EVERYONE SWIMS
EVERYONE WINS
STINGRAY SWIM TEAM

The Y nurtures the potential of children through the YMCA’s Youth Sports programming by strengthening character in our youth, engaging families, and building lasting relationships. Participants in these programs build skills, learn about teamwork, and focus on sportsmanship.

The Y has been teaching people how to swim for over 150 years, and we strive to provide individuals the opportunity to enjoy the water in a safe and fun environment. Learning how to swim isn’t just about encouraging your kids to get in the water. Learning to swim is about building skills that will help ensure their safety and encouraging a healthy activity they can participate in over a lifetime. Being a part of the Stingray Swim Team is a wonderful way for your child to explore the water, get exercise, and make new friends!

SWIM TEAM
June 18–August 18th
AGES: 6 – 18 years

M-I Family YMCA
301 S. Main Street, Independence
503.838.4042
www.theYonline.org
www.facebook.com/MIYMCA
Mission
To put Christian Principles into practice through programs that build healthy spirit, mind and body.

All YMCA property, practices, and games are tobacco, smoke, and alcohol free.

Traditions
Before each meet teams will take part in the YMCA Youth Sports Pledge led by an official or coach. At the conclusion of each meet, athletes shake hands and congratulate each other on a good swim.

Character Values
The Y has four core values that we teach and uphold in every program: Caring, Honesty, Respect, and Responsibility. All athletes, coaches, officials, and spectators are expected to demonstrate our core values.

Practice
Practices will be scheduled Monday - Thursday from 6:00-7:00 pm at the YMCA Pool in Independence. We ask that athletes attend as many practices as possible, but understand that summer can be a busy time. If you are unable to attend a practice please notify the coach.

Uniform and Equipment
Your athlete will receive a swim cap and t-shirt. Your swimmer should bring a bathing suit, towel, goggles, a swim cap and a water bottle to practice. Black or team suits are required for meets. If you wish to purchase a team suit, or other team apparel, visit www.swimandtri.com. The team portal code is: M-I YMCA or go to this link: http://www.swimandtricom/Scripts/TeamView_MIYMCAStingrays.aspx

Meets
July 14th: Woodburn Pool
4:00P warm-ups, 5:00P start, 8:00P est. end

July 28th: Silverton YMCA Pool
8:00A warm-ups, 9:00A start, 12:00P est. end

August 4th: Kroc Center
8:00A warm-ups, 9:00A start, 12:00P est. end

August 18th: Independence Pool
8:00A warm-ups, 9:00A start, 12:00P est. end

Our meets are at outdoor pools, which means we may deal with rain. Most pools do not have bleachers. Please bring your own chairs, and weather requiring, bring umbrellas. Having sweatshirts, extra towels, and warm clothing for your athlete to put on between events is very important. Some swimmers like to bring things to do between events, while others like to cheer on their teammates.

Snacks are highly encouraged as our meets start early in the morning and sometimes run past lunch time. Please bring healthy snacks and water. Your child should try not to eat big meals on races days, rather small bits of fuel so they are not overloaded before any event.

Our meets run much smoother and are more fun when parent volunteers help to run times for lanes. Your help and support is greatly appreciated!

Each swimmer will be given a race card with the meet event numbers that they are participating in. It is very important to be on time to meets so that you have time to coordinate with coaches and your child has adequate warm up time. Our relays are built based on who is swimming and who is not.

This is going to be a great year. GO STINGRAYS!

The Independence pool is located at 490 I St., Independence. Phone: 503-838-0184

Pool Manager: Bryn Reisbeck