



# November 2011 Stingrays Newsletter

NOVEMBER 2011

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## Chair's Corner By Amy Murinka

### Special points of interest:

- *How Scoring Works*
- *Coaches' Corner*
- *USA Swim News*



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Happy November everyone!



The swim season is in full swing. Our first annual "Terror On The Blocks" Halloween Invitational was a success! I would like to say thank you to Laurie Whiting, and Coach Peter for a great job heading up this meet. Thank you to all the parents who volunteered. Without the support from parents we could not have run such a smooth meet. We had nothing but positive feedback from everyone who came and that speaks volumes to the dedication we have

for our program. Keep up the excellent work!

I would like to remind everyone of a few things to be looking for in the next few weeks:

**Team photos** will be here at the pool on Monday, **December 5th**. Swimmers, please wear your team suit. Times for photos will be posted in mailboxes when order sheets become available.

**Candy bars sales** are coming to a close. Please and try to get the money to Mary Beth Brown by **December 10th**.

**Poinsettias orders** will be here on December 5th. All orders need to be picked

up at the YMCA on **December 5th** from 4:30—7:00 PM.

**The Winter Whiteout Invitational** is just around the corner and I would like to remind everyone that we will be collecting entry fee money on **December 6th and 7th** from 5:30 to 7:00. Hotel information is available on our website. We do not provide busing to this meet.

Last but not least, the holiday season is fast approaching, and I would like to take this time to wish all our swim families a safe and happy holiday!

**Go Stingrays!!**

## HOLIDAY PARADE

The Auburn Stingrays are participating in the Holiday Parade and Family Fun Day this year. The parade is on Saturday, November 26, at 6:00 p.m. The Stingrays will have a float and swimmers will ride the float or walk next to it and throw candy to spectators.



We'll need your help—as many swimmers as we can—to decorate the float.

The theme is Christmas, but we don't want to take away from the Santa Claus float that is in the parade every year.

If you would

like to work on the float, **please contact Amy Murinka (253-6621)** and let her know. We need a head count by Wednesday, Nov. 23.

Let's get a good number of swimmers to represent our team. It will be lots of fun and we can show the community our team pride!

**Happy Holidays!**



## COACHES' CORNER

By Dan Walter

*Hello Everyone,*



**F**irst, I would like to start off by saying thank you to everyone involved in the

preparations and running of our first annual "Terror on the Blocks." This invitational has been started to act as an annual fundraiser for the Stingrays, and in its first year was very successful. All coaches that I spoke to during and after the meet had nothing but good stuff to say about it and many claimed they intended on bringing more swimmers next year. Great job all of you who donated so much of your time for our kids!

Now that we're well underway in 2011-2012, I think it is appropriate that I discuss common issues that seem to arise every season. Every year there seems to be swimmers misbehaving in the locker rooms. This season we have already had minor cases of vandalism and destruction property. There will be zero tolerance for any such actions by swim-

mers in the locker rooms. Swimmers and parents: if you see any misbehaving of any kind in the locker rooms, please inform a coach immediately.

On a more positive note the Auburn YMCA Stingrays were one of 7 USA affiliated clubs in NYS to have a 2010-2011 USA Swimming Scholastic All-American. Auburn Stingrays combined with Lansing Community Aquatics Team, Town of Tonawanda Titans, Albany Starfish Swim Club, Delmar Dolphins Swim Club, Schenectady-Saratoga Swim Club, and Victor Swim Club made up the NYS teams having a USA Swimming Scholastic All-American swimmer. ***Congratulations to Reid Swartz on this great accomplishment.*** On behalf of the Auburn Stingrays I would like to wish Reid good luck at Hamilton College in both the classroom and in the pool this 2011-2012 season.

Next I would like to congratulate our swimmers on a ***7-3 win over Norwich on November 5<sup>th</sup>*** and on an ***8-2 win over Water-***

***town on November 12<sup>th</sup>.*** For those of you who don't know how the scoring works for dual meets, they are scored by age groups. There are 5 boy age groups and 5 girl age groups, so the combined score of both teams will always add up to ten.

Next month the Stingrays will be attending the ***annual Winter Whiteout hosted by Northwest YMCA at RIT.*** This two day invite is scheduled for ***December 17<sup>th</sup> and 18<sup>th</sup>.*** I encourage all swimmers of all age groups to attend this meet. There is great competition from across Western and Central New York at this meet and lots of awards to be given out. These larger competitions, similar to our Terror on the Blocks, are great meets to prepare are kids for our late season championship meets. If you haven't already you should soon find a meet packet with more information including the hotel which we have blocked off rooms for our team to stay.

We will also be attending the ***annual Goodwill Invitational in Buffalo in January.*** Originally, this meet was not included on our

### Motivational Quotes

*"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves."*

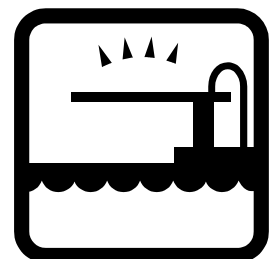
~Kieren Perkins

*"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them."*

~Amanda Beard

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

~ Author Unknown



## COACHES' CORNER, CONTINUED ...

meet schedule but we have now decided that it is in the best interest of our swimmers to attend this meet. More information regarding this meet will be put out in mail boxes as we get closer to the meet.

Lastly, I would like to ***congratulate our Stingrays who swim on the Auburn girls varsity team on a historic season.*** These girls broke a total of 6 new Auburn varsity records this season. Michaela Elliott broke the 200 free, 500 free, and 100

backstroke records, Brigid Cotter broke the 100 breastroke record, Mary Jane Leja broke her own 100 freestyle record, and together Michaela Elliott, Jenna Page, Brigid Cotter, and Mary Jane Leja broke the 400 freestyle record. Mary Jane Leja had qualified for varsity states in the 100 and 50 freestyle, Michaela Elliott qualified in the 200 freestyle, and the 200 freestyle relay of Michaela Elliott, Jenna Page, Brigid Cotter, and Mary Jane Leja qualified as well. These four swimmers attended

double sessions through the month of October in preparation for sectionals. They were at the YMCA by 6 a.m. every morning to practice prior to school then back at the YMCA again by 3 p.m. to practice after school. Their hard work and dedication has earned their names up on the Auburn record board. Also, finishing up a great varsity season and their senior season was Amanda Falsey, Onea Kloster, and Tiffany Chehovich. Great Job girls and we look forward to help make your senior Stingray season a great one!

## AHS GIRLS VARSITY SWIM TEAM



**O**n November 3<sup>rd</sup> and 5<sup>th</sup>, 10 of our female Stingray swimmers qualified to swim in the Section III sectional swim meet representing Auburn High School.

The sectional team included Emily Alexander (500 free), Tiffani Chehovich (medley relay, 100 fly, 100 breast), Brianna Chehovich (medley relay), Brigid Cotter (50 free, 100 breast, 200 & 400 free relays), Michaela Elliott (200 free, 500 free, 200 & 400 free relays), Amanda Falsey (medley relay, 200 IM, 100 breast), Onea Kloster (medley relay, 500 free), Mary Jane Leja (50 free, 100 free, 200 & 400 free relays) and Jenna Page

(200 free, 500 free, 200 & 400 free relays).

Each swimmer did a phenomenal job at the meet, with most posting best times. Ultimately, 5 of the swimmers earned enough points in total to secure a 4<sup>th</sup> place team finish and 4 were responsible for breaking 6 Varsity team records: the 400 free relay (Michaela, Brigid, Jenna, Mary Jane), 100 free (Mary Jane), 100 breast (Brigid), and 200 free and 500 free (Michaela, who also broke the 100 backstroke record at the previous meet).

Mary Jane and Michaela will move on to the State meet next week to compete individually and will be joined by Jenna and Brigid for the 200 free relay. We wish them lots of luck!

## TEAM PHOTOS

**B**ruce Walters will be taking team Pictures on Monday, December 5, at the Auburn YMCA pool, one half hour before regular practice. Each group, As through Es, will have a team picture and each swimmer will have an individual picture taken. Order forms are in swimmer's mailboxes. ***Don't forget to wear your suits.***

A, B, and C Swimmers are scheduled for 4:00 p.m.

D & E Swimmers are scheduled at 5:15 p.m.



## HOW DOES SCORING WORK?

### Gig Elliott, Meet Director

**B**efore discussing scoring of events, age groups and dual meets, it's important to reiterate that the **YMCA Stingray swim**



**program promotes "best time" swimming as the real achievement for each swimmer.** Scoring is great, and as swimmers improve, it's great to score, but it's competing against a swimmer's own personal best time and striving to lower it, swimming harder and faster each time that is the foundation of the Stingray program. We award over 1,000 best time ribbons each year and always encourage each swimmer to focus on their own personal advancements. As swimmers improve, continually trying to achieve a new "best time", the end result is scoring!

**A brief primer** . . . YMCA swimming is "age group" swimming consisting of 94 events. We swim in the Central New York District with 7 other teams. There are 10 age groups; boys and girls 8 and under, abbreviated 8&U, (E), 9-10 (D), 11-12 (C), 13-14 (B), and 15 and over, abbreviated 15&O, (A). In order to speed up meets, we often combine age groups to fill lanes and reduce the meet length. When we combine boys and girls into

the same event, it is considered a "mixed event". When we combine different age groups, same gender, you will see the event age designation change. For instance, combining event 1, Girls 8 &U 100 Medley Relay and event 2, Boys 8 &U 100 Medley Relay, would result in Event 1, Mixed 8 &U 100 Medley Relay. Event 2 is eliminated. If we were to combine event 36, Boys 11-12, 50 free and event 38, Boys 13-14, 50 free the resulting combination would be event 36, Boys 11-14 50 free and event 38 is eliminated. Sometimes when the number of swimmers entered in an event permits, we combine age groups and gender! The important thing to remember is, any time we combine events, it is to speed up the meet and fill the lanes. *Although different genders and age groups may be swimming together in the same event, only swimmers in a specific age group are competing against each other.* If two E girls and 2 E boys are swimming in the same event, there is a score for the E girls and a score for the E boys. The boys do not score against the girls. Likewise, different age groups don't score against each other.

There are three types of scores, Event Score, Age Group Score and Meet Score.

**Event scoring:** An event often

involves multiple heats. The times of all the swimmers are calculated from all the heats to determine the order of finish for the event. Faster heats swim first. It is possible for a swimmer in a second or third heat to swim faster than a swimmer in the first heat. Event winners are determined after the final heat. Times that involve a disqualification (DQ) do not count and are not recorded.

Individual events are scored by age group, with 1<sup>st</sup> place receiving 5 points, 2<sup>nd</sup> place 3 points and 3<sup>rd</sup> place 1 point. Rules dictate that no team can "sweep" which means taking points for the first three places. Although a team can place 1, 2 and 3, they can only receive points for 1<sup>st</sup> and 2<sup>nd</sup> place. 3<sup>rd</sup> place points are awarded to the fastest swimmer from the opposing team, regardless of place. So, if the Stingrays take 1-4<sup>th</sup> place, and the opposing team takes 5<sup>th</sup> place, point distribution would be 1<sup>st</sup> and 2<sup>nd</sup> place receive 5 and 3 points respectively and the 5<sup>th</sup> place swimmer from the opposing team receives 1 point. The 3<sup>rd</sup> and 4<sup>th</sup> place swimmer do not receive points.

Relays score differently. Relays receive 7 points for 1<sup>st</sup> place. That's it. No other points are awarded for any other place.

## SCORING, CONTINUED . . .

**Age Group Scoring:** To score an age group (10 of them), the individual points for each age group are added up separately. For instance, the results of the Auburn - Norwich meet are:

Group	Norwich	Auburn
E Girls	35	39
E Boys	19	47
D Girls	42	35
D Boys	28	46
C Girls	45	32
C Boys	9	48
B Girls	6	66
B Boys	38	22
A girls	21	40
A boys	33	53

**Meet Scoring:** Meets are not

scored by the sum of all the team points. Meets are scored by who wins the most age groups. In the Norwich - Auburn meet, the meet score was Auburn 7, Norwich 3, and (Auburn winning 7 of 10 age groups).

It's important to note that these rules hold true for dual meets, but some scoring procedures change at Invitational and Championship meets. In these larger meets, points are generally awarded for 1<sup>st</sup> through 16<sup>th</sup> place including relays.

In the next newsletter I'll explain timing and answer questions like why does 0.00 appear on the scoreboard?

## WHAT ARE THE CHANCES?

In the Saturday meet against Watertown, we had the rare opportunity to witness a tie race. These are far and few between in a sport that measures results by the 100<sup>th</sup> of a second. In the 9-10 boys, 50 freestyle, event 34, our own Aaron Ackerman tied Watertown's Nathaniel Carlos with a time of 34.26, both best times.

If, like me, you think a tie is amazing, how about this? In the 9-10 boys, 100 freestyle, just 20 events later, Aaron and Nathaniel tied again for 2<sup>nd</sup> place with a time of 1:20.75, once again both best times. Two ties in one meet are extremely rare. I can guarantee you that a tie twice in one meet by the same duo is indeed an oddity! That's competitive swimming at its best.

## USA SWIMMING NEWS

The USA Swimming Web Site at [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.



**THE BUZZ: GOLDEN GOGGLES AWARDS—SUNDAY, 11/20/2011**

**By Mike Gustafson, Correspondent**

It's Oscar time. Get your camer-

as. The 2011 Golden Goggle Awards are this Sunday night in Los Angeles. One of my favorites from "Saturday Night Live," Kevin Nealon, will host the event. Here is the preview of the awards, as well as my prediction of who will come away with the most prestigious swimming awards in the United States. [\(Click here for more ...\)](#)

**OPERATION INSPIRATION: SUBMIT YOUR STORY BY DEC. 31**

Next May, the USA Swimming Foundation will release a compilation book of inspiring stories from individuals who have been affected by

the sport of swimming. Whether you are a competitive swimmer, or just like to go to the beach once a year, we're looking for story submissions, and we want to hear from you. Tell us why and/or how swimming has impacted your life. The deadline for submissions has been extended to Dec. 31, 2011. [\(Click here for more ...\)](#)

### TRAINING AND TECHNIQUE

Click on the links of these articles for great info to help you train:

[Inside the Workout: Don't Wait to Race](#)

[SPEEDO TIP OF THE WEEK: Freestyle Head Positioning](#)

## STINGRAYS PARENTS' COMMITTEE MEMBERS

Chairperson	Amy Murinka	253-6621
Vice Chair	Rich Kloster	255-3325
Secretary	Laurie Whiting	252-2709
Treasurer	Bill Foster	252-1077
Aquatic Director	Dan Walter	253-5304
Registration	Andrea Kloster	255-3325
Transportation	David Leja	252-0136
Fundraising	Greg Sliss	253-4099
Fundraising	Mary Beth Brown	255-0944
Hospitality	Amy Gavras	252-9309
Swim Shop	Marni Falsey	730-6360
Meet Manager	Gig Elliott	252-1017
Officials	Bill Brown	253-5304
Newsletter	Lori Miller	252-3310
Timers	Bill Hayden	282-7287
Website	Rich Kloster	255-3325
Student Rep.	Michaela Elliott	209-9683
Student Rep.	Matt Leverich	560-1958
Head Coach (A & B)	Dan Walter	253-5304

### Other Contacts:

Coach (C)	Peter Whiting	730-5231
Coach (D)	Kelly Lyndaker	889-5239
Coach (E)	Jodi Lentini	244-2500
Asst. Coach (C)	Mike Sawran	255-6997
Asst. Coach (A, B, E)	Matt Valvo	406-3290
Strength Coach	Dale Bushberger	730-0264
YMCA Main Desk		253-5304

### YMCA Mission:

*To put Christian values into practice through programs that build healthy spirit, mind, and body for all.*



The Stingrays is sponsored by the Auburn YMCA and has been running a competitive team with over 100 swimmers for more than 40 years.

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.

If you are interested in joining the Parents' Committee Board, please let one of the Board Members know! We always need volunteers!

CHECK OUR WEB SITE FOR MORE INFO:

[WWW.AUBURNSTINGRAYS.COM](http://WWW.AUBURNSTINGRAYS.COM)

## STINGRAYS MEET SCHEDULE

				USA MEET SCHEDULE	
Oct. 30:	Halloween Invitational at Skaneateles YMCA	Jan. 7:	Invitational at RIT	Oct. 23:	Gold/Silver/Bronze at Mexico
Nov. 5:	Away at Norwich	Jan. 21:	Away at Oneonta	Nov. 6:	Gold/Silver/Bronze at West Genesee
Nov. 12:	Home v. Watertown	<b>Jan. 28:</b>	Home v. Fulton		
Dec. 3:	Home v. Cortland	Feb. 12:	<b>Away at Oswego*</b>	Jan. 28-29:	Gold/Silver/Bronze at West Genesee
Dec. 10:	Home v. Oneida		District Championships at Cortland		
Dec. 17-18:	Winter Whiteout	Mar. 16-18:	State Championships at Buffalo		

**\*Please note the date change**