



Welcome Back Stingrays!

We are looking forward to another great year with our friends, families and neighbors!

This year we will also be trying to be better stewards of our planet and will make some changes in our communications and around the pool.

Attached is your Registration Package that you can now print and bring back completed on Registration Day, Saturday, Feb. 27th from 8-12 noon at Alta Pool. We are trying to be more mindful of our environment by conserving paper, recycling more, etc... We will be utilizing our website more (GlenmoorStingrays.org) to reduce the paper in your family folders.

We have made some changes to the Registration Package, including job changes, committee responsibilities and procedures for trading jobs. Please read the entire package before signing the acknowledgement on the Family Statement page. There is now an additional line to initial stating that you have read and will comply with the Stingray family responsibilities.

We look forward to seeing you all on Feb. 27th!

Michelle Youhanna & Leisa Jarman



Glenmoor Swim Team 2010 Registration

Welcome to the STINGRAYS

Thank you for your interest in the Glenmoor Stingrays Swim Team. Both returning swimmers and new swimmers must complete this registration packet.

Returning Swimmer & New Swimmer Registration

February 27, 2010
GGHA Office
Alta Pool, 38350 Alta Drive
8:00 a.m. - 12:00 p.m.

For returning swimmers to retain membership on the team, it is necessary to submit an updated set of the required forms at this time.

New swimmers can also submit applications at this time. New swimmers will be selected for membership subject to review of Registration Criteria. The particular order that the applications are received does not determine team membership. See Registration Criteria for team membership information.

Items Required for Membership

- East Bay Swim League Application (see the attachment for these forms)
- Stingray Application/Emergency Form
- Family Statement
- Job Availability Sheet
- Completed Job Preference Sheet
- Two (2) copies of birth certificate (for new swimmers only)
- Check for membership fees payable to "Glenmoor Swim Team"

Registration Criteria

According to the East Bay Swim League (EBSL) rules, any youth ages 5-18 can swim in the league provided they meet the eligibility requirements outlined in the attached EBSL application. Team registration is processed with priority given in the following order, with limits for each age group:

1. Returning swimmers from previous season
2. Additional immediate family members of returning swimmers from previous season
3. Residents of Glenmoor Gardens
4. All other interested parties
5. Returning swimmers who were chosen to swim championship the prior season but did not attend. (The Board of Directors reserves the right to review the circumstances of a swimmer that missed Championships and how it affects registration priority.)

The Coach and the Board of Directors reserve the right to alter registration process for swimmers to provide for fulfillment of specific age groups. However, the above priority status will remain constant.



Team Roster

The Glenmoor Stingrays Swim Team roster will consist of a maximum of 130 swimmers. All swimmers will be eligible to swim for points at dual meets. However the Hosting Team can limit the number of swimmers we enter in a dual meet.

Due to EBSL rules, 100 swimmers will compete in Championships. They will be selected by the Coaches, with input from the Board of Directors based on the following:

- Eligible to swim in 3 dual meets
- Points scored
- Age group fulfillment
- Attendance and sportsmanship



Membership Fees

Membership for the Teams is as follows:

First Swimmer in family	\$210.00
Second Swimmer in family	\$185.00
Additional Swimmer in family	\$135.00

Team swimsuits will be available for purchase. During the swim season, families can purchase team logo items available through the Ways and Means Director. In addition, families are encouraged to participate in team social events that may require some additional expense. These costs are kept to a minimum. Families will also be asked to donate food and/or drinks to be sold at our home meet Snack Bar. The Snack Bar is one of our major fundraisers and known far and wide for the great food served!

Swimmer Ability & Assessment

At the start of swim practice, *swimmers must be water-safe, able to swim unsupported front crawl and back crawl, float or glide unsupported on front and back, explore deep water using bobs or other underwater swimming, turn over from front to back and back to front.* **A swim assessment event is scheduled for March 20th at Meyer Pool from 10am to 11am, for all new 10 and unders.** If it becomes apparent to the coach that any child has not reached this level, he/she will be removed from the team with a full registration refund. It is suggested that a swimmer in this situation take additional swim lessons to reach this level and apply to rejoin the team the following year. The coaches will assess all swimmers during the first week also.



Parent Participation

Positive parental support is the foundation for a successful swim program. The Glenmoor Stingrays Swim Team would not exist without the participation of parents. Our club operates solely on the basis of volunteers, with the exception of the coaches who are paid. We do require that ALL parents take an active role working during meets. In addition, parents are required to help on one of the team's committees and contribute to team fundraisers. It is critical to the success of the team that every family does its share!

Practice Schedule

It is part of the philosophy of this team to teach sound swimming techniques. Swimmers are expected to attend practice after school, which begins on April 19th at Meyer Pool. Practice times change to mornings during the summer on June 21th. The practice schedule is as follows:

April 19 – May 20

Practice Monday–Thursday (no Friday practice)

May 21

Friday practices commence

Spring April 19

Age Group Practice

8 & under	3:30-4:00pm
9-10	4:00-4:45pm
11-12	4:45-5:45pm
13 & up	5:45-6:45pm

Summer June 21

Age Group Practice

13 & up	8:00-9:30am
11-12	9:30-10:30am
9-10	10:30-11:15am
8 & under	11:15-11:45am

Swim Meet Schedule

Sat., May 22nd

Sat., June 5th

Sat., June 12th

Sat., June 19th

Sat., June 26th

Sat., July 3

Sat., July 10th

Sat., July 17th

Sat., July 24th

Sat., July 31st

Time Trials @ **Glenmoor**

Glenmoor @ San Leandro

Highlands @ **Glenmoor**

Glenmoor @ Kennedy

Mission Valley @ **Glenmoor**

No Meet

Newark @ **Glenmoor**

Glenmoor @ Warn Springs

Southgate @ **Glenmoor**

Championships @ Chabot

Awards Night will be held the evening of July 31th. **ALL SWIMMERS** and families are encouraged to attend both Championships and the Awards Night. This is a great way to wrap up our Stingray Swim Season.

Time Trials



Time Trials will be held on Saturday, May 22nd. Time Trials is an opportunity for swimmers to swim each event in their age group in order to get baseline times. It is also an opportunity for parents to learn how, or remember how, to run a swim meet.

Parents are required to fulfill their job requirements on this day.

Refund Policy

Should a swimmer decide to leave the team, a portion of the fee will be retained by the team to cover administrative expenses. Swimmers will be refunded 75% of the swim team membership fee until the end of the first two weeks in the water, 50% until the end of the first three weeks in the water, and 0% for four weeks and after. Any other cost or expenses associated with swim team (i.e. swimsuits, pictures, etc.) will not be refunded. Any child deemed not water safe after the assessment by the coaches will be refunded the full membership fee (See Swimmer Ability).

Coaching Staff

The Stingrays are excited to welcome back Coaches: Bryan Accurso and Stephanie Keller along with our new coach Scott Harvey



Welcome Back Night

Please join us for ice cream sundaes at Welcome Back Night on Tuesday, April 13th. There will be a Parent only meeting from 6:30 to 7:00 p.m., and child care will be provided. **We highly recommend you attend this meeting.** At 7:00 p.m. the kids can join the parents in the Glenmoor School multi-use room. Swimsuits and logo clothing can be purchased that night. We will be using the same suit this year.

Website

Check out our website at glenmoorstingrays.org.

Clean Up Committee

Saturday, April 10th will be our annual *Clean Up Day* at Meyer Pool from approximately 8 a.m. to 11 a.m. **This committee has added additional responsibilities (See new job description).** You will be contacted if you are on the Cleaning Committee.

Board of Directors

Questions? Feel free to call or email:

President: [Kristi Caracappa](#)
Phone: 510-579-7544
Email: kristicaracappa@comcast.net

Vice President: [Dave Correia](#)
Phone: 510-792-8316
Email: beakerman2@aol.com

Treasurer: [Donna Serex](#)
Phone: 510-797-6074
Email: dserex@comcast.net

Secretary: [Michelle Youhanna](#)
Phone: 510-207-2577
Email: MichelleYouhanna@comcast.net

Secretary: [Leisa Jarman](#)
Phone: 510-813-9715
Email: jarmansix@sbcglobal.net

Ways & Means: [Michelle Carscadden](#)
Phone: 510-794-9397
Email: mtcars5@comcast.net

Ways & Means: [Penny Mora](#)
Phone: 510-793-1672
Email: p.mora@comcast.net

JOB and COMMITTEE ASSIGNMENTS

Glenmoor Stingrays could not be the great team that it is without the help of the swimmer's parents! It's fun and rewarding to put such a great program in action for the youth.

Each family is responsible for 10-12 jobs to make our swim meets run smoothly. Each family will also have a committee assignment during the season. The committee assignment has responsibilities which must be completed. Families of championship swimmers will be assigned a job at Championships at a later date.

Each family will be provided with a job assignment schedule for time trials and all dual meets with families listed. Should you have a conflict with a job assignment, it is **“your responsibility”** to find a replacement (someone to trade jobs with). When you have done this, both of you must sign the Trade Sheet located on the bulletin board at the pool.

Due to the importance of having these jobs filled reliably, the Board will contact a family via telephone, e-mail or mail should they miss a job or committee assignment at a meet, practice, or team activity. Please notify the Board, in a timely manner, if you have extenuating circumstances. If the problem continues, a second contact will be made. Because missed jobs cause delays and put extra work on others, a *pattern* of missed jobs will jeopardize the family's standing on the team. Please know that should a family not complete 3 assigned jobs during one season, their swimmer(s) will not be allowed to swim at the Championship Meet and will lose priority at registration the next year. If at any time you agree to trade jobs with someone, you are the one responsible for your new job. (There will be a Trade Sheet posted with both families signing the sheet. This will alleviate any questions regarding trades.)

Thank you for taking your job assignment seriously. EBSL and the Glenmoor Stingrays could not function without you!

Each Saturday home meet at Meyer Swimming Pool starts at 8:00 a.m. The pool will open at 6:00 a.m. so families assigned to the Meet Set-Up and Snack Bar Set-Up can perform their jobs. Shift 1 is approximately from 7:50 a.m. to 10:15 p.m. and Shift 2 is approximately from 10:15 a.m. to 12:00 noon, (except where noted in the job descriptions involving Meet Set-Up and Takedown and Snack Bar Set-Up and Takedown).

Job Description: 10-12 job assignments per family

Announcer: Facilitates meets behind the microphone. Announces races, shift changes, special announcements and Snack Bar specials.

Assistant Score Keeper: Determines correct time and places cards in order from first to last and labels swimmers placements. Reads place and times from time cards to score keepers.

BBQ Cook: Prepares hamburgers and hot-dogs to be sold at the snack bar. Available Shift 1 beginning at 8:15. Shift 2 must be available to help with take down.

Flag Person: Drops false start rope to stop swimmers when false start occurs. Maintains event number place card to reflect current event.

Head Timer: Coordinates and communicates timer and recorder activity. Insures all timers and recorders are ready for the next race by signaling whistle for starter to proceed. Times each event with 2-3 watches acting as back up when another watch is needed. (Must attend starter workshop)

Opportunity Sellers: Sells raffle tickets during meets and/or assists team sales at home meets.

Recorder: Records times of swimmers on meet cards. Recorders are located in each lane behind timers.

Runner: Picks up meet cards from recorders and delivers cards to scoring table after each event.

Score Keeper: Records times and calculates points earned per event to calculate meet scores.

Snack Bar Helper & Set Up/Take Down: Sells food at Snack Bar during home meets. Shift 1 begins a 6:30 to set up until shift change. Shift 2 starts at shift change and stays after meet to help until completion of Snack Bar take down.

Starter: Acts as official starter for each heat during the meet. People interested in this job will need to attend a training clinic prior to the start of the season.

Swim Meet Set up: Helps set up the swim meet. Includes set up of starting system, umbrella, false start rope, timer/recorder chairs, and the 10 & under lane lines. Also helps with the "Spirit Shack" set up. Must arrive for home meets by 6:45am!

Swim Meet Take Down: Includes take down of starting system, umbrella, false start rope, timer/recorder chairs, and the 10 & under lane lines. Empty garbage cans and helps with the "Spirit Shack" and "Snack Bar" takedown. Must be available for approximately 30 minutes after meet ends!

Timer: Uses stop watch to time swimmers during the meet.

Committee Descriptions: one (1) committee assignment per family

Activities Committee: Assists with coordination of social activities during the season. Some activities may include poster party, family swim day, pancake breakfast, pasta feed and awards night. This may include fundraiser activities such as Family Fun Night, Welcome Back Night, etc.

Computer Committee: Assist Computer Coordinator in data collecting for team or assist web master with updating web page.

Cleaning Committee: Assists with getting the pool areas ready for the swim season on a Saturday prior to the start of Spring practice. **New Duties Include:** Clean up pool area and restrooms each day after practice for one week. Evening schedule is any time between 5:30 & 6:30 p.m. Summer schedule any time between 11:15 & 11:45 a.m. End of season clean up.

Hospitality Committee: Assists with snack bar food preparation and various duties.

Ways and Means Committee: Assists with organization and implementation of fundraising events and programs for the team.

Committee Coordinators Description

Activities Coordinator: Plans and coordinates activities for swim team.

Computer Coordinator: Provides coaches, Stingray Board and EBSL computer director all information that is necessary to manage the team roster. Produces meet seeding charts, heat and lane cards, ribbon labels and meet summary reports.

Webmaster: Responsible for developing and maintaining the team's web page.

Co-Head Shepherds: Oversees shepherd responsibilities and coordinates shepherd committee at meets and Championships. Three Shepherds are assigned to this job.

Newsletter Editor: Writes, produces, prints and distributes team newsletters as needed throughout the season. Submit articles to the local newspaper after each meet. Archive newsletters for future reference.

Ribbon Coordinator: Responsible for providing ribbons for home and away meets, awarding ribbons to winning Stingray swimmers, receiving and organizing ribbons, medals and trophies for Championships.

Snack Bar Buyer: Buys items for snack bar as directed.

Assistant Hospitality Director: Assist Hospitality Director to coordinate snack bar duties and responsibilities.

Parent Job Assignment Coordinator: Assigns jobs to each family for meets throughout the season, prints job list for each meet, prints job labels and distributes them at the meets.

Job Availability Sheet

If you are not able to **work** during a particular shift or meet, please put “N/A” in the appropriate box. (See example below: This family is not available for the 2nd shift of meet 1)

Unavailability: We ask that you mark **no more than two shifts as “N/A” unavailable**. Parental support is the foundation of a successful swim program.

Swim Meet Schedule

		Shift 1	Shift 2
Sample: Saturday 2010 Meet 1			N/A
Saturday, May 22 nd	Time Trials @ Glenmoor		
Saturday, June 5 th	Glenmoor @ San Leandro		
Saturday, June 12 th	Highlands @ Glenmoor		
Saturday, June 19 th	Glenmoor @ Kennedy (American High School)		
Saturday, June 26 th	Mission Valley @ Glenmoor		
Saturday, July 3 rd	No Meet	N/A	N/A
Saturday, July 10 th	Newark @ Glenmoor		
Saturday, July 17 th	Glenmoor @ Warm Springs		
Saturday, July 24 th	Southgate @ Glenmoor		
Saturday, July 31 st	Championships @ Chabot One two-hour shift will be required to be filled by all families with a swimmer. Assignments will be made later.	X	X

Glenmoor Stingray's Job/Committee Preference Sheet

Family Name: _____

Please rank **Each Job or Committee** by circling 1 (most preferred) to 3 (least preferred)

JOBS:

Announcer	1	2	3
Assistant Score Keeper	1	2	3
BBQ Cook	1	2	3
Flag Person	1	2	3
Head Timer (<i>must go to training</i>)	1	2	3
Opportunity Seller	1	2	3
Recorder	1	2	3
Runner	1	2	3
Score Keeper	1	2	3
Snack Bar Helper & Set Up	1	2	3
Snack Bar Helper & Take Down	1	2	3
Starter (<i>must go to training</i>)	1	2	3
Swim Meet Set Up	1	2	3
Swim Meet Take Down	1	2	3
Timer	1	2	3

COMMITTEES:

Activities Committee	1	2	3
Hospitality/Snack Bar Committee	1	2	3
Clean Up Committee	1	2	3
Computer Committee	1	2	3
Ways and Means	1	2	3