

2022 Stoney Glen Swim Team (SGST) Registration Packet

Stoney Glen Stingrays

www.sgstingrays.com

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Registration packet contains:

- ☐ Registration form (pages 1-2) – **required**
- ☐ Volunteer Job Sign Up Form (page 3) – **required**
- ☐ Medical Information Form (page 4) – **required**
- ☐ Coach in Training application (page 5) – optional
- ☐ Useful Information (page 6-8) – keep for your records

Pages 1-4 are required for all swimmers. Bring registration forms to Sign Up Day (April 24 2-4pm) or contact Bonnie Reed, Team Treasurer (<mailto:mmdrmommy@yahoo.com>) to arrange a time to drop them off.

Applications and Fees are due on or before May 13, 2022. Applications from continuing swimmers received later than this date will result in a \$5 late fee. Volunteer jobs will be assigned first come first served once payment is received.

2022 Stoney Glen Swim Team (SGST) Registration

Page 1

Parent Contact Information:

| | |
|-----------------------|----------------------------|
| Parent/Guardian1 Name | Relationship to Swimmer(s) |
| | |

| | |
|-----------------|---------------|
| Mailing Address | Email Address |
| | |

| | |
|---------------|-------------|
| Phone Numbers | |
| Home: | Cell: Work: |

| | |
|-----------------------|----------------------------|
| Parent/Guardian2 Name | Relationship to Swimmer(s) |
| | |

| | |
|--------------------------------|---------------|
| Mailing Address (if different) | Email Address |
| | |

| | |
|---------------|-------------|
| Phone Numbers | |
| Home: | Cell: Work: |

| | |
|--------------------|--------------|
| Additional Contact | |
| Name: | Cell: Email: |

Swimmer Information: Please list age as of 6/1/2022

| Swimmer name | Gender | Age (as of 6/1/22) | Date of Birth | 10 Year Stingray* |
|-------------------|--------|--------------------|---------------|--------------------------|
| First Middle Last | | | | |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |
| | | | | <input type="checkbox"/> |

*began swimming with SGST in 2011

Graduating Senior (will be announced at final home meet and Champs)

| | | |
|-------|--------------|---|
| Name: | High School: | Plans for next year (work, college, military, etc): |
|-------|--------------|---|

National Anthem Singers: We need up to 3 singers for the season. They will be selected on a first come, first served basis.

| | |
|--|-------|
| Do you have a swimmer who would be interested in singing the National Anthem before a home meet? | Name: |
|--|-------|

The undersigned agree that the Stoney Glen Homeowners Association, Oak Hollow Sports Club, and Stoney Glen Swim Team, including Members, Board of Directors, and Coaches shall not be liable for any claims if injuries or illnesses are sustained during practices, swim meets, and team activities. The Parent or Guardian is financially responsible for any health care required. My signature certifies that I have completed the first four pages of this form, and that all information is current and correct.

Parent or Guardian Signature: _____ Date: _____

2022 Registration Fees

| | |
|--|---|
| Make Checks payable to: SGST Questions?: Contact Team Manager karen.ladman@gmail.com | Date Received: _____ Amount Paid: _____ Cash <input type="checkbox"/> Check No. _____ |
|--|---|

Application and Fees are due on or before **May 13, 2022**. Returning members will be charged a \$5 late fee if registering May 13 or later. Payment must be received before swimmers may participate in meets.

Swim Team Registration Fees (paid by all swimmers)

| | |
|---|----|
| 1 st child (youngest) – \$130 | \$ |
| 2 nd child (next by age) – \$90 | \$ |
| 3 rd child – \$80 | \$ |
| 4 th child – \$70 | \$ |
| 5 th child – \$60 | \$ |
| Meet only swimmer – \$50 x _____ <i>USA Registered Year-round swimmer, Swim Metro Lifeguard, SGST coach or swimmer aged 15 & over with summer employment (documentation required)</i> | \$ |
| Total Registration Fees: | \$ |

STO Fees (non-pool members only)

| | |
|---|----|
| 1 st child (youngest) – \$30 | \$ |
| 2 nd child (next by age) – \$20 | \$ |
| 3 rd and subsequent child(ren) – \$15 x _____ | \$ |
| Total STO Fees: | \$ |

Swimmers are eligible to join the team if they meet the following requirements:

- Are eighteen years old or younger as of June 1, 2022.
- Beginners 8 years old and under must be able to show a willingness to learn and should be able to attempt to swim one length of the pool unassisted by the 1st meet.
- Swimmers 9 years old and older must be able to swim two lengths of the pool unassisted by the 1st meet.

Swimmers unable to meet the above requirements by the second meet may be released and receive a refund, less \$40 per swimmer. No refunds will be given after the second meet.

Swimmers wishing to withdraw may do so prior to the second meet. They will receive a refund, less \$40 per swimmer. No refunds will be given after the second meet.

Initials: _____

2022 Volunteer Job Sign Up

Parent involvement and support is essential for the success of our swim team. Meets are 100% run by parent volunteers. All families are required to list **at least one job you are willing to perform throughout the season**. Most positions require you to work at least half of every meet. Some jobs are home meet only but may require you to work the entire meet. There are a limited number of volunteer spots in each area. Positions are available on a first come first served basis and will be assigned once payment of all registration fees have been received by the Team Manager. If the area you have chosen has been filled, you will be placed in another volunteer area. Child(ren) may not be allowed to swim in meets if their parents do not volunteer.

My initials certify that at least one person in my family will volunteer at the meets, as required.

Initials: _____

Announcer/Staging – lines swimmers up for events. Works at home meets and may assist at away meets.

Computer Operator* – Run the computer system to score meets. Training will be provided. Works home and away meets.

Concessions – Prepare food and/or work the concession area at all home meets. This is the most important fundraiser for the team.

Heat Ribbons – Handing out heat winner ribbons for all 10 & under events. Home meets only. **Great first year swim parent job!**

Hospitality – Serves beverages to all volunteers working the home meets.

Lane Monitor – Works behind the blocks to be sure swimmers are in proper lanes and heats. Works at home meets and may assist at away meets.

Meet Set-Up – Must arrive one to two hours before home meets to set up the pool deck. Some moderate/heavy lifting required. Some set up may be done the evening before the meet.

Merchandise – Sells team merchandise during home meets and during specified practices.

Mite Parent – Responsible for keeping track of all swimmers 8 and under. Works home and away meets.

Referee* – Chief Official at the meet. Oversees the Strokes and Turns Judges as well as the Starter. This is a very important position and requires experience and training. Training will be provided.

Ribbons – Helps place stickers on ribbons during the second half of the meet. Works home and away meets.

Runner – Delivers timer sheets and DQ cards to scoring table at home meets. Must be constantly moving.

Scan Judge – Calls the place order of the swimmers as they finish each race. Each team provides one pair of judges. Sits at the finish line during meet time. Works both home and away meets. Must be 21 years of age.

Scorer – Prepares the timer sheets for input to the computer. Must pay attention to detail and have a high degree of accuracy. Works home and away meets.

Starter* – Calls the swimmers to the blocks and starts each heat. Works home meets

Strokes & Turns Judge* – Observes the swimmers in the water and watches for illegal strokes or turns. Training is required. Works home and away meets. Must be 21 years of age, unless USA Swimming qualified.

Substitute – Willing to be moved from regular position to fill in open position to cover for vacations, etc. **Thank you!**

Timer – Times events with a stopwatch. Front row view of the meet. Works home and away meets. **Great first year swim parent job!**

Wherever – Placed wherever the need is greatest. Our favorite volunteers!

| | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|--|
| Volunteer #1 | | | Willing to sub in another job if needed? |
| Name: | Email: | Cell Phone: | |
| 1 st Volunteer Job Choice | 2 nd Volunteer Job Choice | 3 rd Volunteer Job Choice | <input type="checkbox"/> |
| Volunteer #2 | | | |
| Name: | Email: | Cell Phone: | |
| 1 st Volunteer Job Choice | 2 nd Volunteer Job Choice | 3 rd Volunteer Job Choice | <input type="checkbox"/> |
| Volunteer #3 | | | |
| Name: | Email: | Cell Phone: | |
| 1 st Volunteer Job Choice | 2 nd Volunteer Job Choice | 3 rd Volunteer Job Choice | <input type="checkbox"/> |

*requires training that will be provided at no cost.

2022 Medical Information Form

This form will be maintained by the coach at practice and meets in case of an urgent medical situation.

Parent/Guardian1

| | | | |
|-------|-------|-------|-------|
| Name: | Home: | Cell: | Work: |
|-------|-------|-------|-------|

Parent/Guardian2

| | | | |
|-------|-------|-------|-------|
| Name: | Home: | Cell: | Work: |
|-------|-------|-------|-------|

Doctor:

| | |
|-------|--------|
| Name: | Phone: |
|-------|--------|

Additional Emergency Contact1

| | | | |
|-------|-------|-------|-------|
| Name: | Home: | Cell: | Work: |
|-------|-------|-------|-------|

Additional Emergency Contact2

| | | | |
|-------|-------|-------|-------|
| Name: | Home: | Cell: | Work: |
|-------|-------|-------|-------|

| Swimmer name First | Middle | Last | Allergies | Date of Birth | Allergic to Medication | Exercise Induced Medical Problems |
|-----------------------|--------|------|-----------|------------------|---------------------------|--|
| | | | | | | |
| | | | | | | |
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| | | | | | | |

Please tell us anything about your swimmer(s) that may help us (previous swim experiences, fears or anxieties, behavior concerns).

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The undersigned agree that the Stoney Glen Homeowners Association, Oak Hollow Sports Club, and Stoney Glen Swim Team, including Members, Board of Directors, and Coaches shall not be liable for any claims if injuries or illnesses are sustained during practices, swim meets, and team activities. The Parent or Guardian is financially responsible for any health care required.

Parent or Guardian Signature: _____ Date: _____

Coach in Training Program

Please fill out this application if you are interested in being a volunteer Coach in Training (CIT) for 2022. The program is open to swimmers **13 and over** who are interested in taking on a leadership role this summer. There will be an interest meeting during the first week of dryland practice.

Name:

Age:

| |
|--|
| |
|--|

How long have you been swimming for SGST?

| |
|--|
| |
|--|

Please write a paragraph about yourself to explain why you feel you would be a good CIT.

Examples to get you started:

- What swimming experience to you have?
- Do you have experience with younger kids (for example, babysitting)?
- Do you have leadership experience? (church youth group, summer camp, scouts)?
- Do you have coaching experience?
- Are you interested in learning more about coaching and maybe being a paid coach in the future?
- Are you CPR or Lifeguard Certified?
- Do you have any important qualities: maturity, patience, attentiveness, strength?

You don't need to have all of these qualities and there are other qualities you may have. These are just some ideas to get you started. Please tell us about yourself in the space below:

| |
|--|
| |
|--|

Important information – Please keep this page!

This information is an excerpt from the Team Handbook. Find the complete handbook on our website.

Website: <https://sgstingrays.com>

Stingray Team Facebook: <https://www.facebook.com/groups/TeamPresident/>

Stingray Parent Facebook: <https://www.facebook.com/groups/stoneyglenstingrays>

Email/Google Group: <https://groups.google.com/forum/#!forum/stoney-glen-stingrays>

The vendor for swim team suits this year will be Disco Sports. Suits may be ordered online at <https://stoney21.itemorder.com>.

Cost for the 2022 Suits (including tax):

Female - \$42.99

Male - \$31.99

You may wear a team suit from a previous year. Second-hand suits may be available. Contact the team manager for information.

Parent Meetings

Monday, May 16: **Informational Meeting for Parents/family members will be at the Pool**, during each practice time. All parents are encouraged to attend. Parents of first-time team members are **required** to attend one session.

Team Suits & Caps

All swimmers are required to wear a Stoney Glen Team suit during ALL meets. You may wear a team suit from a previous year. Second-hand suits may be available. Contact the team manager for information. If a swimmer wears a cap in a meet, it must be a team cap. Team caps are available for sale (\$12) at the merchandise table at home meets and from the Team Manager at any time.

Swimmers may **not** wear a suit or cap from another team.

The vendor for swim team suits this year will be Disco Sports. Suits may be ordered online at <https://stoney21.itemorder.com>.

Cost for the 2022 Suits (including tax):

Female - \$42.99

Male - \$31.99

Family Meet Responsibilities

Volunteer

All families are required to volunteer for at least one job they are willing to perform **throughout** the season. **Most positions require volunteers to work at least half of every meet.** Some positions require volunteers to work only home meets, but may require them to work the entire meet. At a meet, if a head volunteer asks you to step up to fill a vacant slot, please do so if you are able. Meets may be halted if volunteer positions are unfilled.

Clean-up Crew/Concessions Donations

Each family is required to assist at one home meet by staying to reset the pool at the end of the night. The first letter(s) of your last name determine the clean-up crew.

The first letter(s) of your last name also determine the Concessions Donation Schedule. We are asking that you donate 12 individually wrapped dessert items, such as cookies, brownies, bars, Rice Krispie Treats, etc. All of these items can be either homemade or store bought. Please deliver your items to Concessions prior to the start of the Home Meets. The family who donates the best items, wins \$20 in free concessions food for that meet!

1st meet A-C 2nd meet: D-G 3rd meet: H-K 4th meet: L-O 5th meet: P-R 6th meet: S-Z

Stoney Glen Stingrays Southside Swim League 2022 Swim Meet Schedule

| | | |
|--------|----------------|--|
| Week 1 | Thurs. June 2 | Away @ SouthBend |
| Week 2 | Thurs. June 9 | Home vs. Wood-Dale |
| Week 3 | Bye Week | -Bye Week- Meet vs. Sherwood Hills Cancelled |
| Week 4 | Bye Week | -Bye Week- No Meet |
| Week 5 | Thurs. June 30 | Away @ SYC |
| Week 6 | Thurs July 7 | Home vs. Rivers Bend |
| Week 7 | Thurs. July 14 | Home vs. Battlefield Park |

Championship meet info:

The Championship Meet will be held Friday and Saturday, July 22 and 23 at Battlefield Park.

The Friday session will be for the 11 & Older swimmers.

The Saturday session will be for the 10 & Younger swimmers.

Important Dates to Remember

| | |
|-------------------|--|
| April 24 | Team Registration and Suit Fitting Day |
| May 14 | Community Yard Sale, and Donut Fundraiser Pick-Up at the Pool |
| TBD | Pool Clean-Up Day 10 am each day |
| May 16 | Afternoon Practices Begin (see schedule page 8) |
| May 17-18 | Informational Meeting for PARENTS at the Pool , during each practice time. Parents of first-time team members are required to attend one session. Returning parents are welcome to attend these as well. |
| TBD | Team Time Trials For swimmers who carry no Southside Swim League time and for 9 year olds swimming 50's for the first time. |
| May 30 | Memorial Day , No Practice |
| June 6 | Morning Swim Practices Begin (see schedule page 7) Afternoon practices continue. |
| June 23? | Individual Photos will be taken beginning at 3pm by Lloyd Sterling Sign-ups for photos will take place the week before, on a first come first served basis. The Team Photo will be taken at 4:45pm, right before practice begins. There is NO charge for the pictures. Pictures will be emailed to you. |
| Late June | Championship t-shirt Orders are due to the league All shirts pre-ordered will earn our team \$1 for every shirt sold. Your swimmers' names will be listed on the back of the shirts. No team money will be earned for any shirts purchased at the Championship meet, and there is no guarantee shirts will be available for purchase at the meets, especially on Saturday. |
| Early July | Championship Heat Sheet Book and Ad orders due. |
| July (TBD) | The Lap-a-Thon Fund-raiser, date to be decided. All swimmers should participate in this event, regardless of ability. |
| July 22 & 23 | Championship Meets @ Battlefield Park Friday is for 11 & Older Saturday is for 10 & Younger |
| August TBD | Team Party & Awards Event We will hold the awards ceremony at 6pm, at a location to be announced. More details to follow. |

Important information – Please keep this page!

2022 Stingray's Practice Schedule

Before school is out May 16– June 2

Afternoon Practices only

Practice will be held Monday – Thursday, except for meet days.

4:00 – 5:00pm Ages 11 & Over

5:00 – 6:00pm Ages 10 & Under

There will be practice Friday, May 15. There will be no practice on Monday, May 30, due to the Memorial Day Holiday

*****By Memorial Day/June 2 swimmers will be sorted into practice groups.**

Beginning School Vacation June 6

Swimmers will practice with their practice groups morning and/or afternoons

Morning Swim Practices. Practice will be held Monday- Friday, including meet days.

8:00 – 8:30am Rising Rays

8:30 – 9:00am Rising Rays

9:00 – 10:00am Stingray 1 & 2

10:00 – 11:00am Stingray 3 & 4

AND/OR

Afternoon Practices. Practice will be held Monday – Thursday, except for meet days.

4:00 – 5:00pm Stingray 3&4

5:00 – 6:00pm Stingray 1&2

There will be no Rising Ray practice in the afternoons due to lack of pool availability.

Later in the summer, Rising Rays may be able to attend afternoon practice if space is available.

Due to the July 4th Holiday, THERE WILL BE NO PRACTICE ON Monday, July 4th

Children under 10 years old must have a responsible person 14 years old or older present with them at all times while at the pool including swim practice and meets.

Swimmers will be sorted into practice groups based on ability and should practice during their scheduled session. Only pre-approved exceptions will be made, prior to the day of practice. You must have permission from the Coach to swim at a different practice time. Practice groups will be announced **prior to the beginning of morning practice**. There may be some adjustment during the first week in the water or as the season progresses.

- Rising Rays: Swimmers who are unable to swim or are fearful of the water.
- Stingray 1: Swimmers who can only float/do a rudimentary doggy paddle, etc.
- Stingray 2: Swimmers who have the capability to do freestyle and backstroke, but are still working towards proficiency in breaststroke and butterfly.
- Stingray 3: Swimmers who have a working knowledge of all four strokes but are still fine tuning and working to develop speed.
- Stingray 4: Swimmers who possess a sound foundation in all four strokes, have experience in the sport, possess speed, and are capable of doing self-led set work.

Practices are held as outlined above. Periodically, extra practices or clinics may be scheduled. Children under 10 years old must have a responsible person 14 years old or older present with them at all times while at the pool including swim practice and meets. Swimmers may attend morning practice, afternoon practice or both.