



**DECEMBER 2009**

**HAPPY HOLIDAYS TO OUR STINGRAY "FAMILY"!!!**

*Welcome High School Girls! Congratulations on all your success during your high school season! We're happy to have you back! GOOD LUCK to all the high school boys. We hope to see you after your high school season.*

**DAVID WOLF INVITATIONAL – SUNDAY, JANUARY 3, 2010**

Registration for the David Wolf Invitational in Belvidere on Sunday, Jan. 3rd is due Wednesday, December 16th. Registration forms are on line at [rockfordymca.org/programs](http://rockfordymca.org/programs) and at the bulletin board. Everyone is encouraged to swim at this invite. Our kids do very well and bring home lots of medals! The meet is right next door at the Belvidere YMCA! Warm up will be at **approximately** 7AM and the meet will conclude **approximately** 4:30PM. The times depend on how many swimmers are in the meet.

**8<sup>th</sup> ANNUAL STINGRAY TOY DRIVE**

HO HO HO !! We will be holding our annual toy drive December 7<sup>th</sup> –10<sup>th</sup>. We are asking each family to bring one unwrapped toy to practice next week. On Friday December 11<sup>th</sup> we will deliver some of the toys to our Big Brothers/Big Sisters program and the remainder of the toys will be brought to the 12 Hours of Salvation Toy Drive. Please help us spread our team spirit into the community and make a difference in a child's life this holiday season.

**SWIM-A-LAP FUNDRAISER – JANUARY 4,5 & 6**

Get ready for swim-a-lap 2010!!! Swim-a-lap is similar to a walk-a-thon, only the kids get pledges for swimming laps. This is the Stingrays biggest fundraiser and all the money earned goes directly back to the swim team. In the past we have used these funds to buy our timing system, scoreboard, record board, best time buttons and many other things. **Watch for the swim-a-lap information which will be mailed soon! Also, swim-a-lap information will be posted on the bulletin board and on the whiteboard.** This year should be lots of fun. There will be swim-a-lap t-shirts and other prizes presented at the Team Rally Bowling Party in February. **WATCH FOR MORE INFO!!!**

**TEAM EFFORT**

The structure of our Stingray team is very flexible. This is because we believe children should be well rounded and be able to participate in other activities if they would like to, as well as put school work first. However, we are still a team, and while there is not a requirement as to how many practices or meets a swimmer must attend, there does need to be some level of responsibility taken and commitment made to continue to have a successful team. Please take the responsibility to read the newsletters, check the bulletin board, website and white board regularly. (Meet lineups, results, registration forms and everything you need are found there.) Dual meet sign up is on Mandatory Monday and Invitational meets through registration forms. Please sign up for meets on time. If you sign up for a meet, please make every effort to be there and call ASAP (489-1227) if you cannot. Your relay team is counting on you!

## TEAM VIDEO

In past years we have been privileged to have Connie Carlson create a team video for us. Shannon Carlson has made the varsity bowling team at Guilford and will not be swimming this year, and Connie will be retiring from Stingray video production. Thank you Connie for all your time and talent the past years, and Shannon good luck bowling! This means we are looking for a few good parents to produce a team video! Connie is willing to advise and pass on tips. Anyone interested can contact Carla Logan, our Parent Committee President, at [kevinandcarla10@aol.com](mailto:kevinandcarla10@aol.com).

## THANK YOU PARENTS

Thank you to all the parents who signed up in advance and volunteered at our home swim meet last month. Many hands make light work and we appreciate everyone! The meet ran very smoothly. Just a reminder that all families are expected to help clean up the Atwood Lounge and the pool deck at the end of the meet. It is a privilege to host home meets and we don't want to lose that. If you are not sure what needs to be done, please ask any veteran parent or see the clean up list on the bulletin board. Thank you.

## HOLIDAY PRACTICE SCHEDULE

There will be no practice on the following days. Have a safe and Happy Holiday!

December 24,25, --- Merry Christmas  
December 31 and January 1st --- Happy New Year!

## THE FINAL STRETCH

After the holidays we have approximately 8 weeks until the District Championship meet. The coaching staff has been working hard to help the kids grow personally, and to be prepared for the end of the season. The more they can get to practice, the more prepared they will be. If your child has a specific technique they would like help with, please let a coach know. Just a reminder, swimmers must participate in 3 meets to be eligible for the championship meets.

## HIGH SCHOOL GIRLS

If you want to use your high school times for seed times and Top Dawg times, please get them to Coach Kim ASAP. You can ask your high school coach to print a report of your best times.

## DISTRICT TEAM CAPS

The District Championship team caps will be ordered in January. The team, as always, will purchase a latex team cap for each District swimmer. However, there are some swimmers who have requested to purchase a silicone cap. Unfortunately, the team cannot afford to purchase a silicone cap for everyone. If you would prefer a silicone cap an order will be placed. The cost of a silicone cap is \$12. If you would like to order one, simply put a check with your name in the yellow slot box on deck prior to January 12<sup>th</sup> with a note that you would like to order a District silicone cap.

## UPCOMING CALENDAR

Dec. 7-10	8 <sup>th</sup> Annual Stingray Toy Drive
Dec. 11-13	Y Finalist Invite Milwaukee/Schroeder Y
Dec. 12	Barbwire Invite Dekalb Y
Dec.16	David Wolf Invite - Registration deadline
Dec .24, 25, 31	No Practice Happy Holidays!
Jan. 1	No practice Happy New Year!
Jan. 3, 2010	David Wolf Invitational Belvidere YMCA Warm-up TBA
Jan. 4-6	Swim-A-Lap Fundraiser turn pledge form in
Jan. 9	Meet at Home 12 pm warm up
Jan. 16	Meet at Lake Geneva, WI YMCA 8 am warm up

Jan. 23  
Jan. 30

Home meet vs. Belvidere 12 pm warm up  
Meet at IL. Valley Warm up TBA