

# **Stamford** **Stingrays**



**2011-2012**

**Registration & Information**

[www.StamfordYMCA.org](http://www.StamfordYMCA.org)

**Ali Alnouri (Head Coach)**

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Greetings to all, and welcome to the 2011-2012 competitive swim season.

The Stingrays Swim Team is a YMCA and USA swim program that is lead by a professional coaching staff under the direction of the Stamford Family YMCA. The program is structured to promote personal character development through constant challenges and competitive opportunities. Our dynamic and energetic coaching staff is excited to lead and teach our young athletes, and we are committed to the YMCA's four core values; Respect, Honesty, Caring, and Responsibility. Please visit our website at [www.StamfordYMCA.org](http://www.StamfordYMCA.org) to learn more about our staff.

We are excited and optimistic about the future of this program and are extremely thrilled to have your child and your family involved. You will find in this packet the needed information required to register your child for the upcoming swim season.

**Ali Alnouri**  
Head Coach

# SQUADS

PRE-TEAM LEVELS	
Group Name:	PreSchool PRE-TEAM (Fall, Winter, Spring) 6/Under swimmers
Group Name:	Youth PRE-TEAM (Fall, Winter, Spring) 7/Over swimmers
AGE GROUP/SENIOR LEVELS	
Group Name:	GOLD SQUAD (September 12 <sup>th</sup> - March 25 <sup>th</sup> ) 10-18 year old swimmers
Group Name:	SILVER SQUAD (September 12 <sup>th</sup> - March 25 <sup>th</sup> ) 8-12 year old swimmers
Group Name:	BRONZE SQUAD (September 12 <sup>th</sup> - March 25 <sup>th</sup> ) 6-10 year old swimmers

# PRACTICE SCHEDULE

LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOLD	4:30-6:30	6:00-8:00	4:30-6:30	6:00-8:00	5:30-7:00
SILVER	4:30-6:30	6:00-8:00	4:30-6:30	6:00-8:00	5:30-7:00
BRONZE		5:00-6:00		5:00-6:00	5:30-6:30

\*Dry land Schedule will be announced at a future time.

# STAMFORD YMCA STINGRAYS

## EXPLANATION OF FEES

The STAMFORD FAMILY YMCA competitive swim program is affiliated with both the National YMCA and United States Swimming (USA). Our Local Swimming Committee is Connecticut Swimming, Inc. (CSI). The fees indicated for our program are reflective of the Club's participation in both programs and are required of all participants.

**YMCA MEMBERSHIP:** The Y membership fees are used for covering the actual YMCA facility expenses—use of pool, building, gym, lockers, showers, free weight room (high school and older), racquetball and squash courts (must be at least 13 years old or accompanied by an adult).

**PROGRAM FEES:** This fee covers the coaches' salaries and administrative costs. Swimmers are given the opportunity to sign up for a full year of competitive swimming and instruction (September-March). Each swimmer will also receive team apparel with the STINGRAYS logo, this includes: a swim cap, a competition swimsuit, and two T-shirts. Our team has established a system where the commitments necessary to run the club from a personal and financial standpoint can be met. We have expenses for running the team that the YMCA does not cover, i.e. Fed Ex mailings, printing, equipment, purchases, repairs, computer supplies, awards, coaches' clinics and certification, timing system, and travel expenses for coaches. Your family's Program Fees are determined at registration and must be paid in full at registration.

**USA SWIMMING MEMBERSHIP/REGISTRATION:** United States Swimming is the national governing body for swimming in the United States. The STAMFORD YMCA STINGRAYS Swim team is a member of USA Swimming through the Local Swimming Committee (LSC) of Connecticut Swimming Inc. The STINGRAYS participates in USA sanctioned meets throughout the course of the year. As a member of STAMFORD YMCA STINGRAYS, you are required to register with USA Swimming, in order to participate in these meets, as well as be insured while participating in practices and meets. The membership fee for each athlete is \$58, effective from the September registration date through the next December.

**USA DEPOSIT ACCOUNT:** All Stingrays swimmers are strongly encouraged to participate in USA sanctioned meets held during the year. Entry fees are charged for each event and swimmer at the time they are entered, regardless of whether they compete. Charges per event (Splash Fee) generally range from \$3-\$5 depending on the meet.

The amounts indicated on the Program Fee Schedule under USA Fees include monies, which will be held on deposit for each swimmer by the Stamford Stingrays-USA Swimming Treasurer. When meet entries are submitted, each participating swimmer will be charged the appropriate fee against this deposit. This deposit BALANCE is refundable, to the extent it is not needed to fund meet activity or fulfill other Stamford Stingrays financial commitments. Some swimmers who compete actively, may be asked during the course of the season to make additional deposits to their account, as they cannot be entered in a meet if their account has a negative balance. Requests for additional deposits, if needed, will be sent as appropriate. If at any time you have questions regarding a balance or meet charges, contact our USA Swimming Treasurer.

SQUAD	PROGRAM FEES	USA SWIMMING REGISTRATION FEE	USA DEPOSIT ACCOUNT	TOTAL
GOLD	\$1,131	\$58	\$200	\$1,389
SILVER	\$1,131	\$58	\$200	\$1,389
BRONZE	\$976	\$58	\$150	\$1,184

**SIBLING DISCOUNT:**

1<sup>ST</sup> CHILD: Pays Full Amount

2<sup>ND</sup> CHILD: %15 Discount off the Program Fees

3<sup>RD</sup> CHILD: %30 Discount off the Program Fees

4<sup>TH</sup> CHILD: Programs Fees are fully waved