



### Chair's Corner

By Nance Rifanburg



Greetings everyone, I hope that you all had a restful Holiday season. The Stingrays have had a terrific season so far. It is wonderful watching the younger swimmers blossom and become more confident

in the water. They are the future leaders of the team. On the other hand, we will be saying goodbye to our senior swimmers in a few short weeks. At the January 15<sup>th</sup> meet, we recognized our six seniors for their years of involvement.

My family has been involved with Y swimming for many years. There have been a lot of changes in that time, but one thing has always remained the same: the program builds confidence and character. I talk to many former swimmers who say that Y swimming was one of the best times of their life. I hope that the current Stingray families will have those fond memories as well.

We have one more dual meet in Cortland on January 22 and the District meet on February 5, which ends our regular season. The District is the highlight of the season; it is where all the teams in the District come together for a championship meet. Please check the mailboxes, keep up on the website, and on Facebook to get



all the information you'll need for Districts. All parents will be needed to help on Friday night or Saturday. It will take all of us to run a successful meet. We all know what it is like to go to a function when it is not run well, and we do not want to be in that situation. We are by far the largest team in our district and have run the District meet very successfully in the past. Thanks in advance for everyone stepping up to help.

As always, don't hesitate to contact me with any questions or comments. Thanks!

### Inside this issue:

District Meet Info .....	1-2
State Meet Info.....	2
Stingray Alums: Where are they now? .....	2-3
Coaches Corner .....	4
USA News Links .....	5
Parents' Committee .....	5-6

### District Meet Info

The District meet brings all district teams together for a championship meet – Auburn, Cortland, Fulton, Norwich, Oneonta, Oneida, Oswego, Rome, and Watertown. All swimmers should attend. It is a long day, but one filled with fun and excitement. For some, it provides a chance to make State times.



Districts will be held **Saturday, February 5 at the Skaneateles Community Center which is now owned by our YMCA.** The Stingers (Ds & Es) meet in the morning session, which runs from 7:00 a.m. until about noon. The Stingrays (As, Bs & Cs) meet in the afternoon session, which runs from about noon until 6:00 p.m.

An information packet has been placed in the Stingray mailboxes and is available on the Stingrays website at [www.auburnstingrays.org](http://www.auburnstingrays.org) In addition, you should receive the information packet through e-mail this week.

During regular practices from 5:30 – 6:30 PM on Tuesday, January 25<sup>th</sup>, Wednesday, January 26<sup>th</sup> and Thursday, January 27<sup>th</sup>, district event fees will be collected. Each event is \$3.50 and each swimmer will swim in 3 events. Look for more information in mailboxes and on the website.

Because we are hosting the event, we'll need everyone to volunteer. There are many jobs including Friday night set up, Saturday night clean up, Saturday concessions, sales, bull pen, timers, and many more ... Please call Paula White at 252-6297 or e-mail her at [nylakes@verizon.net](mailto:nylakes@verizon.net) to volunteer your time. Every little bit helps!

## State Meet Info

The New York State Meet will be held on Friday, Saturday, and Sunday, March 18-20, 2011, at the Nassau County Aquatic Center in Eisenhower Park, Long Island.

State qualifying times can be downloaded at this link:  
<http://www.auburnstingrays.org/docs/1011StateTimeAge.pdf>

The Stingrays have reserved a block of 50 rooms at the [Long Island Marriott Hotel & Conference Center](#) in Uniondale. If you have made the qualifying times or are close, we recommend that you call to book your reservation as the rooms will go on a first-come, first-served basis. Rooms

are \$149.00 per night. The rooms will be available until February 25, and after that date will go to the public.

Remember that every swimmer is a “winner” on the Stingrays. The States offer a higher level of competition for those who qualify, but those who don't should still be commended for their accomplishments.

### **Motivational Quotes**

*"You can't put a limit on anything. The more you dream, the farther you get".*

**Michael Phelps**

*"There is water in every lane, so it is OK."*  
**Ian Thorpe (on being in Lane 5 for a final).**

*Act as if it were impossible to fail and it will be.*

*Always remember, whatever the goal—  
keep your eye on it*

Good luck to all!

## Alums: Where are they now?

We thought it might be fun to look back four years to learn what's happened to our former Stingrays. Our swimmers have achieved success academically, athletically, and socially. We're proud of them all!



**A Girls – 2006-2007**

**Tiffany Kline** – Tiffany was with Stingrays for 6 years, graduating in 2009. She won the Sportsmanship award in 2006 and Rookie of the Year in 2004. She is a sophomore at Clark College in Massachusetts. She has a double major in psychology and studio art.

**Reagan Cuddy** – Reagan was with the Stingrays for 7 years, graduating in 2007. She won the Wally Duncan award in 2004. She is in her senior year at Johns Hopkins University and is studying engineering.

**Kiersten Salemi** – Kiersten was with the Stingrays for 12 years, graduating in 2008. She won the High Point Trophy in 2003 and had the Stingray record for the 500-free in 2007. She is finishing a degree at Cayuga Community College in Liberal Arts: Humanities and Social Science and is planning to continue her education in nursing.

**Sarah Blair** – Sarah was on the Stingrays for 7 years, graduating in 2007. She won the High Point Trophy in 2005, Rookie of the Year in 2002, and qualified for Nationals for her last 3 years. She continued her swimming career at Alfred University. She is in her senior year and will graduate with a bachelor's degree in biology.

**Candice Elliott** – Candice was a Stingray for 10 years, graduating in 2007. She won the Sportsmanship award in 2003. She went to Nationals 2 years, has the A girls 100 fly record and is part of 3 different relay records still standing. Candice is studying Apparel Design at Cornell University and is graduating this May.

**Meghan McNamara** – Meghan was a Stingray for 3 years, graduating in 2009. She is attending FingerLakes Community College, majoring in journalism/creative writing, with plans to transfer to Arizona State in the fall.

**Kelsey Roe** – Kelsey was with the Stingrays for 11 years, graduating in 2007. She won the

Sportsmanship award in 2008. She continued her swimming career at SUNY Cortland and is in her sophomore year with a major in Childhood Education with a concentration in social science.

**Mallorie Dygert** – Mallorie was with the Stingrays for 9 years, graduating in 2010. She has the Stingray record for the 200-free and the 500-free. She won the Wally Duncan Award in 2010. She is now in her freshman year at St Bonaventure University and is studying science with a career goal as a respiratory therapist or nutritionist.

**Tracy Miller** – Tracy was a Stingray for 10 years, graduating in 2009. Her best events were the 100-back, 500-free, and 100-fly. She continued her swimming career at Alfred University. She is in her sophomore year and is studying business/accounting.

**Erin Savino** – Erin was a Stingray for 1 year, graduating in 2008. Erin won the Rookie of the Year Award in 2007. She is attending the Fashion Institute of Design and Merchandising in Los Angeles and is majoring in fashion design.

**Janna Fiermonte** – Janna was with the Stingrays for 7 years, graduating in 2007. She won the Wally Duncan award in 2006. She is a senior at SUNY Geneseo studying Spanish Education.

**Erica Piedmonte** – Erica was with the Stingrays for only a couple of years, graduating in 2008. She is attending SUNY Brockport and studying nursing.

**Jamie Walter (not pictured)** – Jamie was with the Stingrays for several years. She won the Doug Reese Award in 1999. She is a junior at Niagara University and has a dual major in criminal justice and sociology.

**Sara DeFavero (not pictured)** – Sarah was with the Stingrays for 3 years and graduated in

2009. She attended Cayuga Community College majoring in Liberal Arts and transferred to Brockport where she is studying theater.

**– More Alumni News Updates will be coming next month – watch for the 2006-2007 A Boys!**

## Coaches' Corner

Hello Everyone,



I would like to start off by saying congratulations to all of our swimmers on a great season thus far. Up to this point we have had another undefeated dual meet season and more importantly so many best times along with it. Great job everybody!

The next thing I would like to discuss is specific to the older kids. It is very important that swimmers know where they need to be and where they should be during the meet. At the home meet against Oneonta we had a swimmer who was up in the racquetball courts. This swimmer missed their last event which happened to be a relay with three other swimmers on it. At the Canandaigua meet we had several A and B swimmers miss their event even though they were sitting right next to the pool. These swimmers were where they needed to be physically but not mentally. During a swim meet swimmers need to be in or around the pool for the duration of the meet and need to stay actively involved throughout by cheering for their teammates.

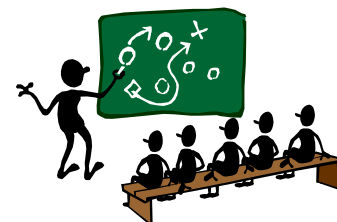
We are now at that point in our season where swimmers, coaches, and parents need to be understanding of the commitment and sacrifices involved in preparing for the late season championship meets. These meets include the district championship meet and for some the state and national championship meets.

Every swimmer should have goals for the season. These goals can vary from qualifying for states, breaking a record, or even just reaching a certain time. Coach John might ask a swimmer's parent if they can get to practice three or four days when they have only been making the minimum required practices all season knowing that this will increase the likelihood that this swimmer will qualify for states. Some of the older kids who have set their goals very high might be asked to do double sessions during February break. This additional commitment becomes a requirement for some when their coach(s) become aware of what their goals are. Our role as coaches is to do everything in our power to help our swimmers reach the goals they have set. It is a mutual commitment in the coach/swimmer relationship. It is an agreement between the swimmers, coaches and parents that we will commit additional time and effort so that our swimmers can accomplish what they have set out for.

Typically at this point in the season coaches will increase frequency, intensity, and duration of the practices. With this comes the need, specifically with the kids that have been swimming competitively 6+ years, to spend additional time on injury prevention. Shoulder injuries are the most common in competitive swimming. Swimmers can start preventing injury by arriving to practice early to stretch before getting in the pool. Other ways to prevent injury include getting in the pool on time so they do not miss warm-up and always finish practice to receive the proper cool down. The best way to help prevent shoulder injuries is for swimmers to be attending Dr. Buchberger's strength training on Mondays and Thursdays throughout the season. We need to be proactive not reactive and start taking action before injury occurs.

I would like to finish by wishing all of our swimmers good luck in the upcoming championship meets.

*~ Coach Dan*



## USA Swimming News

The USA Swimming Web Site ([www.usaswimming.org](http://www.usaswimming.org)) has great articles that help both swimmers and the parents of swimmers. Here are some links to recent articles that may be of interest as we get ready for our championship meets to end our season.

### *Lochte Named USOC Athlete of the Month*



The United States Olympic Committee has named Ryan Lochte Athlete of the Month for December. [Read about his accomplishments at this link.](#)

### *Speedo Tip of the Week: Swimming Fast and Unburdened for Yourself By Dr. Alan Goldberg, Sport Psychologist*

Learn how to ease your mind and get into a positive mind set when you're preparing for your race. Too many times we worry about doing our best so that we don't disappoint others. This doctor's advice is – swim for yourself! [Read the article](#)



### *ABCs OF MENTAL TRAINING P is for Perfectionism, by Dr. Aimee Kimball, Mental Training Consultant*

Reality makes perfection pretty hard to achieve. Far too many swimmers are extremely hard on themselves when they don't have the perfect race. This article will focus on the concept of perfectionism and how to encourage individuals to be OK with being slightly less than perfect. [Read the article](#)



## Mailboxes for Communications



Swimmers should check their boxes after every practice. This is the main method of communication between the Parents' Committee and parents. It is critical that this information is brought home on a timely basis. Remind your swimmers to check their box.

## Web Site/E-Mail



Visit our [www.auburnstingrays.org](http://www.auburnstingrays.org) to find information including key upcoming dates, literature, schedules, pictures, newsletters, and other info. If you have any pictures or other information you'd like posted, please contact Rick Kloster at [ratok@roadrunner.com](mailto:ratok@roadrunner.com)

## Parents' Committee Meetings

The Parents' Committee meets monthly on the second Tuesday of the month at 7:00 PM in the YMCA conference room. All parents/guardians of swimmers are welcome to attend.

## Parents' Executive Committee Contact List

Chairperson	Nance Rifanburg	253-2634
Vice Chair	Judi Stephens	283-1703
Secretary	Laurie Whiting	252-2709
Treasurer	Amy Murinka	253-6621
Aquatic Director	Dave Hamilton	253-5304
Registration	Andrea Kloster	255-3325
Transportation	David Leja	252-0136
Fundraising	Greg Sliss	253-4099
Fundraising	Mary Beth Brown	255-0944
Fundraising	Paula White	252-6257
Hospitality	Amy Gavras	253-2634

Swim Shop	Marni Falsey	258-5253
Meet Manager	Gig Elliott	252-1017
Officials	Bill Brown	253-5304
Newsletter	Lori Miller	252-3310
Timers	Jessica Wilkes	252-7038
Website	Rich Kloster	255-3325
Head Coach (A & B)	Dan Walter	253-5304

**Other Contacts:**

Coach (C)	Peter Whiting	730-5231
Coach (D)	John Dalziel	226-9508
Coach (E)	Kelly Lyndaker	889-5239
Asst. Coach	Mike Sawran	255-6997
Assist. Coach (D&E)	Jodi Lentini	244-2500
Volunteer Coach	Beth O'Sullivan	685-3255
Volunteer Coach	Jake Harding	224-4922
Strength Coach	Dale Bushberger	730-0264
YMCA Main Desk		253-5304