

STINGRAY NEWS

A Family-Friendly Competitive Swim Team - Snohomish County

Contact Info:

HEAD COACH/

OWNER:

Ben Olszewski

PHONE:

425-736-5600 (Emergency Only)

EMAIL:

coachben220@gmail.com

FACEBOOK:

[Click Here](#)

Closures/Changes This Week

- Please refer to the Calendar tab for the list of canceled workouts.
- Sun. Workout - YES Sun. this week. Please refer to the Calendar tab on the team [website](#) to review scheduled dates for Sun. Workout. Sunday workout is 6-8 PM unless otherwise posted. Please refer to Coach Darrell with questions.

SRST Senior Captains:



"Keelie and Jack have shown incredible leadership in their years on SRST and been true role models for our younger swimmers. They have been incredibly consistent in their attendance, effort level, and positive attitude. These two push themselves through adversity time and time again and lift their teammates up when they need a hand too. They deserve to be SRST's 2026 Senior Captain's, and we can all look to them as they lead by example."



STAY HEALTHY AND PRODUCTIVE:

- Arrive early and perform pre-water warm-up routine.
- Be hydrated before practice and eat within 1.5 hours prior to workout.
- Stretch after practice (you can do this on deck).
- Get a post workout meal in ASAP after practice.
- Attend all workouts.
- Write your goals out on paper and share them with your coach.
- Know all times and have time standards in your binder.
- Attend meets once per month.
- Do all yards...no cut corners. This means get in promptly for warm-up. Be friends with those who are not following this advice, but do not compromise YOUR personal standards.
- Encourage your teammates.

AM Workouts (5:30-7 AM at SAC):

Note: Swimmers must have Age Group Invite qualifying times in order to participate. These dates have been added to the Calendar tab on the SRST website.

2-5 - JV Champs
2-6 - Metro Champs
2-11 - Districts
2-12 - Districts
2-13 - Districts
2-27 - AGI

SRST Billing Info:

We are getting some questions around accounts and billing and it's a good time to review some important notes:

■ All members have access to there SRST account 24/7/365. You simply need to log in and review. You can look at your financial history, your meet entries, your account info (like emails), etc. SRST does not touch individual accounts unless it's required. If you want to add an email to your account you can do that at any time you like.

■ **SRST does not review accounts.** In other words, you cannot email Coach Ben to have him "review your account".

■ I get a lot of emails from members wanting me to let them know why their invoice was a certain amount. This always results in me logging into the member account and looking at the charges and payments. This is information available to all SRST members. In the long history of SRST the computer has never one time incorrectly totaled the account financial info.

■ Are there other account errors of human nature to look out for? YES....and here they are:

A - You wrote a check and it was cashed, but never applied to your SRST account.

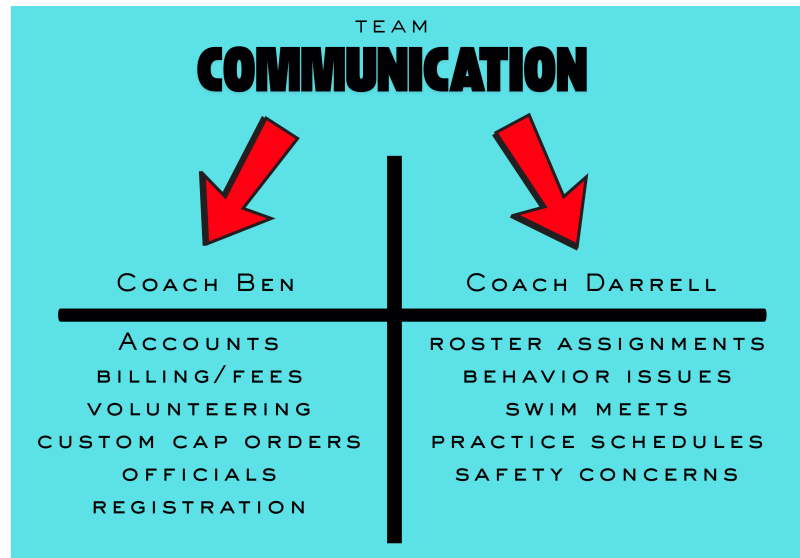
B - You were invoiced for something you should not have been invoiced for.

■ When you believe there is an error, please send Coach Ben a nice, friendly email letting him know what you think may be going on. Please use the format outlined in the DISPUTE section of the Team Handbook. Remember...billing and accounts are not personal. I'm 100% confident we can figure out what is wrong and make any necessary corrections.

■ An unhealthy number of our members have either not read the Team Handbook, forgot what they read or think the policies and procedures are "flexible". The Team Handbook outlines the policies, procedures and expectations and there are no exceptions. All accounts are treated equally and there are no exceptions. Please do not email Coach Ben asking for exceptions to monthly billing, paused billing, waiver of non-volunteer fees, etc. The only exception possible is for medical reasons with a doctor's note.

Team Communication:

NOTE: THERE IS NO NEED TO COPY COACH BEN WHEN EMAILING COACH DARRELL. COACH DARRELL IS THE DESIGNATED HEAD COACH OF SRST.



SWIM OFFICIALS...

This is our own Jeff Green. Jeff is one of our veteran officials and he's happy to talk to you about it! Please reach out:



JeffGreen@live.com

SRST is in desperate need of new officials.

Can you help?... WE NEED YOU!

Many parents want to help the team. SRST is a coach-owned program and coaches manage almost every aspect of the program. The three areas where we end up needing extra help are:

A) Officials

A) Our non-profit boosters (talk to Cathy...her contact info was just posted on our Facebook page)

B) Volunteering at swim meets (this is required of all parents). Review pg. 19-22 of our handbook.

Our biggest need right now is in category "A". We cannot run meets without officials. Swim meets are a critical component of running a successful swim team and without swim meets, SRST would need to raise monthly fees by around 20%.

If you can help with officiating, please review pages 23-24 of the Team Handbook (reach out to Deb Soper or Jeff Green and get on Coach Ben's official's email list).

Eating Disorders - TAKE IT SERIOUSLY

As a long time coach I've seen 95% positive when it comes to participation in our amazing sport.

Unfortunately, our sport does see a fair amount of eating disorders (often undiagnosed). This is so sad (and serious) and there is a lot we can do to help.

The main thing is looking for signs and getting help fast.

It's also important to understand how coaches, parents and teammates can influence eating disorders by our choice of words. Many times we can prevent eating disorders by monitoring our own attitudes and choosing our words carefully around the topic of weight and body image.

Please review this website for more info: [CLICK HERE](#).

SAVE THE DATES:

These are the dates of our hosted meets. Volunteering is required as outlined in the team handbook. Each year we get about a half dozen emails with requests to have us waive our policy for volunteering. If you read the Team Handbook you know that there are **no exceptions**. We highly recommend you mark your calendar today and block off these very important weekends.

- DECEMBER 6-7 (SHORT COURSE SEASON)
- FEBRUARY 20-22 (SHORT COURSE SEASON)
- MAY 15-17 (LONG COURSE SEASON)
- JUNE 19-21 (LONG COURSE SEASON)

REMINDERS/UPDATES!

- **HOW TO SRST PAY BILL:**

- Mail to PO Box 652 Monroe WA 98272
- Hand check to Coach Ben or Coach Darrell only. If paying cash make sure to print your account name on the envelope!
- Auto Pay (you control this inside of your SRST account)
- One-time Credit Card Fee

- **COMMUNICATION:**

- ==>Daily Training/Meet Advice - Talk to your direct coach. If necessary escalate up to Coach Darrell.
- ==>Accounts/Billing - Talk to Coach Ben
- ==>SAC Front Desk - SRST rents pool space from SAC. Please do not direct any SRST questions to front desk workers at SAC. Email Coach Ben instead.

- **DONATE YOUR OLD SWIM GEAR/APPAREL:** Some of you have old gear and apparel that the kids have outgrown. Rather than throw this stuff away we are going to create

a give away box at SAC. Items in the box will be free and offered first-come-first-serve. The box will be in the back storage room at SAC.

- **SWIM GEAR:** Remember to review the Team Handbook (and verify with your direct Coach) to see what the required gear is for your training group. SAC sells equipment. Please buy the required gear for your group ASAP.

CARPOOLS:

For legal reasons, SRST does not get involved with carpools. We do allow for parents looking for carpool partners to post on the SRST Facebook page. We recommend you meet everyone involved, exchange contact information, make sure partners are actually team members of SRST and basically exercise some due diligence before putting your child in someone else's car. Currently there are some requests for help on our FB page.



Coach Ben's 10 Pillars to Success



1) **Have Dreams.** Dream Big and don't stop dreaming. Dreams are the fuel of motivation.

2) **Set Goals.** Your goals when planned carefully are the road map to making dreams come true.

3) **Improve Daily.** The best way to be better in the future is to do something today better than you ever have in the past.

4) **Make a Commitment.** Do what you said you would do,

even when you don't feel like it. The road to success is paved on the days when you feel like sleeping in.

5) **Have Perspective.** Never forget the big picture. We are in a sport of delayed gratification. Setbacks and "failures" are part of the journey and yet these can be the sources of unparalleled motivation.

6) **Do Extra.** The coaches provide the minimum. Champions seek extra and do extra.

7) **Be a Great Teammate.** The best way to have a friend is to be a friend. When you give of yourself you tend to get back 10 x more. YOU make a great team environment.

8) **Have Fun.** Smile, laugh and make friends.

9) **How You Think is Everything.** Always find the positive and guard against negativity. Your thoughts will be tested daily. Strong mind = strong swimmer.

10) **Take Responsibility.** All the top swimmers I've worked with took "ownership" of their swimming. No excuses, no blame games. Do this or 1-9 won't matter.