

Welcome to the 2018 Canterbury Stingray Swim Team

We are pleased to have your child and you as part of the Stingray Swim Team this year. We are the swim team staff for 2018:

Brenda Brigadoi	Swim Team Coordinator	419-889-3729	brenda.brigadoi@gmail.com
Hannah Clinger	Coach	567-208-6763	h_clinger98@yahoo.com
Sarah Clinger	Coach	567-208-6935	fastflygirl99@gmail.com
Diane Mosser	Club Manager	419-423-8252 (pool phone)	

Brenda Brigadoi – This is my second year as swim team coordinator. My daughter, Bridget, has been on the swim team the past 5 years. It has been a lot of fun and a great learning experience for her. I will answer your questions to the best of my ability and appreciate any help that you can give.

Hannah Clinger is a sophomore at the Ohio State University, and while at college, coaches the 10-11 year olds of the Ohio State Swim Club. **Sarah Clinger** is a FHS graduating senior and will be attending Miami University in the fall. Both of these ladies (and sisters too!) started competitive swimming at age 8/6, swimming with F.A.S.T. Both were district and state swimmers for Findlay High School. It is so exciting to have Hannah and Sarah coaching our team this summer! They look forward to working with your children and having a lot of fun this summer.

Registration: All swim team registration fees must be paid in full by Tuesday, May 29th, 2018 (by first practice). Make checks payable to *Canterbury Swim and Tennis Club* and send to Brenda Brigadoi, 3311 Ridgeview Drive, Findlay OH 45840.

Weather: In the case of questionable weather please contact the swim team coaches. The club manager and the coaches will determine whether or not practice will take place. In the event of cool but calm weather and sometimes light rain, the team WILL PRACTICE and do dry land exercises and games.

Practices: Swimmers must show up for practices on time, with a positive attitude, and ready to swim. Team members should listen to the coaches, do their best to follow instructions, and put forth their best effort. Please inform the coaches if you will be absent from practice.

Age 11 and up – Monday thru Friday 9 am – 10 am, except weeks June 11 – 22 8 am – 9 am

Age 10 and under – Monday thru Friday 10 am – 11am, except weeks June 11 – 22 9 am – 10 am

Meet Sign-ups: Swimmers need to sign up between Tuesday and Sunday if they are planning to swim in the upcoming meet (Wednesday). Swimmers **MUST BE CERTAIN** of their availability before signing up. We will have sign-up sheets at the pool or you may email the coaches. **By signing up for a meet you have made a commitment to be present. Other swimmers who may be in a relay with you and your coaches are relying on you!** *If your swimmer becomes ill, is injured, or a family emergency arises, please let us know. We understand these things happen.*

Swim meets: If signed-up for a meet, swimmers have an obligation to show up, be on time, and be ready to swim. Swimmers should cheer on their teammates; know their event numbers by checking the line up sheets, and pay attention to the meet in order to know approximately when they should report to the bull pen. A parent helper from each team will be coordinating the swimmers in the bull pen and putting them in order of the line up. Listen or watch for which events are in the bull pen. Win or lose

team members should do their very best, and above all, have fun! Coaches will advise swimmers what time to be at the pool for warm ups for meets.

If this is the first time swimming, please ask the coaches about heat sheets, the bull pen, and any other questions you have about the meets.

Parent sign-ups: Parents must work at least one shift at the swim meets (both home and away meets) in which their children are swimming. **The meets cannot be run without your help.** First shift is events 1-45 and the second shift is events 46-90. Each team must supply their own helpers including:

- **Away Meets:** Bull Pen (2 helpers); Stroke Judge (2 helpers); Ribbon Writer (2 helpers); Timers (12 helpers)
- **Home Meets:** Bull Pen (2 helpers); Stroke Judge (2 helpers); Ribbon Writer (2 helpers); Timers (12 helpers); Runners (2 helpers); Concessions (2 helpers)

Parent helper sign-up sheets will be posted at the pool Thursday thru Tuesday. You can also email the swim team coordinator.

Donut Sign-up: A tradition at Canterbury, the morning practice following the meets we have provided a donut to each swimmer that participated in the meet. After practice, swimmers will receive their ribbons along with a donut to celebrate! We are asking parent helpers to provide donuts (2 parents) on these mornings. To determine the number of donuts needed, the helpers should find out from a coach on Wednesday how many team members are signed up to swim in a given meet. Depending on numbers, only one parent may be needed to provide donuts. It is up to you what you would like to provide – one kind or a variety. The club will provide the napkins. You may also provide an alternative, like popsicles. The kids really enjoy this treat! (The coaches do too so be sure to include them in your count.) This is completely voluntary and at your own expense.

Sharpie Markers: The kids like to ‘tattoo’ themselves with bubbles and cheers with sharpie markers. They also write their event information on their hand or leg with them. Stick a few in your swim bag. You (parents) may want to bring a small pad of paper for you to keep track of your child’s events.

Water and Sunscreen: Be sure your swimmer is well hydrated. On hot days we are out by the pool for a few hours so make sure your kids bring a water bottle to the meets. Just because they are in the water does not mean they do not have to DRINK water. Water or Gatorade is best. Some pools do not provide a lot of shade so be sure to bring sunscreen. Also, canopies may be set-up at some pools for shade.

If you know someone who would like to swim with Canterbury, please invite them to join us. Non-members may join the swim team for \$55.00 each. Word of mouth is our best advertisement!

We look forward to a fun summer swim season!

Brenda Brigadoi

Hannah Clinger

Sarah Clinger

