



Stingrays Newsletter

OCTOBER 2011

Chair's Corner By Amy Murinka

Special points of interest:

- *Halloween Invitational*
- *Coaches' Corner*
- *USA Swim News*



Welcome back to our returning swimmers, families, and coaches; and a big welcome to our newest swimmers and their families. Another swim season is underway.

We had a great turnout for our swim clinics this season, and many new swimmers joined the team. Practices have started and are going smoothly.

This year the Stingrays will be hosting our first annual "Terror on the

Blocks" Halloween Invitational. This event will take place at the Skaneateles Rec center on October 30th. Laurie Whiting is chairing this event and will be looking for volunteers to help out.

With every new season comes new questions and concerns. For the latest news and updates please remember to check the swimmers mailbox daily, located in the rolling file cabinet by the pool doors.

Other ways to get information is to check the

Stingrays website, emails, Facebook, and the monthly newsletter for the latest information.

I am looking forward to working with all of you and having another fun filled season. Please feel free to contact me at the pool or email at molson171@verizon.net.

**Go
Stingrays!!**



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Halloween Invitational: Terror on the Blocks

Because our goal is to continually look for opportunities to enhance our swim program and challenge our swimmers, this year we are hosting our first annual Halloween Invitational with the theme "Terror on the Blocks." The invitational will be held on **Sunday, October 30**, at the Skaneateles YMCA and Community Center.

Information packets were distributed a few weeks ago and registra-

tions were due on October 20. If you have not sent in your registration yet, please see your coach for details.

About 4 or 5 other YMCA and USA sanctioned teams have been invited and we are expecting a couple hundred swimmers. The D and E events are scheduled for the morning and the A, B, and C team events are scheduled for the afternoon.

This event requires lots of volunteers to be successful.

We are need people to set up on Saturday night, and help break down on Sunday night. During the meet, we need people to sell tickets for 50/50 raffle, sell programs, and keep heat times. Please contact Laurie Whiting at plwhiting@roadrunner.com or Amy Murinka at molson171@verizon.net

Come, join the fun, and cheer on our swimmers!



COACHES' CORNER

By Dan Walter

Hello Everyone,

Well here we are starting off another swim season. I would like to



welcome all the new swimmers and families to our Stingray program. I want to start off by saying that the one thing that

really makes our program successful is all the time and energy donated by the parents and coaching staff.

Parents, for the kid's sake, please seek ways you can volunteer whether it be at meets or fund-raising etc. You may contact the chair of our parent's committee, Amy Murinka, if you are looking for ways you can volunteer. Her contact information is posted on our website: <http://www.auburnstingrays.org/index.htm>.

So what's new this 2011-2012 season? This year we do have a few minor changes all of which have been implemented to better our program. The first change is that we are now requiring all swimmers who wear a swimming cap in meets to wear this

year's Stingray team cap. Latex team caps come with all the team suit orders. If you prefer a silicon team cap, you may purchase one from Marni Falsey or myself for \$10. But please remember when you step up to the blocks, if you're wearing a cap it MUST be our 2011-2012 team cap.

New to the coaching staff this season, we have Stingray alum Matt Valvo. Matt swam on the Stingrays for years and later swam for Geneseo. During our summer session Matt brought his knowledge and experience from the collegiate level back to the Stingrays. This season he will be our assistant A and B and our assistant E coach. Welcome back into the Stingray program Matt!

This season we have two YMCA invitationals included on our meet schedule. We will be hosting the first annual **Terror on the Blocks** in Skaneateles on Sunday October 30th. The second is annual **Winter White-out** hosted by the Northwest YMCA at RIT. I highly recommend that all swimmers attend both of these invitationals. These invites will give our kids exposure to a higher level of

competition not normally seen until our league and state championship meet.

Beginning Monday, November 21st we will be holding A and B practice at both the Auburn and Skaneateles YMCA, Monday through Friday. Having a lot of kids at practice is a good thing but it does make lane space an issue. Hosting the A and B practice in Skaneateles in addition to the one here in Auburn is a great solution to our lane space problem. I will be coaching the A's and B's at the Skaneateles practice 3:30-5:30pm daily while Matt Valvo coaches the A's and B's in Auburn at the normal 4:30-6pm time. This option is also great for our older kids because of the cooler water and air temperature and to have a full two hour practice. If you like the option of practicing in Skaneateles but transportation is an issue, please see me so we can make car pool arrangements.

I would like to finish by saying thank you to my coaching staff for everything you do and thank you to all of you parents for all of volunteering.

Good luck Stingrays on the 2011-2012 season!

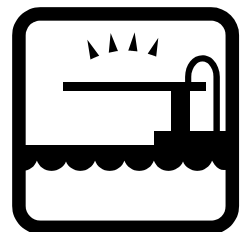
Motivational Quotes

"With so many people saying it couldn't be done, all it takes is an imagination."

~ Michael Phelps

"I enjoyed every bit of my swimming career. I think that's the most important advice — to enjoy what you do".

~Summer Sanders 1992 double gold medallist



CONCESSIONS FOR HOME MEETS

Hello and welcome back Stingray parents. To those of you who are new to the Stingrays swim team, a special welcome.

Once again it is that time of year to remind everyone that the one-time yearly donation of a case of water, or a case of large or small bottles of Gatorade to the concession stand. This generous donation is to

help offset the cost of running the concession stand which is an integral part of our fundraising efforts.

You can drop off the items at the first home meet on Saturday, November 12.

In addition, we welcome contributions of either home-baked or store-bought items that can be sold during our home meets.

Examples of these items are Rice Krispy Treats, granola bars, cupcakes, donuts, fruit, cheese sticks, snack mixes, or other items that can be sold individually for about \$.50 each.

Thank you for your generosity.

Greg the Concessions Guy



PRACTICE SCHEDULES

For more than 30 years, our Stingray team has been one of the top teams in our Central New York District. The way we stay on top is with dedicated coaches, staff, and parents who impress on all of our swimmers the importance of regular practice. Our team practices are designed to build strength, endurance, confidence, and character.



Swimmers on our D & E teams, ages 6 through 10 must come to a minimum of 2 practices per week to be eligible for swim meets, but are encouraged to come to more if possible.

D & E practice times are as follows: Mon. through Thurs. from 5:45—7:00 PM.

Swimmers on our C teams, ages 11 and 12, must come to a minimum of 3 practices per week to be eligible for swim meets, but are encouraged to come to more if possible.

C practice times are as follows: Mon. through Thurs. from 4:30—6:00 PM, Fri. from 4:30—6:30 PM, and Sat. from 7:00—9:00 AM

Swimmers on our A & B teams, ages 13-18, must come to a minimum of 4 practices per week to be eligible for swim meets, but are encouraged to come to more if possible.

A & B practice times are as follows: Mon. through Thurs. from 4:30—6:00 PM, Fri. from 4:30—6:30 PM, and Sat. from 7:00—9:00 AM.

STINGRAYS MEET SCHEDULE

Oct. 30:	Halloween Invitational at Skaneateles YMCA
Nov. 5:	Away at Norwich
Nov. 12:	Home v. Watertown
Dec. 3:	Home v. Cortland
Dec. 10:	Home v. Oneida
Dec. 17-18:	Winter Whiteout Invitational at RIT
Jan. 7:	Away at Oneonta
Jan. 14:	Away at Oswego
Jan. 21:	Home v. Fulton
Feb. 12:	District Championships at Cortland
Mar. 16-18:	State Championships at Buffalo

USA MEET SCHEDULE

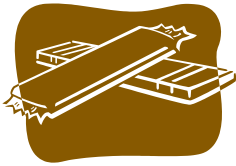
Oct. 23:	Gold/Silver/Bronze at Mexico
Nov. 6:	Gold/Silver/Bronze at West Genesee
Jan. 28-29:	Gold/Silver/Bronze at West Genesee

FUNDRAISING

Fundraising is a very important part of being on the team. The monies we raise through our fundraising efforts help to pay for numerous expenses such as bussing to away meets, pizza parties for home meets, team shirts, best time ribbons, end-of-year awards and trophies, and more.

Some of the fundraising activities are explained below. We thank you for your help and support for these activities.

CANDY SALES



We encourage all families to pick up a box of candy to sell.

This is a relatively easy fundraiser. You can bring a box of candy to work or have your swimmers sell it to their friends. Contact

Mary Beth Brown 255-0944 or 224-5357) or any member of the Parents' Committee for details.

POINTSETTIAS

This is the biggest fundraiser for our club and we're counting on 100% participation. The plants we sell are hardy and healthy—6 1/2" pots that sell for only \$10 each. You can't beat the quality or the price. Each family is asked to sell at least 3 plants, but are encouraged to sell more. Look for details in your swimmer's mailboxes or call Mary Beth Brown (255-0944 or 224-5357) with any questions.



50/50 Raffles

At each home meet, we sell 50/50 Raffle tickets. Half of the sales go to the team and the other half goes to the lucky winner. The ticket is drawn during the 500 freestyle relay. We're always looking for help with this fundraiser—ask any Parents' Committee member for details.

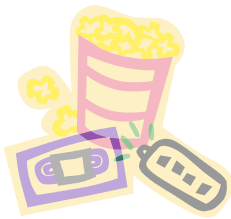
MISCELLANEOUS

You may see additional fundraising efforts from our National's team or for other special events. In addition, we welcome any ideas that you may have to raise additional funds for extras to support our team. Just ask any one of our Parents' Committee members or attend meetings which are held the second Tuesday of every month at 7 PM.

VOLUNTEER OPPORTUNITIES

SWIM MEET CONCESSIONS

We always need help with our concession sales at



each home meet. Many hands make light work. Volunteering your time helps the team and helps make the long meets fly

by. Don't worry about missing anything—you can step out to the pool in time to cheer your swimmer on. You can contact Greg Sliss, our concession chair, or just step in to help.

TIMERS

Every meet needs timers—timing is easy to learn and do—and you get a front row seat!

Please call Bill Hayden (282-7287) or just step up and ask at any home meet.



USA SWIMMING NEWS

The USA Swimming Web Site at

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 start our 2011-12 season.



NEW TECHNOLOGIES CHANGING SWIMMING

By Mike Gustafson, Correspondent

Swimming is a simple sport: Two walls. Goggles. Fabric. Cap. Water. The concept is also simple: First person to the wall wins. No instant replay. No overtime. No referees. Touch the wall before everyone else.

But new technology is changing our sport – even in the past five years. How we train, race, recover, compete, share, and experience swimming. While there's a plethora of new technologies out there (and I am NOT includ-

ing tech-suits and polyurethane suits), Here are five new technologies from the past five years that are changing the sport of swimming:

1. Deck Pass
2. Virtual Races
3. Online Coaching
4. Online Stroke Instructional Videos
5. Streaming Swim Meets

Even though swimming is a simple sport, these technologies can enhance it. Click to [Read more...](#)

SPEEDO TIP OF THE WEEK

Focus: Being in the Right Place at the Right Time

By Dr. Lenny Weirsma, Sport Psychologist

One of the greatest mental skills an athlete needs to learn is to focus. The ability to focus—to be in



the right place at the right time, mentally—is such a critical aspect of swimming success. Whether it be to focus on

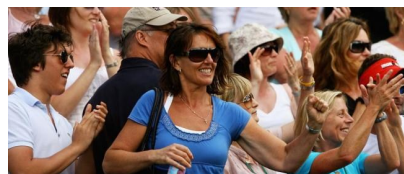
your goals, on a specific part of your stroke, on certain parts of your body during warm-up, focusing is a skill that that is probably as important to your success as any other mental skill. To illustrate this, I want you to take a few moments to imagine yourself doing the activities below.

[Read more...](#)

CONGRATULATIONS, YOU'RE A SWIM PARENT!

Parents contribute to the success experienced by the child and the team. Be aware and strive to be a positive role model. Show good sportsmanship to coaches, officials, opponents and teammates. Several articles on how parents can help make the swim team experience a positive one can be found at this link—

[Click here](#)



ANNUAL STINGRAYS BANQUET

Mark your calendars and plan ahead! Even though our season is just beginning, we have scheduled this season's awards banquet for Friday, **March 30, 2012, from 6:00 p.m. until about 11:00 p.m.**

The banquet is always the highlight of our season. It will be a dinner buffet held at the Holiday Inn, on North Street in Auburn.

Every swimmer is recognized at this banquet. It is always a very

special and fun occasion.



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	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	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