



# Swim Team Communication

Chestnut Oaks Stingrays

- Preseason meetings for new and returning parents held separately
- Registration document with step by step instructions with screenshots
- Pair up new parents with veterans for support
- New parent tips document
- Sunday evening email with information for the week ahead and notes from the coach
- Texting through Swim manager for additional specific reminders
- We call parents or find them at the pool. **We believe in building relationships with our swim families and building strength of community through communication and accessibility.**
- Updated website for accessible information around the clock
- Social Media (Facebook & Instagram)
- Survey for feedback at the end of the season

Happy New Year to all of our wonderful officials! This team and our children are so incredibly lucky to have such strong support from parents. You all really stepped up during a year where everything was new: from working extra shifts due to all the meets being at home to training new officials, being new officials, and rolling with the "virtual" format and all it required...you all came together to make last summer a success. We had two past officials come back to work shifts and train new officials though they no longer had children on the swim team. Our referee incredibly agreed to get certified despite the demands of being a father of 4 and a high school athletic director during Covid. Another sweet parent even created her own job this last season and managed the clerk of course numbers! I'm proud of our families and I love being a part of a team where everyone jumps in to help so enthusiastically.

Planning for the 2022 swim team is already underway and I have some updates to share:

- **Meets** will be back to normal aka "in person" with two teams swimming against each other at one pool.
- We were moved to **Division III** for this season. This means we'll be swimming against smaller teams and therefore have shorter meets than the normal meets we were used to in the past.
- The division calculation comes from GRAL (Greater Richmond Aquatic League) and is based on the number of swimmers and points scored. It is meant to have teams of similar size and ability swim against each other for a fair and exciting competition.
- **Coaches Jacob and Alex** are excited to be back this summer! We are hiring for two coaching positions and interviews have already begun.
- With back-to-normal meets, Referee, Computer Rep., Head Table Worker, Starter, and Clerk of Course are only required to work those positions at home meets.
- **Computer Rep.** has some unique away meet requirements that don't involve actually working at the away meet.
- **Strokes and Turns** will require 2 officials from **each team** at every meet for a total of 4 judges on deck.
- Certified officials will continue to enjoy a per swimmer discount and a **free** meal at every home meet.
- **Everyone is certified from their work last year!** *Referees are the exception and may have to take their class/test yearly.* Other officials remain active by working their positions and taking the class/test every other year.

Finally, **please respond to this email with your intention for the 2022 season.** Do you intend to stay in your position? Would you like to take on a new role? We all know many hands make light work, so if you know of friends who might enjoy what you do, let them know how AWESOME the Stingrays are and have them get in touch with me. We are especially looking for parents who liked being a table worker and working clerk of course so they can train under Melinda and Alli's extensive knowledge before their kids age out of swim team. Looking forward to seeing you all poolside this summer. The countdown is on!

Best,

## Meet 3 and Coaches Newsletter! Inbox x



**CORA Stingrays** <corastingingraysswimteam@gmail.com>

Jun 20, 2021, 9:38 PM



to Undisclosed, bcc: Alkhalisi, bcc: Allen, bcc: Allen, bcc: Allgood, bcc: Altman, bcc: Austin, bcc: Barnes, bcc: Bean, bcc: Beatty, bcc: Blandford, bcc: Bond, bcc: Bond, bcc: Bonner, bcc: Brann, bcc: Brown, bcc: Buzby, bcc: Cassada, bcc: Chehour, bcc: ▾

Happy First Week of Summer, Stingrays! Now that school is over, we can really focus on the fun and excitement of summer swim! Hooray! Please read on for lots of info and a word from our Coaches.

\*\*\*[Please check www.corastingingrays.com often!](http://www.corastingingrays.com) You will find updates and everything from meet results to volunteer descriptions, news and announcements, as well as updated shark & minnow pairs. We have lots of information all there in one place and accessible at any time for your benefit. 😊

[CLICK HERE](#) for the [updated Sharks and Minnows list](#). Please check this updated list for changes. If you are a Shark and won't be at many meets, or if your child is a Minnow and their shark is not present at the meet, please find/contact Adrienne Feldman. Many Sharks are on deck and prepared to support your child but in order to do so I need to be notified. Thanks!

**-MEET 3's SPIRIT THEME** is 🌺 **Hawaiian Night** 🌺! Wear your wildest Hawaiian shirts, practice your best hula dance, and put a flower in your hair! All swimmers will receive a Lei at check-in. Don't forget to take advantage of our photo opp at the entrance of the breezeway! As always, check-in will begin at 4:30 and conclude at 5:30. Please be checked in no later than 5:30pm.

Warm up schedule will remain the same:

5-5:15 8 & under

5:15-5:30 9 & 10 year olds

5:30-5:45 11 & up

**-CONCESSIONS:** This week Papa John's will be selling individual pizzas for \$5, or make it a meal with chips and a drink for \$6.

Please remember families are asked to donate at least 3 items throughout the season to concessions. [CLICK HERE](#) to sign up!

**-PICTURE DAY:** [Monday, June 28th](#) is picture day. Individual pictures will be taken at 4pm, and a [team photo](#) will be taken at [4:30pm](#). We ask all swimmers to pretty please try your best to be present for the 4:30pm team photo so you can be a part of our lasting memories of an amazing summer!

**-END OF YEAR BANQUET:** Save the date! Wednesday July 28 @ 6pm (Thursday July 29 is the raindate). More info coming soon.

**-DQ CLINIC-THIS SATURDAY...**more info coming from your Coaches early this week.

**-COMMUNICATION:** Would a 2nd parent like to receive emails to remain up to date and informed? If so, please reply to this email with their relation to your swimmer, your child's full name, and their email address so I can add them to our contact list.

**NOTES FROM YOUR COACHES**

**\*\*\*NOTE PRACTICE CHANGES\*\*\***

# Registration Document

## CORA Stingrays 2021 Registration Instructions

1. Visit [corastingrays.com](https://cui.active.com/sports-reg/login?a=7676f273-4bf5-49b2-8f6b-d19a96ad0e56) or click the registration link below and enter your email address when prompted:  
<https://cui.active.com/sports-reg/login?a=7676f273-4bf5-49b2-8f6b-d19a96ad0e56>
2. RETURNING FAMILIES, enter your password or reset your password if forgotten. Do not create a new account with a different email address. Your past information has been saved in your account and registration will be a shorter, easier process.
3. NEW FAMILIES, enter email and begin registration steps. **You will need to create an Active account at the end of registration. This option will be at the bottom of the payment page.** You will access your Active account via the parent portal throughout the swim season to sign your child up for swim meets and sign up for required volunteer positions.

**ACCOUNT CREATION**

Email address  
- @gmail.com

Password

Passwords must be eight or more characters and contain three of these: lowercase, uppercase, numbers, and special characters. Passwords cannot be the same as the username.

Confirm password

COMPLETE

4. When registering a child, a dropdown menu will appear with the swimmer's age group. Click the drop down arrow, click the selected age group below, and select "pay in full" before clicking continue

## Chestnut Oaks Summer Swim Team 2021

Primary location  
May 17, 2021 to July 16, 2021

### Select group

Show: Eligible groups | All groups

Intermediates (Ages 13-14)			
Summer swim team for ages 13 to 14			
NAME	CAPACITY	PAY IN FULL PRICE	BILLING SO-EQUALS
Intermediates (Ages 13-14)	Unlimited Capacity	Full Price: \$95.00	-
Ages 13 to 14 Volunteer requirement: 4 points			
Pay in full			\$95.00 Total

Select Age Group →

Select Pay in Full Then Continue →

Click for Drop Down Menu

5. You will be able to select sizes for your **free** team t-shirt only when you complete registration by April 30.

### Additional purchases

#### • FREE Team T-Shirt

Must register by April 30 to receive a FREE team t-shirt and latex swim cap.

Select:	Price:
<input type="radio"/> Youth Small	\$0.00
<input type="radio"/> Youth Medium	\$0.00
<input type="radio"/> Youth Large	\$0.00
<input type="radio"/> Youth X-Large	\$0.00
<input type="radio"/> Adult Small	\$0.00
<input type="radio"/> Adult Medium	\$0.00
<input type="radio"/> Adult Large	\$0.00
<input type="radio"/> Adult X-Large	\$0.00

6. Please take careful notice of the multiple waivers. Your volunteer agreement and COVID waiver are new to the registration process this year. The refund policy has been updated for new swimmers as well.

## Waivers and agreements

Please read the following waivers and agreements carefully. They include releases of liability and waiver of legal rights, and deprive you of the ability to sue certain parties. By agreeing electronically, you acknowledge that you have both read and understood all text presented to you as part of the registration process.

- I agree to the [Active Agreement and Waiver](#)
- I agree to the [Medical Waiver](#)
- I agree to the [Refund Policy](#)
- I agree to the [Volunteer Agreement](#)
- I agree to the [COVID-19 Waiver](#)

By entering my name below, I assert that I have reviewed and agree to all of the waivers and agreements I have selected above.

\* Electronic signature

7. REGISTERING MULTIPLE CHILDREN: After registering the first child, click the " + add another registration" before checking out. Repeat this process until all children have been registered.

CHOOSE PARTICIPANT > SELECT GROUP > COMPLETE FORM > CHECKOUT

## Review cart & check out

### ORDER DETAILS

[+ Add Another Registration](#)

ITEMS	TOTAL
Chestnut Oaks Summer Swim Team 2021 registration Group: Intermediates (Ages 13-14)	\$95.00
FREE Team T-Shirt - Adult Large	\$0.00

Coupon code	Subtotal	\$95.00	
<input type="text"/>	<input type="button" value="APPLY"/>	Total	\$95.00
Active Network, LLC will charge the amount above			

## Review cart & check out

### ORDER DETAILS

[+ Add Another Registration](#)

ITEMS	TOTAL
Chestnut Oaks Summer Swim Team 2021 registration Group: Intermediates (Ages 13-14)	\$95.00
FREE Team T-Shirt - Adult Large	\$0.00
Chestnut Oaks Summer Swim Team 2021 registration Group: Juniors (Ages 11-12)	\$95.00
FREE Team T-Shirt - Adult Large	\$0.00

Coupon code	Subtotal	\$190.00	
<input type="text"/>	<input type="button" value="APPLY"/>	Total	\$190.00
Active Network, LLC will charge the amount above			

### CHECK OUT

#### PAYMENT INFORMATION

\* PLEASE SELECT A PAYMENT METHOD

8. QUESTIONS? [Contact marsha.altman@gmail.com](mailto:marsha.altman@gmail.com)



# New Parent Tips Document

## Tips for New Swim Team Parents

1. **Check-in:**
  - a. Your swimmer will get a piece of paper with their Events listed. It's common for kids to write the event number and stroke on their arm with a Sharpie. (You might wanna write it on yours, too!)
  - b. If you are volunteering, you'll get a name tag with your name and volunteer role listed. If your name is spelled wrong or you go by another name, feel free to edit.
  
2. **Reporting for Events:**
  - a. Swimmers must report to the Clerk of Course before their event. Make sure you know where your swimmer is a few events before their turn. If they are late, we will call them, but sometimes it's hard to hear. Clerk of Course is located behind the starting blocks. Parents cannot stay in the clerk of course area. Once they are there, we'll make sure they get in the correct event, heat and lane.
  - b. Listen for the Announcer to call your swimmer's events and watch the number board to see which events are on-deck (number on the left) and which one is in the pool (number on the right). The number board is behind Lane 1, on the far side of the pool.
  
3. **Volunteering:**
  - a. All volunteer roles have someone on the team who can show you what to do! Don't be afraid to try any of the roles.
  - b. Most volunteer roles meet behind the blocks before the start of the meet. Listen for your volunteer group to be called or go to the Clerk of Course for guidance.
  - c. Try to have a partner or friend watch out for your swimmer while you are volunteering so you can focus, and so your swimmer doesn't miss their events!
  - d. DO take a break to watch your swimmer!!! Just let someone know, or just step away for a minute.
  
4. **Clean-up:** We are lucky to have the pool staff set-up the meets for us. It takes about 15 minutes after the meet for parents to return everything to its normal spot. Thank you for helping when it's your week. The clean up schedule is as follows:

Meet 2: Last Names A-C

Meet 3: Last Names D-G

Meet 4: Last Names H-K

Meet 5: Last Names L-P

Meet 6: Last Names R-Z

**DQs...** For new swimmers, it's common for them to get DQ'd (disqualified). Reasons are typically related to pushing off from the ropes or wall and incorrect stroke type or stroke form. Getting DQ'd is a great way to learn the rules of swimming. Even the older kids have it happen. So, encourage your littles to keep trying and have fun!!!



# Join Atlee Rec so your child can enjoy summer swimming!



Atlee Gators Summer Swim Team at Atlee Recreation Association  
9411 Atlee Station Road, 23116

All children welcome! Ages 5-18 years. Very affordable!  
Six weeknight meets that end around 9pm. Practice is optional.  
Morning & Afternoon practices M-F, 4 Saturday morning practices.

ENCOURAGE PHYSICAL ACTIVITY  
SUMMER BREAK SPORT  
BUILD SELF-ESTEEM  
PREVENT DROWNING  
TEACH SPORTSMANSHIP  
MAKE SUMMER FRIENDS

A cartoon illustration of a green gator standing upright. The gator is wearing a yellow swim cap and a yellow towel draped over its shoulder. It has a friendly expression and is holding a small yellow object in its mouth.

**Team Open House & Registration Sunday, April 27<sup>th</sup> 2-4pm**  
Stop by to talk with parents, coaches & swimmers



## The dollars & cents of summer swim team!

Swim lessons are expensive and typically last a week or two. For a child to become a strong swimmer they need to be in the water several times a week for a month or more. Consider joining Atlee Rec so your child can be on the swim team. Then you can ensure that your child is confident and safe in the water.



Family Membership = \$400

New Member Fee = \$100

Swim Team = \$90 (child 1)

Swim Team = \$85 (child 2)

TOTAL = \$675

49 days of practice for 2 kids equals **\$6.89/practice**

Plus the added benefits of being part of a team, experiencing swim meets, enjoying a ton of fun events, and making new friends.

Membership & Registration details at [atleerec.com](http://atleerec.com)

Early bird Pricing until May 15<sup>th</sup>

Email [AtleeGators@gmail.com](mailto:AtleeGators@gmail.com) with questions

1<sup>st</sup> Day of Practice is May 23<sup>rd</sup>

# SAVE THE DATE



*Only  
Dangerous  
When Wet!*

## ATLEE GATORS

**SWIM TEAM REGISTRATION**

**Atlee Recreation Association**  
9411 Staple Lane, Mechanicsville, VA 23116

**APRIL 28<sup>TH</sup>  
2-4 PM  
ARA CLUBHOUSE**

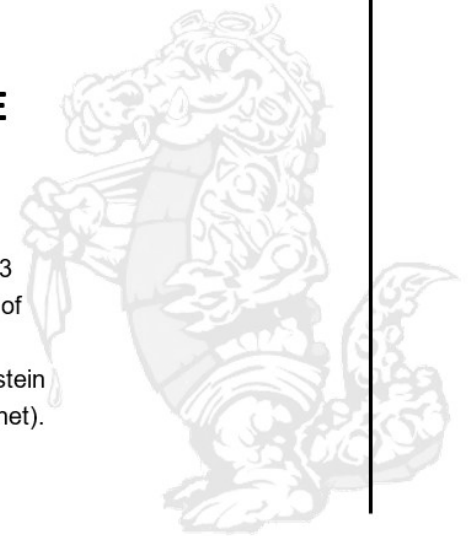
Requirements:

- Must be a paid member of ARA.
- Must be 5 years old by 5/15/2013
- Must be able to swim the length of the pool (25 yards) without assistance (e-mail Melinda Adelstein questions adelstein2@comcast.net).

**Registration Fee:**

**\$85 each for 1<sup>st</sup> two swimmers**

**\$75 each for 3 swimmers**



# Open House & Registration

ENCOURAGE PHYSICAL ACTIVITY

SUMMER BREAK SPORT

BUILD SELF-ESTEEM

PREVENT DROWNING

TEACH SPORTSMANSHIP

MAKE SUMMER FRIENDS



- Last Sunday in April
- In-person available
- Suit fitting, buy cap & goggles
- Spirit wear info/examples
- Officials coordinator- recruit
- Meet the coaches
- Meet team leaders
- Open the worker board



---

Week before 1<sup>st</sup> practice

---

Exchange cell #'s

---

Contract & tax forms

---

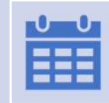
Crystal clear expectations

---

List of dates

---

Happy to share our list of notes



Early June



Offer on 2 dates during practice



Start with general info, then ask new parents to stay longer



Happy to share the list of topics that we cover

### What is a 100IM?

An Individual Medley (IM) is one swimmer that swims 4 laps in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. IM's are swum at meet 2, 4 & 6.

### Relays!

- 8 & Under Relays are event 1.
- Odd Week Meets = Freestyle Relays

(All 4 swimmers swim freestyle.)

- Even Week Meets = Medley Relays  
(Each of the 4 swimmers swims a different stroke in this order: Back, Breast, Fly & Free.)



### Concessions at meets

In addition to the regular snack bar options, we will also have Giovanni's Pizza, Chick-fil-a sandwiches, pasta salad, watermelon and a few other treats. Bring cash and support the team by purchasing dinner at the meets.

### Our pool

The Atlee Rec pool is a 25 yard pool. Some of the pools we will swim at are 25 meter pools.

### Champs!

GRAL hosts a league-wide championship meet at the end of the season. To qualify, a swimmer needs to achieve a JV, V or SV time in a particular event. Champs will be held at GRAP (in RVA) on July 31 – Aug 2. There is an additional small fee for any swimmer who attends the Champs meet.

### Communication

- Please talk with coaches before or after practice. They need to have eyes on the pool at practice.
- Please sign up on coach's door if your swimmer will be late or miss a meet. We realize last minute issues do arise that may cause your child to miss or be late. If this does happen, PLEASE make every effort to notify the coaches or parent rep ASAP!
- Reminders, etc. will be sent out via email.
- Last minute updates about practice or meets can be found on the Atlee Rec Facebook page.



### Hang in there!

The first season can be overwhelming for the swimmer and parent. Ask questions! We are here to help you and your kids have a wonderful summer swimming experience. We promise your child will learn much more than swimming this season. Summer swimming is also about staying active, meeting new friends, having fun, learning sportsmanship and increasing self-esteem.

### Volunteering

It takes nearly 100 volunteers to run a meet. Atlee parents are expected to volunteer for five half meets. Most positions can be filled by any parent. Referee, Strokes & Turns Judge, Clerk of Course, and Starter are certified positions and require training. Please contact Kristin Brittle at [jmuhokies@gmail.com](mailto:jmuhokies@gmail.com) if you are interested in becoming a certified official.

## Atlee Gators Swim Team

### NEW Parent Info & Tips



### Congratulations on becoming an Atlee Gator!

Atlee is in Division 3 of GRAL  
(Greater Richmond Aquatic League)

#### Where to find more info:

GRAL: [www.gravlva.com](http://www.gravlva.com)

Atlee Rec: [www.atleerec.com](http://www.atleerec.com)

#### Stay connected:

"Like" Atlee Rec on Facebook  
[AtleeGators@gmail.com](mailto:AtleeGators@gmail.com)





## Swim Meets

### What to expect...

**• Your child will be entered into events for every meet. If your child will not be at a meet please let the coaches know ASAP! This is especially important for forming relay teams.**

- Swimmers and volunteers need to check-in with the parent rep upon arrival.
- Swimmers' events are posted the morning of the meet and will be posted at the meet.
- Meets begin at 6pm and typically end around 9:30pm.
- Relays for ages 8 & under are the first event of every meet.
- Meets have 55 events total, with girls events being even and boys events being odd.
- Swimmers ages 8 and under may leave the meet after they complete their last individual event of the evening.
- Swimmers age 9 and older who are not on a relay team should check with a coach before leaving to ensure they have not been added to a team since events were posted.
- Swimmers report to the "Clerk of Course" when their event number is called. Parents may escort children to the clerk, but are not permitted in the clerk area.
- Meet Results are posted throughout the evening and will be available online.



### Goggles

Swimmers are encouraged to wear goggles at every practice and in every race.

### What to bring...

- 2 towels per swimmer
- Goggles
- Atlee swim cap
- Atlee spirit wear
- Cards, books or games for down time
- Chairs
- Cash for concessions
- Sweatshirt- can get cold
- Sharpie to write events on hand

### Going off the block...

Prior to each meet, new swimmers will be evaluated by the coaches to determine whether they can start off the block, off the side (O marked on arm), or in the water (X marked on arm).



### Weather Delays...

Unfortunately, we do occasionally experience delays in our meets due to bad weather. At the first sound of thunder or sighting of lightning, the pool and deck must be cleared of all people. A 30-minute waiting period is to be enforced before swimmers may begin to swim after the last sighting of lightning or sound of thunder. If a weather delay is called, you must exit the pool and deck area and return to your car with all of your belongings. You will want to bring movies or games to keep the children entertained while waiting out the weather in your car. We make every effort to finish a meet on the scheduled evening, but postponements do happen. All meets will be postponed to the following evening.

### What are the age groups?\*

8 & under, 9 & 10, 11 & 12, 13 & 14, and 15-18. Swimmers age 6 & under are broken out into their own age group for Freestyle and Backstroke only. \*A swimmer's age is determined by their age on June 1<sup>st</sup>. They remain in the same age group all season.



### How can 5 swimmers get 1st place in the same event?


Novice, Advance, Junior Varsity, Varsity, Senior Varsity, oh my...

GRAL designates 5 ability levels for each individual event. All swimmers without times are placed in the novice category. As their times improve, they will move up to the other categories. To make the meet run more quickly, all swimmers in an event will swim together but they will be scored against the other swimmers at their ability level. Time standards can be found at [gralva.com](http://gralva.com).

### What is a DQ?

A disqualification is often referred to as a DQ. A swimmer will be DQ'ed if they do not perform a stroke/turn/start/finish correctly. It's not fun but happens to nearly all swimmers at least once. After each meet, the coaches are given the DQ cards which explain exactly why a swimmer was DQ'ed. This serves as an opportunity to learn how to do the stroke correctly.





Group by Atlee Recreation Association (ARA)

## Atlee Gators Swim Team

Private group · 111 members

+ Invite

About Discussion Rooms Topics Members Events Media Files

Write something...

Live video Photo/video Room

Featured

Members won't see

New activity

About

This group is intended to help parents with connecting with other parents for carpools, schedules, general questions, and other swim team related topics.

Private

Members can see who's in the group post.

and this group.




Atlee Rec

Home Membership Swim Team General Information Contact Us

# SWIM TEAM

## The Gators - Dangerous When Wet!









Since 1975 Atlee Recreation Association has been the home of the Atlee Gators. For over 40 years the Atlee Gators have competed in the Greater Richmond Aquatics League.

All ARA members ages 5 - 18 are eligible to join the Atlee Gators.

Younger members who are not ready to join the Gators can take advantage of the Bitty Gators program.

Registration opens in early April. Find more information and join the team by clicking the swimmer icon above.

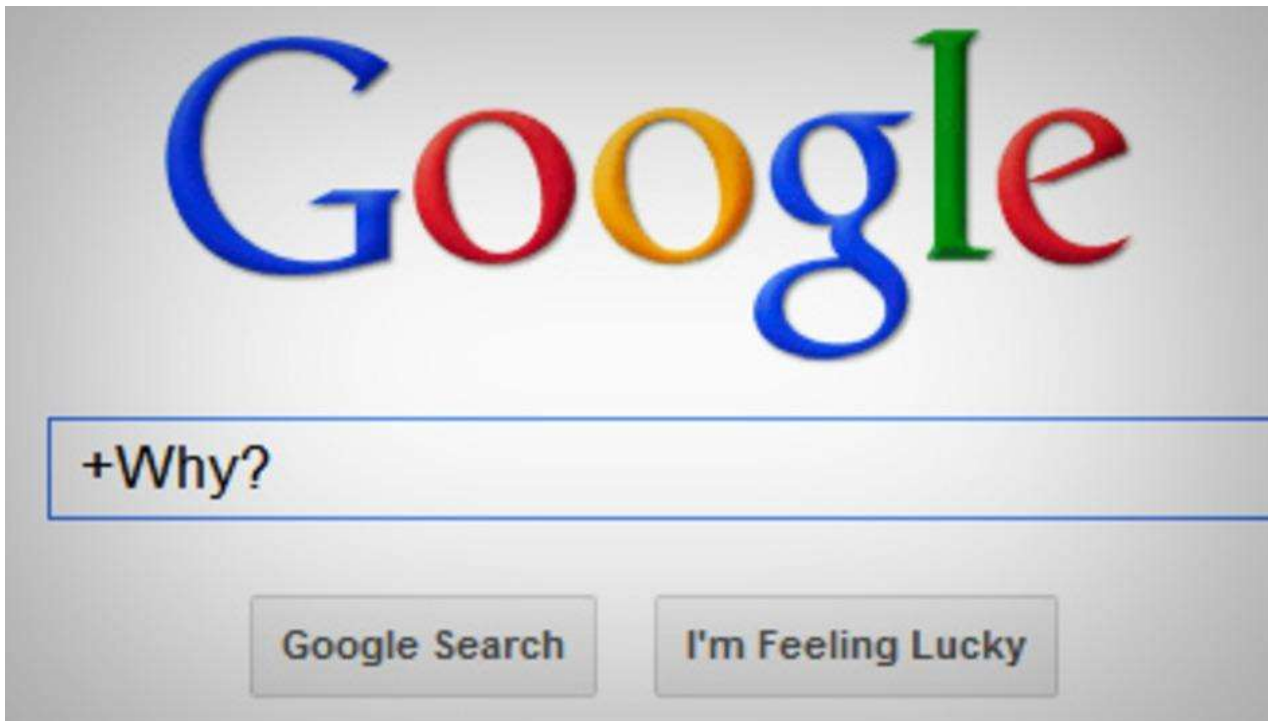








# Atlee Gators



HOME ABOUT TEAM EVENTS POOL LOCATIONS MEET RESULTS TEAM REGISTRATION GROUP SWIM REGISTRATION SWIM AND TRI TEAM STORE





- ✓ Consistency
  - ✓ Save Contacts
  - ✓ Create lists
  - ✓ Miss a Meet
  - ✓ Volunteer sign-up
  - ✓ Submit forms for Champs infod
- 
- ✓ AtleeGatorPics@
  - ✓ For slideshow, facebook & website