



Indian Lakes Stingrays
 1313 Indian Lakes Boulevard
 Virginia Beach, VA 23464
 www.ILStingrays.com



Welcome back our returning swimmer and a special welcome to our new swimmers. We are looking forward to a wonderful 2010 summer swim season. There is lots of information in your welcome packet, at anytime please feel free to email or speak directly to any of the board members.

Indian Lakes Stingrays' Board and Committee Chairs:

Team Reps:	Kellee Brotherton Michelle Gervase	Kellee@ilstingrays.com michelle@ilstingrays.com
Apparel Coordinator:	Position Available	
Bi-laws/Rules Committee Coordinator:	TJ Fradillada	TJFrad@yahoo.com
Buddy Pairing Coordinator:	Position Available	
Concessions Coordinator:	Sheila Wilson	sawilso1@verizon.net
Foundation Liaison:	Anthony Wilson	adwilson2@verizon.net
Recognitions Party Coordinator:	Gloria Marcum	gloriam2@cox.net
Secretary:	Position Available	
Swimsuit Coordinator:	Melissa Ballou	mrsballousa@verizon.net
Treasurer:	Phil Gervase	treasurer@ilstingrays.com
Volunteer Coordinator:	Tim Sawyer	twsjls@aol.com
Web Master:	Kellee Brotherton	kellee@ilstingrays.com

Communication:

Most of all communications is email and via www.ilstingrays.com. Please make sure that all phone, email, etc is up to date. Also, we have family mailboxes where there will be forms, announcements, and swimmer ribbons. Notebooks are our third way. Two blue notebooks are available: (1) Volunteer notebook and (2) Attendance & Swimmer sign out notebook.

Volunteers:

WE NEED YOU! Summer swim league is run on a **100% volunteer** basis. About 24 positions need to be filled per meet. Many jobs can be rotated or done for just ½ the meet. Any time given is appreciated greatly. We need (training available):

Referee	Clerk-of-Course	Timing System Operator
Starter	Zoo	Concessions
Turn Judges	Runners	Set up/Clean Up
Stroke Judges	Time Scorer	Ribbons
Chief Timers	Team Scorer/Meet Manager	Announcers
Timers	Operator	Parking Attendants

Guppies Swim Team:

Our guppy programs are designed for young swimmers who may not be ready to commit to the big swim team. No advanced skills of strokes are required other than water readiness; children will attend without the aid of their parents. They will develop safe pool behavior, adjust to the water and develop independent movement in the water. This team is designed for new swimmers, teaching basic swim skills, pool safety, and comfort in the water but not intended to as a replacement for swim lessons.

The guppy team is a sub group of the Indian Lakes Stingrays. Each child will be registered with the Indian Lakes Stingrays and VBSL as an official participant but is not eligible to participate in official swim meets till they have:

1. Passed swimming 25 meters unaided
2. Swum 25 meters within a 4 minute period
3. Coach's approval

Once a Guppy has proven them able to participate in official swim meets, they will be moved up to practice during the regular schedule team practices. Each child will be given equal rights to participate and given the chance to move up. Also all code of conduct and additional Indian Lakes Stingrays rules and regulations are expected to be followed for both child and parent. Four practices a week will be offered: Tuesday and Thursday during the 10 and under practice. Each session will last 30-45 minutes. It is encouraged that your child swims two practices a week, but it is not required. Please let the team know at time of registration which practice you are most likely to attend to ensure we have the appropriate number of coach helpers in the water. Those wishing to help will need to sign up with the head coach.



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Pool Memberships:

There will be pool memberships available for purchase for Non-Resident families through the Indian Lakes Foundation Office and or Foundation Liaison. Proof of pool membership must be provided at the time of registration for non-residents to receive the resident registration fee.

Fees (What does your money go to?):

Coach's salary
VBSL registration
Lifeguard pay

Team Equipment
Administrative items
Trophies and awards

Concessions start-up
Swimmer's gift bag

IL Stingrays offers a payment plan ½ at registration and ½ due on June 15th. If the balance is not paid in full by the date provided your child will be ineligible to swim in meets till the balance is paid. All apparel must be paid in full at the time of order. If you need to make other arrangements please contact Phil Gervase at treasure@ilstingrays.com, this will be based on an individual basis.

Swimmer's Gift Bag:

Latex swim cap

Swimmer's Shirts

Apparel:

Team suits are offered at a lower price than local retailer. Also there is a variety of T-shirt, tanks, and bags with the team logo on it. All merchandise is sold "as it", no refunds, and paid in full at the time of order.

Buddies:

A Stingray tradition is to pair up younger swimmer with an older swimmer to foster team unity and leadership. Buddies are requested to exchange a "good bag" at each meet. Goodie bags can be crafts, baked goods, or small inexpensive items. Be creative.

Team Party:

The party will be held potluck/family style at the IL Clubhouse. All swimmers and their families are welcome to attend. Each family will be assigned a category of food to bring and are asked to bring one drink to share.

Team Fundraiser:

Each year the team raises money for large purchase such as the team computer, lane lines, flags, etc. This year we will be doing horse riding lessons and trail riding lessons with Confederate Farms Boarding and Riding Stables. 100% of the profits will go to the swim team. Sign up folder is located in the Mailboxes or call (757) 721-3138/ (757) 663-6853 to schedule your horse adventure. Adventures can be redeemed till the end of 2010 for only \$25.00. Any other suggestions are greatly appreciated, contact board/team rep.

Tips for Swim Parent:

- Volunteer! The team and meets cannot run without your help.
- The south is hot, please hydrate constantly and make sure you take the appropriate measure not to get sick.
- Meets run usually between 4-6 hours. Be prepared. We do our best to end between 12-1pm.
- SPORTSMANSHIP! Remind your child to remain in the water until ALL swimmers have finished. Be sure to shake hands with the swimmer(s) next to your lane and say "good job" etc.
- Swimmers need to pay attention to what is going on in the meet and make sure you are behind the block and READY TO SWIM!
- Only ONE suit is allowed to be worn at a meet. This means NO drag suits or doubling up of suits.
- All swimmers loved to be cheered for no matter what the age, please stay for the entire meet to cheer the last swimmer in.
- Win or lose, doing your best is a good message to pass on to any child.
- After meets we usually go to El Cancu Mexican Restaurant, same shopping center as Bruster's, 5313 Indian River Rd. 757-420-7212. Please sign up at the before the meet so we can get a head count. If you change your mind and decide to join us the signup sheet will be at the announcer's table. Please do this before half time.
- Check in on the day of meet's so you will not get scratched.
- Arrive on time, if not 5-10 minutes early to all practices and meets.