



StingRay Swim Club

RED-WHITE-BLUE Intra Squad Meet

NOTE: ALL PRACTICES ARE CANCELLED AT MARINER. NO MASTERS SWIM AT EXPLORER. THIS EVENT REPLACES ALL WORKOUTS FOR ALL GROUPS; THIS IS AN ALL-TEAM EVENT.

Date: Friday November 19th, 2010

Location: Explorer Middle School Pool

Time: 4:00-6:15 PM

After Party: 6:30-7:30 PM Explorer Middle School Cafeteria

- \$3 per individual for pizza & drink (Little Caesar's Pizza)
- Team goal session by coaches
- Team awards

Red-White-Blue Meet Philosophy

This is a fun event designed to accomplish the following:

- 1) Provide a place for our younger and older swimmers to meet one another (learn names)
- 2) Provide a fun team building event, stressing spirit, encouragement and support
- 3) Provide our Class swimmers with an opportunity to establish times in Freestyle and Backstroke
- 4) Provide role modeling opportunities and leadership opportunities for our older swimmers
- 5) Establish Team Goals for Short Course

Needed Volunteers

All families who show up will be asked to volunteer. Parents not wanting to help out should not allow their swimmers to sign up for this event. We would like to set up the volunteer positions ahead of time, so if you are attending please email Coach Ben with your request; positions will be assigned on a first come first serve basis.

10 lane timers
1 backup timer
1 starter
3 scoring judges
2 for pizza pick-up
4 to set up cafeteria

Email Coach Ben at coachben11@yahoo.com

Sign-up Deadline: Friday Oct. 22nd

- Declare "Yes" via regular online meet entry system
- Event participation will be organized by Senior Team Captains on the day of the meet. There will be no need to sign up for any events.

Team Assignments

The teams will be arranged by the coaching staff after all the entries are in. We sincerely hope we will get 100% participation from all groups. Teams will be announced by October 25th.

Team Captains & Selection Process

A vote by the swimmers will be taken to select 6 team captains (two for each team; Red Team, White Team, Blue Team). **Voting days will be on Thursday Oct. 14th and Friday Oct. 15th at both Mariner and Explorer.** The criteria to be a captain will be that the swimmer must be a Junior or Senior in HS. Votes will be taken at the pool via a vote card collected by the coaches. Swimmers will vote for 6 captains. Voting Cards will be available online and can be dropped off on voting day by a parent (this is for swimmers who cannot attend practice that day); no other exceptions will be made for submitting votes.

Juniors and Seniors wanting to be captains must submit a jpeg. Picture and statement of team philosophy (could be a couple sentences or a max of three paragraphs). This info will be collected and put into a voting pamphlet so that swimmers can have some information about who they are voting for. **This information is called a Captain Bio and is due by Monday Oct. 11th.**

Note: If not enough Seniors & Juniors apply for the Captain position, we will open it up to sophomores.

Captains will be responsible for developing team cheers & team spirit strategies, arranging warm-ups & relays, and helping new swimmers get to the beginning of individual races.

Awards

- Best times ribbons will be awarded to beginner swimmers without established times (called “NT”, which stands for No Time) and those who better established times.
- A free swim cap will be awarded to the swimmer winning the Predictive 50 Challenge.
- The winning team will receive a “treat” for each swimmer.
- Ribbons will be awarded for each event for swimmers 12 & Under.

Rules

- All swimmers will be required to wear their team swim cap, which will be supplied free by SSC. All caps will be collected at the end of the event.
- Swimmers are to remain with their team during the meet.
- Parents should be in the bleacher area or in their volunteer station.
- No food or drink in pool area.



EVENT LIST

Event 1- (scored event) Team Cheer Contest

Event 2- (scored event) 25 Freestyle All-Team Relay

Event 3- Beginner 25's & 50's Freestyle

- Novice event for swimmers with 3 or less meets experience
- Swimmers to receive best times ribbons if NT or if better than best time
- Ribbons distributed immediately at end of pool

8 & Under Mixed Boys/Girls 25 Freestyle

9-10 Mixed Boys/Girls 25 Freestyle

11-12 Mixed Boys/Girls 50 Freestyle

Event 4- Predictive 50 Challenge (for AG1-Senior)

- Swimmers hand timers card with predicted finish time (to the hundredth) for a 50 Freestyle
- Times must be 60 seconds or less
- Timers write times on card and average the two times and indicate on the card the average time
- Timers then subtract the difference and indicate that number on the card
- Heats will go in random age/gender order

Event 5- (scored event) Boogie Board Pull (AG3/Seniors/Class)

- AG3 or Senior swimmers pull a Class Swimmer 25 yards
- Class swimmers will lay stomach down on kick board and hold tow cord connected to waist belt on AG3 or Senior swimmer
- A max of 8 pairs will compete for each team
- This Relay is a 200 yard race (8 x 25's)

Event 6- Beginner 25's & 50's Backstroke

- Novice event for swimmers with 3 or less meets experience
- Swimmers to receive best times ribbons if NT or if better than best time
- Ribbons distributed immediately at end of pool

8 & Under Mixed Boys/Girls 25 Backstroke

9-10 Mixed Boys/Girls 25 Backstroke

11-12 Mixed Boys/Girls 50 Backstroke

Event 7- (scored event) 25 No Freestyle All-Team Relay (pick any stroke besides Freestyle)

Event 8- 25's & 50's Turbo Kickboard Challenge

- Crown Fastest Kicker for both genders in each age group

8 & Under Girls

8 & Under Boys

9-10 Girls

9-10 Boys

11-12 Girls

11-12 Boys

13-14 Girls

13-14 Boys

15-16 Girls

15-16 Boys

17 & Over Girls

17 & Over Boys