

STINGRAY NEWS

A Family-Friendly Competitive Swim Team - Snohomish County

Contact Info:

HEAD COACH/

OWNER:

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[Click Here](#)

Closures/Changes This Week

- Please note the canceled workouts listed in this newsletter.
- Sun. Workout - NO 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.

Canceled Workouts:

Practice is canceled:

- Sunday Nov. 23
- Tuesday Nov. 25 distance workout 5:30-7 AM
- Thursday Nov. 27th (all workouts)

New Team Records:

Congrats to Matthew Winn on breaking the following team records at the IST Meet:

8 & U 50 Back - 36.72

8 & U 250 Back - 17.92

8 & U 100 Fly - 1:26.81





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.

Congrats to Alice Green (pictured below with her brother, Jack Green who broke an SRST all-time top 10 time) on breaking the following team records at the IST Meet:

8 & U 100 Fly - 1:57.62

8 & U 200 IM - 3:39.92



Congrats to Jack Green (in pic above) on making a new SRST all-time top 10 time in the 1650 Free with a 17:23.70!

Congrats to Keelie Sullivan on making a new SRST all-time top 10 time in the 100 Back with a 58.33 (9th). Keelie also

made the top 10 in the 200 IM with a 2:11.25 (10th).

Gold Group Swimmers - The Future of The Team!:



Final Reminder to HS Boys:

If you are swimming on your HS team and training with SRST 3 days/week or less you can email Coach Ben to go on the HS rate for Dec./Jan./Feb.

Don't forget to sign-up for Divisionals!:

Please make sure you get your Divisional entries in ASAP. Please read the meet info as there are some restrictions for PNS Champs qualifiers. If you are confused about this please talk to your direct coach.

Don't Forget to Join Our Facebook Group:

There are many different posts that go up on our FB page. In fact, this is the primary location for our Booster Group to post important info. The link to our group page can be found on the homepage of the SRST website. Here is a recent post:



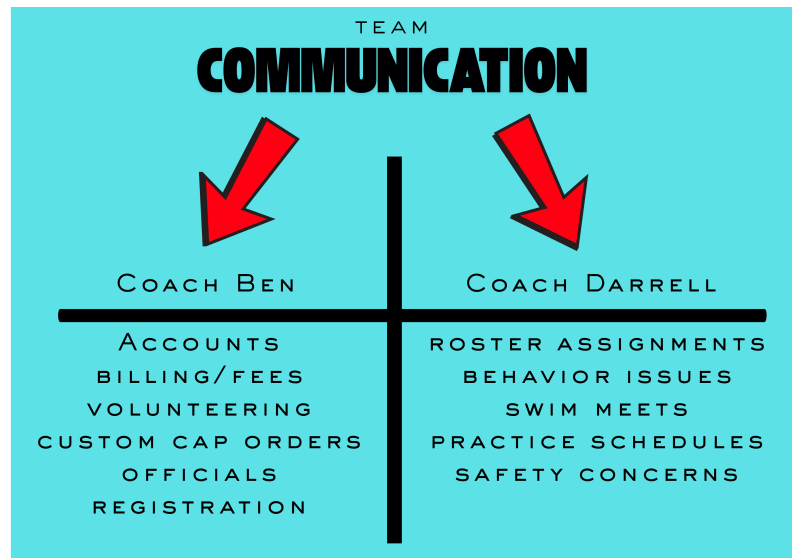
Save The Date:

This is a reminder that SRST is hosting our first meet at SAC on **December 6th and 7th.**

As we get closer we will post more information for volunteers. In the mean time, there is some basic info you can review in the Team Handbook.

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 pgs. 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).

SAVE THE DATES:

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

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.

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](#).

REMINDERS/UPDATES!

- **HOWTO 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.