

# STINGRAY NEWSLETTER

Winter 2016-2017



## Chair's Corner

And the survey says...

Do you ever go on-line and fill out those surveys you get at the bottom of store receipts? You know, the "tell us how we did and get \$5!" Or maybe those pop-up ones when visiting websites? Or what about the "please stay on the line to answer a few questions" after you've waited on hold 20 minutes to talk to a human?

As annoying as those surveys are, they do have a purpose. They are our chance to speak up, to acknowledge those things/people who deserve our praise, and to hopefully bring attention to things/people needing some improvement. As we round the corner of the Stingrays season, I am asking you to participate in a short survey below. It's never too late to initiate change- in fact, we will be starting a new "policy" this Saturday with Cortland- visiting teams will be invited to our post-meet pizza party! I find it better to ask for opinion in the middle of something than at the end. There is simply too much time that goes by from the end of one season to the beginning of next one. I want you to know that your opinions matter and your voices are heard.

As I mentioned, this is the home stretch of swim season- the next time I write we will have finished the regular season and Districts will be looming. We have competed in 4 dual meets, 3 Invitationals (hosting 1!), sang carols at Westminster Manor, donated gifts to the Christmas Elf, and made countless trips to and from the YMCA. We have been busy! It will be finished before you know it though, so take a moment here or there to watch your swimmer at practice, see the fun they have interacting with their teammates and coaches, and know that this is sport that they will be able to participate in forever.

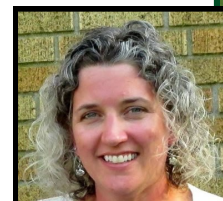
Thank you all for reading, thank you all for supporting, and thank you all for being STINGRAYS!

Please take a few moments to answer the questions below. You can print this out and leave in the Stingrays box at the Y, copy and paste and email back to me, etc. You can choose to identify yourself or not. Thanks!

1. Thinking back to when your swimmer(s) started Stingrays, how did you learn of the program? And what made you decide to sign up?
2. What does your swimmer enjoy most about Stingrays? Least?
3. As a parent/family of a Stingray, what do you enjoy most about the program? Least?
4. Team membership has declined in the past few years- what do you think the Stingrays should do to attract more swimmers? Or if they are joining and then leaving, what should be done to retain them?
5. Is there anything else you would like the Stingrays to do/not do? Anything else you would like to discuss? This is your chance!

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~Shannon

# News and Notes

## Year to Date

| Age Group               | Oneonta | Fulton | Watertown | Oneida |
|-------------------------|---------|--------|-----------|--------|
| E Girls                 | W       | W      | L         | L      |
| E Boys                  | W       | L      | W         | W      |
| D Girls                 | W       | W      | L         | L      |
| D Boys                  | L       | L      | L         | L      |
| C Girls                 | W       | W      | W         | W      |
| C Boys                  | W       | W      | W         | L      |
| B Girls                 | W       | W      | W         | W      |
| B Boys                  | W       | W      | W         | W      |
| A Girls                 | W       | W      | W         | W      |
| A Boys                  | W       | W      | W         | W      |
| TotalPoints<br>per Meet | 28      | 24     | 24        | 22     |



W = Win

T = Tie

L = Loss

## !Mark Your Calendars!

**What:** CNY Districts

**When:** Feb 4<sup>th</sup>/5<sup>th</sup>  
A, B, C - Saturday  
D, E - Sunday

**Where:** Rome Free Academy

**What:** Annual Stingray Banquet

**When:** April 1st

**Where:** Springside Inn  
\*details to follow\*

## UPCOMING

### EVENTS

#### January 7

**Dual Meet –Home  
Cortland**

#### January 13-15

**Senior Powerpoint-USA  
Webster Aq. Center**

#### January 21

**Dual Meet-Home  
Skaneateles**

#### January 28

**Dual Meet-Home  
Norwich**

#### February 4-5

**CNY Districts  
Rome Free Academy**



## COACH'S CORNER

Happy New Year everyone. In keeping with the season, I would first like to thank all our swimmers for their hard work, the parents for supporting your children and the all the volunteers that make our program function so efficiently. A special thanks to our board chair, Shannon House and the Smith's for getting the ribbons out. We are going through best time ribbons very quickly, that is a good sign.

We are more than half way through our season - Cortland, Skaneateles, Norwich (Senior Meet) and districts are our remaining meets before LSC's & States. Let's finish out the season as well as we began. So far, C girls, B girls, A girls and A boys have remained undefeated. E boys, C boys and B boys have just one lost apiece. Also, congrats to Allison House and Grace King for breaking team records in the C Girls 500 free and B girls 1000 free, respectively.

At the Norwich meet, we will celebrate our seniors. **Jacob Whiting, Cassie Brown, Lindsey Roe, Hannah Foster, Nate Lupo, Nick Gavras, Leah King, Rose Keady and Zach Higgins** will depart us at the end of this year and venture into a new part of their lives. We, and I, will miss you much. Jake has committed to Canisius College, Rose is swimming at St. Lawrence and Lindsey will join the Nazareth swim team. I hope I get a chance to see you swim in your next chapter. Seniors, please take a moment to fill out scholarship applications for districts and states. As a parent of an incoming college freshman, I know every dollar counts.

At the Winter White Out, which lived up to its name, Maura Mochler was first overall for C girls and Macauley Kolonko, Jake Whiting and Nate Lupo went 1,2,3 for A boys. Thank you for representing our club so well.

This year districts will be held at Rome Free Academy. A, B & C's will be on Saturday with D & E's following on Sunday. Information has been loaded to **TeamUnify**. Please let your age group coach on your intentions to attend shortly.

I look forward to seeing you on the pool deck,

~Coach Peter



# WHAT'S THE BEST ADVICE FOR NEW SWIM PARENTS?

By Elizabeth Wickham

Via SwimSwam

## ONE

### **Passion for the sport**

You cannot make your children love the sport. Children want to please us and they will try to swim if it's important to us, but if it's not their passion, it's tough to stick with it. We cannot want swimming more than they do. If they aren't passionate about swimming, let them explore something else they may love more.

## TWO

### **Stay away from drama**

At some point, you'll see some problems erupt between kids or parents. You may notice some people who are negative and have nothing positive to say about your team, coach or other parents. Stay away from negativity and drama and you'll be a happier swim parent.

## THREE

### **Encourage your swimmer**

We can encourage our kids by getting them to the pool consistently, cheering for them and volunteering. We can ask simple questions about how practice is going and how they felt during a race. We can be good listeners and enjoy hearing about their experiences.

## FOUR

### **Allow them ownership**

We can't swim for our kids or put in the effort day in and day out. Our kids are the ones who are putting in the hard work. They will learn so many lessons when they take responsibility for what they do on a daily basis in and out of the pool.

## FIVE

### **Six simple words**

I've seen parents visibly upset when their kids don't do well and even yell and pull their swimmers out of meets. If children love swimming, surely this isn't the way to get them to continue to enjoy it. The best advice I've heard is to say six simple words and see how it works with your kids: "I love to watch you swim."



*Elizabeth Wickham* volunteered for 14 years on her kids' club team as board member, fundraiser, newsletter editor and "Mrs. meet manager." She's a writer with a bachelor of arts degree in editorial journalism from the University of Washington with a long career in public relations, marketing and advertising. Her stories have appeared in newspapers and magazines including the Los Angeles Times, Orange County Parenting and Ladybug. [You can read more parenting tips on her blog.](#)



## **We Need Your Support**

Don't forget, there are currently 7 Board Positions open! Join a great group of people while also supporting your Stingray! Contact Shannon House if you'd like to learn more about the following positions:

Chairperson

Treasurer

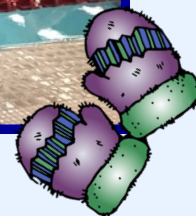
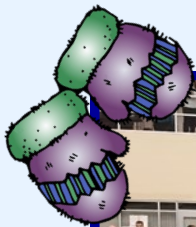
Secretary

Concessions Coordinator

Officials Coordinator

Fundraising Coordinator

Transportation Coordinator



RIT Winter White-out

## 2016-2017 Stingrays Parents Committee

|                              |                       |                              |
|------------------------------|-----------------------|------------------------------|
| <b>Chairperson</b>           | Shannon House         | houseseh@yahoo.com           |
| <b>Co-Chair</b>              | Beth Smith            | absmith_23@msn.com           |
| <b>Head Coach/Deep End</b>   | Peter Whiting         | plwhiting@me.com             |
| <b>Meet Manager</b>          | Brian House           | theoldhousebdh@gmail.com     |
| <b>Registration</b>          | Amy Moochler          | amooch21.gmail.com           |
| <b>Secretary</b>             | Anne Marie Duffy      | duffys3@verizon.net          |
| <b>Transportation</b>        | Ginger Sheffey        | gsheffey@verizon.net         |
| <b>Community Organizer</b>   | Heather Rejman        | h_rejman@msn.com             |
| <b>Swimmer Liaison</b>       | Hannah Foster         | trin68@roadrunner.com        |
| <b>Swimmer Liaison</b>       | Jacob Whiting         | jacobwhiting@yahoo.com       |
| <b>Head Timer</b>            | Bill Granato          | wjg424@verizon.net           |
| <b>Officials/Fundraising</b> | Bill/ Mary Beth Brown | bill@auburnymca.net          |
| <b>Treasurer</b>             | Teresa Ehresman       | Teresa0205@yahoo.com         |
| <b>Newsletter</b>            | Melinda Pritt-Smith   | melprittsmith@gmail.com      |
| <b>Aquatics Director</b>     | Erin Johnson          | erinj@auburnymca.net         |
| <b>Hospitality</b>           | Katrina Wilson        | katwil32@aol.com             |
| <b>Concessions</b>           | Marcus Wilson         | marcwil39@gmail.com          |
| <b>Other Contacts:</b>       |                       |                              |
| <b>Coaches</b>               |                       |                              |
| Coach A's/B's                | Peter Whiting         | plwhiting@me.com             |
| Coach C's                    | Beth O'Sullivan       | osullivanfamily@aol.com      |
| Assistant Coach C's          | Mike Sawran           | micksawran@verizon.net       |
| Coach D's                    | John Dalziel          | jdalziel77@hotmail.com       |
| Assistant Coach D's          | Mike Boglione         | mboggs4@yahoo.com            |
| Coach E's                    | Kelly Lyndaker        | klm3k@yahoo.com              |
| Assistant Coach E's          | Amanda Falsey         | falseyamanda@gmail.com       |
| Strength Coach               | Dale Buchberger       | rotatorcuff@rochester.rr.com |
|                              |                       |                              |
| YMCA Main Desk (Auburn)      | 253-5304              | mail@auburnstingrays.org     |

### YMCA Mission:

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