall
Nicholas
Billsborow

Managing Coach(es)
Jennifer MacDermott
Nisa Leone

**PLUS:
50 Parent
Volunteers for
EACH swim
meet!**

Equipment
Adam Stephenson
Meet Set-Up
Bryan Biegel
Meet Clean-up
Nate Grassman
Awards
Liz Looney/Olive
Huang
Stroke and Turn
LC's/AC's

Fun Fridays
Regina Hickman/Katherine Quinlan

Team Overnight
Jennifer MacDermott / **Kitchen Role**
Adam Stephenson

Team Outing
Managing Coach/Coach

Welcome and Champ Dinner/
Manta Ragin
Katherine Quinlan
Spirit Week
Donna Jazayeri

Team Apparel
Kathy Mortensen/Mary Whalley

Photos / Display Case
Regina Hickman

Registration Recap

Our team by the numbers:

176 Swimmers. 68 New Swimmers. 117 Families.
We have 29 swimmers age 8 & 27 swimmers age 9!

Cancellation Window

The team is full and registration is closed.

We do have a waiting list. If you decide to withdraw from the team and want to receive a refund, the board must receive your request before Monday May 8th, 2023. All requests must be submitted via email to the board. Please do not communicate a cancellation to the coaching staff.

Fun Fact!

We will have 42 Birthdays during the season including 3 swimmers on each of May 17th, June 16th & July 15th Champs meet!

We need help!!!!

Snack Shack: Chat with Eugenia

Assistant to work with Eugenia and 2 helpers to supervise clean up and help

Meet Director in Training: Chat with Nate #1

Team Overnight: Chat with Jen

She needs a helper in the kitchen!!

Manta Rays Governance

Future Manta Rays Board Members? Nisa

Join Now!

Next Board Meeting Wednesday, May 3rd at
7:30pm here in the clubhouse.

Manta Rays Governance: Team Handbook-Nisa

Where? Team Unify website - Documents

What? 11 pages of Information

Manta Rays
FAIRBRAE SWIM TEAM

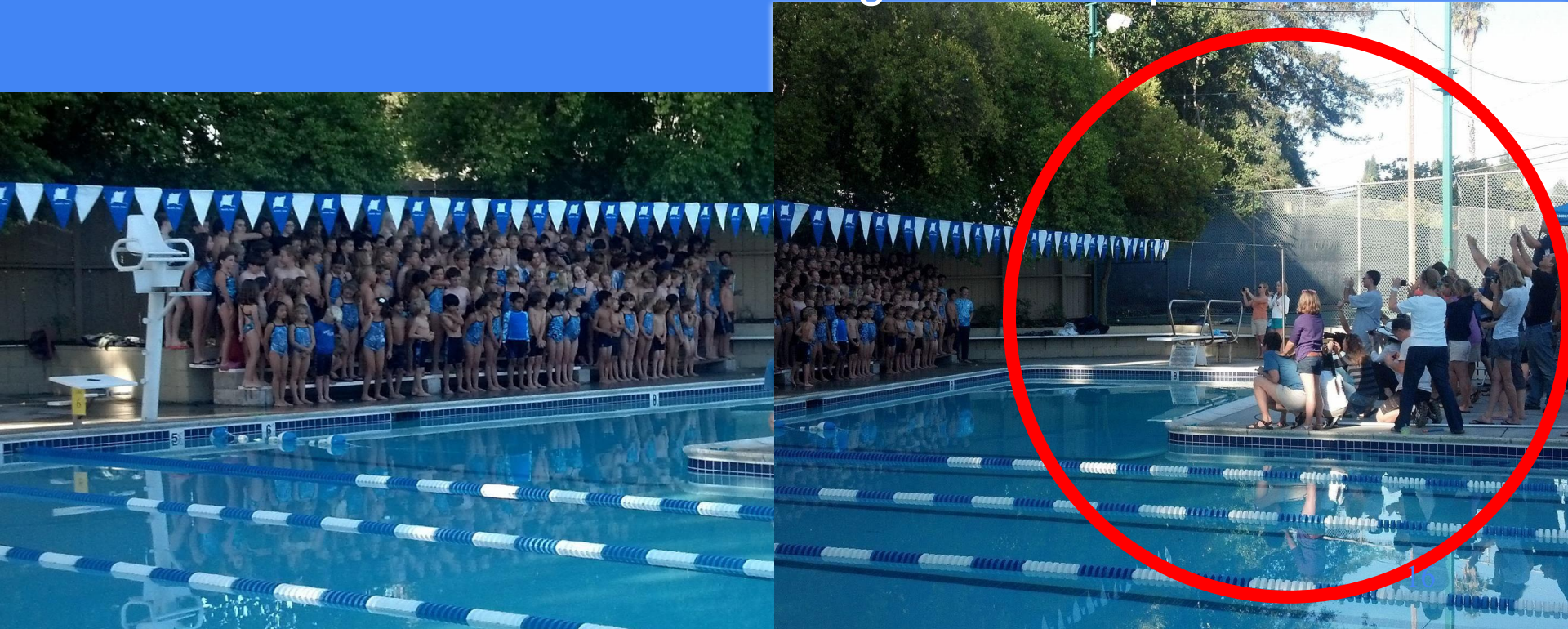


2023 Team Handbook

Volunteering

Role of volunteer coordinator?- Ruchika

Organizes this part of the team!



Volunteering



Volunteering: Ruchika

Frequently Asked Questions - Ruchika

Does *everyone* need to help out at swim meets?

- Yes! It takes a ton of volunteer power to make a meet happen. Manta Rays needs you to sign up to volunteer at every swim meet your swimmer attends.
- If you have more than two swimmers attending, the team would appreciate your family signing up for two jobs at swim meets.

Parent Volunteers

- If your child swims, you volunteer
- 50 parent volunteers needed each meet
- Social events need less, but still require support from us

Role	Number	Role	Number
	1	Snack Shack Grillers	2
1H Awards	1	2H Awards	2
1H Snack Shack Cashiers	4	2H Snack Shack Cashiers	4
1H Head Timer*	1	2H Head Timer*	1
1H Lane Timers	6	2H Lane Timers	6
1H Rounder Upper	2	2H Rounder Upper	2
1H Runner	1	2H Runner	1
1H Starter Shadow	1	2H Starter Shadow	1
Early Meet Setup	2	Post Meet Clean Up	4
Snack Shack Setup	3	Snack Shack Clean Up	2
*training required			

Volunteering

Frequently Asked Questions - Ruchika

Does *everyone* need to help out at social events?

- Social events don't take nearly the volunteer power that meets do. However, there are still jobs that need to be done. As a summer league team, we plan lots of fun social events.
- If your swimmer and your family is attending one of the social events, please check out the Manta Rays website to see how you can help. Most of the jobs are easy & fun!

Social Events for Everyone



Volunteering

Frequently Asked Questions - Ruchika

I like to plan my summer schedule well in advance. Can I sign up early and get a reminder a few days before the event?

- Job sign-ups for all Fun Fridays as well as Manta Raygin' will be posted on the website soon! **Sign up early** to host a Fun Friday or consider helping with setup and cleanup.
- Job sign-ups for swim meets will be posted 10 day before each meet, when we open the site to register your swimmer.
- Reminders will be sent out the day before.

Volunteering, A Courtesy Ask - Ruchika

If you can't make a slot that you have signed up for, **PLEASE give us as much notice as possible**. If possible, find a replacement for your job.

Family emergency? We understand, not a problem!

Please put a **contact number** on your signup slot on the website. It makes it much easier for us to find you at a busy swim meet.

Contact info: **mantarays.volunteers@gmail.com**

Social Events for Everyone -Overview

- **Welcome Back Dinner:** The Friday before the swim season begins- food and fun for the entire family
- **Team Outing at Homestead Bowl:** Friday, May 12th 4:30-6:30
- **Manta Ragin:** Fri 5/19 - food and fun for your family
- **Fun Fridays:** Starting in June the night before each swim meet! Snacks and fun for the entire family
- **Swimmers Overnight:** Sat 6/17- 7:00pm-7:00am
- **Spirit Week:** last week of the season, July 10-14th
- **Team Fundraiser:** TBD
- **Awards Banquet:** Evening of Championship meet, Sat 7/15

Social Events for Everyone

Fun Fridays: Regina

- **Fun Fridays** start in June the night before each swim meet!
- These are hosted events by our very own swim families!
- Each Fun Friday has a budget of **\$300.00** to spend on appetizers & spirits!
- We will light the BBQ's where families bring their **own** MAIN course, everyone is invited to enjoy spirits and appetizers provided by the hosting families!
- Bring your own plates, silverware and glasses to win a prize!
- We would like volunteer hosts for: **June 2, June 9, June 16, June 23, July 7**
- Log into your **TU (Team Unify) account to sign up!** It's really fun when you partner with 2 to 3 families to host.

Manta-Ragin, Friday, May 19th: Nate

- **Dinner** is served from TBD, dessert and beverages are provided! Pool is open with lifeguards from 5:30-9:00.
- After dinner we have a **“mock” swim meet**. We set up several stations to familiarize people with what a swim meet is: example stations: **timing, data, sign in for swimmers, snack shack, rounder-uppers**, and many more.
- Swimmer & parent volunteer meet signup how-to's
- Coaches show swimmers **how a swim meet works** and organize **pool games** while adults learn about volunteering.
- This event is informative for all families but especially for new families! Volunteers are needed for this event!
- AND... There is also a lot of RAGIN going on!
- **PERFECT TO LEARN HOW A SWIM MEET IS RUN! GREAT INFO-PLEASE ATTEND**

Team Outing (Land Event) & Overnight: Jen

- **Team Outing at Homestead Bowl Friday , May 12th**
 - Join the coaches at **Homestead Bowl** for a team bonding day.
 - No swim practice
 - Volunteers are needed
 - Parents can leave kids to bowl after paying or can sit and have cocktails on the patio with other parents
- **Kids Overnight at Fairbrae, Sat June 17th 7pm-7am**
 - Food, games, s'mores, movies, swimming, arts and crafts!
 - All activities are age appropriate including where the kids sleep!
 - This is a super fun night for all kids!
 - Parents are needed to volunteer throughout the night and early morning

Last week of the season = Spirit Week

- Spirit Week
 - Something fun during each practice! How many bathing suits can you put on? Wacky relays in the pool! Ice cream sundaes! Painting posters, tattoos, getting excited for the CHAMPS swim meet held at Fremont High School: 7:30am
- Team Fundraiser: TBD (Chipotle, Pizza My Heart, Panda Express)
- Awards Banquet: Saturday, July 15th 5:30pm-9:00pm
 - Dinner, dessert and beverages!
 - Closing party of our amazing Manta Rays season complete with medals and awards for our swimmers!

Manta Rays Spirit Wear

- Pick up your gear tonight
- We will also be selling limited items at Fairbrae-hosted meets



Coaching Staff

2023 Manta Rays Coaching Staff

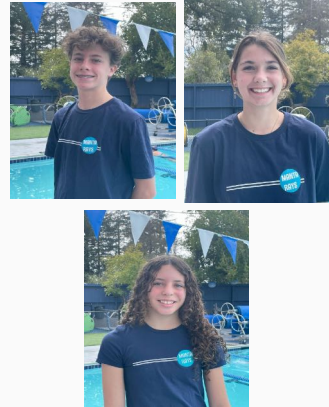
Lead Coach



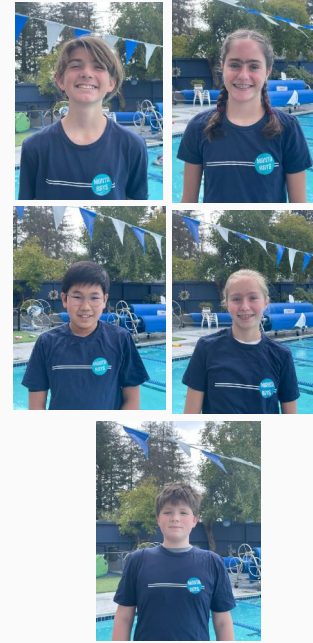
Assistant Coach



Coach In Training



Junior Coach



Managing Coach



Coach Titles

Jennifer and Nisa are your Head/Managing Coaches. We are in charge of our wonderful coaches who are very excited to coach your swimmers! We have been busy conducting coach trainings to prepare our coaches for the season!

LC: Lead Coach

AC: Assistant Coach

CIT: Coach In Training

JC: Junior Coach

Coach Descriptions

Lead Coaches: Lifeguard Trained. Lead the coaches and the team. Each practice there will be a different leader as the Lead Coaches rotate to act as Lead on deck, at swim meets, and at the social events. Always check the white board at check in to see who the Lead coach is at practice. These coaches have been active on the team coaching and swimming for several years.

Assistant Coaches: Lifeguard Trained. These coaches support the Leads and assist with any duties. Always check the white board at check in to see who the Lead coach is. These coaches have been active on the team coaching and swimming for several years.

Coach Descriptions

Coach In Training: These coaches have complete a season of Junior coach, a volunteer position. They are learning how to coach. These coaches are mentored by the Lead coaches and the Assistant Coaches. Always check the white board at check in to see which CIT is on deck for practice. These coaches have been active on the team coaching and swimming for several years.

Junior Coach: These coaches are volunteers, watching how the coaches run practices. When the time is right these coaches will begin to be trained to give swimmers directions. But they will primarily observe this season. Check the white board to see which JC is on deck during practice.

****All coaches will also swim in all of the swim meets!**

Practice Times

Practice Groups (Available Monday through Friday) lanes 3-6 available for MR use

- Group 1 (swimmers age 5 and 6): 5:15 to 5:45 PM
- Group 2 (swimmers age 7 and 8): 5:00 to 6:00 PM
- Group 3 (swimmers age 9 and 10): 5:45 to 7:00 PM
- Group 4 (swimmers age 11 and 12): 6:45 to 8:15 PM
- Group 5 (swimmers age 13 through 18): 7:15 to 8:45 PM

Swimmers age = age as of May 31, 2023.

Groups 2 through 5 begin practice with 15 minutes of dry land exercise.

Come to any practice day in your designated age swim group!

Swim groups based on AGE

- Our coaches are trained to work with all levels of swimmers in each age group
- Swimmers will swim in the appropriate swim group per their age.
- Our swim groups have hit max capacity therefore registration is closed.
- All swim meets are organized by age group and swimmers will practice and swim the meets in their designated age group. SVSL regulations.

What are practices like?

- Escort your swimmer to the Blue Entrance door to the clubhouse. **Code to enter the facility - 8011**
- Check your swimmer in at the welcome table. Check the whiteboard to see which coaches are on deck for practice.
- Place swimmer “things” on the benches. Parents find a place on the deck to sit. Look for the coaches for direction. Dryland (Groups 2-5) will be on the basketball court for the first 10-15 minutes of practice.
- WiFi code is displayed by the front door display case. *bellyflop*
- Dryland: Please wear closed toe shoes to work on dryland exercises on the basketball court. The first 15 minutes of practice.

In the pool

- Coaches will explain swim sets, work one on one with swimmers, give tips to improve their strokes. Each practice will end with a fun game or activity in the pool!
- Coaches are skilled at identifying the needs of the swimmers. They can provide challenges and support for all swimmers.
- Please keep in mind that Manta Rays is a fun and friendly swim team. If your swimmer is ready for more competition our competitive swim team SUNN is located at the Fremont Pool.

Fairbrae Facility Rules: Nisa

From the Management:

- Exercise caution when entering the parking lot. Extra parking is located on the street.
- No swimmer drop-offs in the parking lot
- No cell phones in the restrooms
- Swimmers will rinse off in the outdoor showers before entering the pool

Non-Fairbrae Members: Please escort yourselves from the club after practice unless there is a sponsored Manta Rays social event to participate in! If you are interested in a Fairbrae Membership, please contact Anne Branch, Assistant Manager: anne@fairbrae.com

Swim Meet Schedule 2023-Nisa

4 home meets/ 1 away meets/ 1 champ meet Total Meets: 6

- Saturday, June 3rd Blue and White meet @ Fairbrae
- Saturday, June 10th SUNN @ Fairbrae (RR @ FP)
- Saturday, June 17th Rancho Rinconada @ Fairbrae (FP @ SUNN)
- Saturday, June 24th Forest Park + Rancho Rinconada @ Fairbrae
- Saturday, July 1st Holiday Week
- Saturday, July 8th Fairbrae @ Forest Park (RR @ SUNN)
- Saturday, July 15th Championships @ Fremont High School

Team Unify sign up for a swim meet/event



- Our online team organization
- www.teamunify.com/vvfmr and the **OnDeck** app (iOS/Android)
- Events (swim meet sign up) open 10 days before each meet & close on Mondays before meet at midnight.
- Blue and White meet sign-up will open early, Sat 5/14
- TU general and signup help will be available at the pool, dates to be announced.
- You will receive an email with the direct link inviting you to sign up.



Manta Rays Philosophy: Liz and Olive

AWARDS at Swim meets

- Swimmers receive ribbons
 - Placement (1st, 2nd, 3rd)
 - Personal Best
- Ribbons can be picked up during practice
- We score our meets - improvement points are just as important as placement points!
- End of season awards for best attendance and most improved



Emails

We will correspond with the team via email. These emails will come from Team Unify.

We will do our best to keep you informed throughout the 11 week season.

Please check your emails as there is a lot of information especially as we get closer to the swim meets.

Do not hesitate to email the head coaches, Jen/Nisa at: mantarays.hc@gmail.com

Contact info: please email these groups for specific questions:

Registrar: mantarays.registrar@gmail.com

Volunteer: mantarays.volunteers@gmail.com

Social: mantarays.funfriday@gmail.com

President: mantarays.president@gmail.com

Treasurer: mantaraystreasurer46@gmail.com

Head/Managing Coach: mantarays.hc@gmail.com

Thank You For Your Support

Working together makes us a
strong team!

GOOOOO Manta Rays!!!

Appendix