

Fall 2009

Willmar Aquatic Racing Stingrays

Stingrays Splash



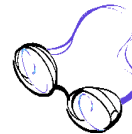
Fall Registration

It's that time again! Registration night has been set for Wednesday September 16th, from 5:30-6:30. There will be a parent meeting while the kids swim. The first night of the Fall season will be September 21st. Remember if you register and pay on or before September 16th, there is a discount. We will once again have our Try us out nights September 14th and 15th. Please spread the word to friends and family who may be interested in joining Stingrays!

Stingrays Website

Please be sure to check out our website! The address is <http://webpages.charter.net/willmarstingrays/stingrays.htm>

Registration forms are available on the website now!



Thank you to everyone who worked at the Brat Booth in August!

We made \$646.64!!!!!!

Board Member Openings for 2010

President Elect, Secretary, Registrar

These positions will be up for election at our November Parent meeting. Job descriptions are available in the Parent Handbook. Please mention to any board member if you are interested in any of these positions or if you have any questions!

STINGRAY BOARD MEMBERS

PRESIDENT

Stacey Zondervan 235-9614

PRESIDENT ELECT

Becky DeJong 214-1656

PAST PRESIDENT

Lynn Shuldes 231-2361

TREASURER

Julene Bredeson 235-4367

REGISTRAR

Julie Danzeisen 382-8043

SECRETARY

Jill Stevens 231-1790

MEMBER AT LARGE

Leslie Kelly 231-1430

COACHES

Steve Crow 235-3660

Cell 905-4185

Larry Laingen 235-3304

Donna Brau 235-9252

Sarah Jagow

Carl Shuldes 231-2361

Anita Nelson

Swimming Fast When It Counts Most

Once you get to that big meet, your physical work and preparation are over. You've done everything to insure that your body has the physical capability to go fast. Now what you need is to keep your mind in a "gold medal place." Swimming fast when it counts the most is all mental. The following three strategies will help you maximize your training and go fast:

1. **KEEP YOUR RACE FOCUS ON PROCESS, NOT OUTCOME** – One of the biggest mistakes that a swimmer can make is getting too caught up in the *importance* of the race, by focusing on their time or place. This "outcome" focus will make you nervous, tighten your muscles and slow you down. To go fast, your concentration must be on the "process." Focus on what YOU are doing in your lane, in the NOW.
2. **TRY SOFTER, NOT HARDER** – When you place too much importance on a race, you will tend to try too hard. Trying too hard tightens muscles and shortens your stroke. It's the game of diminishing returns: The harder you try, the slower you'll go! Instead, try to relax and focus on lengthening your stroke by "trying softer." Remember, your body already knows how to swim fast. Trust your training and let the fast swim come to you!
3. **STAY CALM PRE-RACE** – Many swimmers unknowingly "lose" their races before the start because they get too nervous. Swimming fast is all about staying relaxed *pre-race*. To do this, try any of the following: stretch, listen to music, talk to friends, slow and deepen your breathing, joke around and most importantly, have fun!



Stingray Swim Meets

November 7th & 8th Hopkins

December 5th & 6th Hutchinson

January 30th & 31st St Michael/Albertville

February 27th & 28th C Finals
Hopkins

March 5th-7th A/B Finals ??

I can't fly, but swimming is the next best thing.....The water is my sky.

-Author unknown

Drop off Policy

Please do not drop your child off at practice and go. There are several nights we don't have practice because of home swim meets or holidays. Come up with a system between you and your swimmer where they let you know its ok to go! Thanks!



Willmar Varsity Girls Home Swim Meets

September 3rd- Rocori 6:00
 September 10th- Fergus Falls 6:00
 September 17th- Apollo 6:00
 October 3rd- Junior High Invite
 October 6th- Tech 6:00
 October 8th- Brainerd 6:00
 October 20th- Marshall 6:00
 November 12th- Sections
 November 14th- Sections



Pure Blue will be at the Willmar Girl's Invite on Saturday August 29th. Stop by and stock up on goggles, caps, & suits!

Stingrays receives a profit from everything sold!



2009 Stingrays Swim Club Dates

Mark your calendar now for these upcoming dates!



September

September 14th & 15th- Try us out Nights
 September 16th- Registration Night/ Parent Meeting
 September 17th- **No Practice** Girls Home Meet

October

October 6th- **No Practice** Girls Home Meet
 October 8th- **No Practice** Girls Home Meet
 October 14th & 15th- **No Practice** MEA
 October 20th- **No Practice** Girls Home Meet

November

November 7th & 8th- Stingrays Swim Meet Hopkins
 November 12th & 14th- Sections
 November 25th & 26th- **No Practice** Thanksgiving



Law's of Competitive Swimming

Much like Newton's Laws of Motion

Law of Competitive Gravity

When left unattended, a swimmer will gravitate towards the worst technique possible





How to Score Diving

Scores in all diving meets use a range from one to ten, in ½-point increments.

The score of each dive is calculated by first adding the total awards of three judges. This is known as the raw score. The raw score is then multiplied by the degree of difficulty of the dive and you have the total diver's score for the dive.

We use the sliding cardboard calculator to make this simple!

Diving meets must be scored using a minimum of three judges, but can be scored using as many as nine judges. Using the simplest method of scoring: when more than three judges are used, the highest and the lowest scores awarded are dropped and the raw score is determined by the remaining three awards.

Sample Scoring For a Five Judge Panel

Scores: 6.5, 6, 6.5, 6, 5.5, 6

Low (6.5) and High (5.5) Scores Dropped

Raw Score = 18.5 (6.5 + 6.5 + 6)

Raw Score (18.5) x Degree of Difficulty (2.0)

Total Score for the Dive = 37.0

The dive score is recorded on the diving sheet. Each dive to the previous score to give a running total score.

The paper scoring is a back-up to the computer. The paper score and computer score are verified against each other.

How to Score Swimming Dual Meet

Prior to the start of the meet the paper Meet score sheet must be completed. The head coaches will give a sheet with the swimmers for each event for Varsity and JV. This information must be transferred onto the Meet Score sheet (this is the sheet that times are recorded on, running scores are recorded on and the announcer uses to announce events).

After each event, the times and places are taken from the score board and recorded on the sheet. Then the score is calculated.

Individual event – 1st-6pts, 2nd-4pts, 3rd-3pts, 4th-2pts, 5th-1pt

Relay event – 1st-8pts, 2nd-4pts, 3rd-2pt

Swimmers in lanes 1 and 8 are always exhibition and cannot earn points (unless otherwise noted by the official).

The official will verify placing, disqualifications and scoring after each race with the scoring table.