

**Waterford Stingrays Summer 2021 Season  
Parent Cheat Sheet**



Coaches

Head Coach: Kiera Cornatzer (kiera.cornatzer17@gmail.com) 336-403-2212

Senior Assistant Coach: Emma Blanks

Assistant Coaches: Brynn Hutchison, Juwon Kim, Ian Weide, Kelly Smith, Nate Bhabri, Jaylin Vannoy, Abby Blanks, Natalie Lowe & Abby Smith

Coach Liaison: Kristen Katula

- 6 & Unders: Brynn, Natalie & Nate
- 7-8s: Jaylin, Abby B & Juwon
- 9-10s: Kelly, Abby S & Ian
- 11-12s: Brynn & Nate
- 13-14s: Ian & Jaylin
- 15-18s: Juwon & Kelly
- \*Remember that your swimmer must practice and compete with their assigned age group (Swimmer's age as of June 1, 2021). No exceptions can be made this summer as we are governed by the Greater Forsyth Swim League rules.

Swim Team Committee

- Contact with any questions about the team! **Email: [committee@waterfordstingrays.org](mailto:committee@waterfordstingrays.org)**
- Carrie Ross (rosscp14@gmail.com), Kristen Katula (kris10kat@icloud.com), Kevin Hinshaw (kevin@woodbridgefurniture.com), Becky McKinnon (joshandbeckymck@gmail.com) & David Snapp (snapp001@aol.com)

Meets / Practices / Events

- **Detailed PDF calendar available to download on our website**
- **Meets (6 total)** – There are 3 Home and 3 Away meets. Before the meet, we will send an email with information on warm-up times, what to bring, reminders, etc. The Away meet pools are linked on our website under “Schedule” with driving directions. **IMPORTANT: If your swimmer cannot participate, you must sign out your swimmer AT LEAST 2 DAYS BEFORE!** The coaches will assume that all swimmers are swimming unless signed out. (There’s a reason for this – the coaches are trying to build the best heat sheet possible!). Sign-outs are required for Practice meet (10 & Under only), all 6 regular meets and Finals. The sign-out form is linked to the website. At the end of each away meet, we host a drop-in team dinner at a fast-food restaurant – more details TBA. After home meets, we will have pizza at the pool and free swim time!
- **Practices** – Practice times vary, refer to the PDF calendar. Practice is offered daily (evenings before school is out; mornings beginning June 9). Also, 3 evening practices (M/W/TH) will be offered as another option. Practice is not mandatory – if you miss a practice, there’s no penalty. However, your swimmer will get as much as they put into it, so try to attend as much as possible! The coaches will host a number of “fun practices” throughout the season with treats, games/activities– *fun practices will occur the morning after a swim meet*. During practice, we ask that parents please allow the coaches to coach and limit questions until after practice is over. Safety is very important and we need their eyes on the pool!
- **Stroke Clinics & Lessons** – We offer 4 free stroke clinics for swim team members; these clinics are held at our pool on select Saturdays before the pool opens. The clinic allows your swimmer extra time with their coach to work on areas for improvement - strokes, technique, starts/turns, etc! If your swimmer could benefit from extra time to work on strokes/starts/turns, etc., you may want to try individual swim lessons. Many of the coaches offer one/on/one swim lessons for a \$15 fee. Ask your coach about it!
- **City Meet** – Coordinated by the YMCA and held at Bolton Pool on Friday, June 25, this is an optional FUN event where swimmers across the League can pick their own events to swim! The theme this year is LION KING and we will decorate our tent accordingly. It’s a fun time to see friends across all other pools, and to bond with the Stingrays team. Head Coach Kiera will even be swimming!!! Come cheer her on! We will have separate swimmer signups for this event. Again, parents - please signup online to volunteer for a shift at city meet! (Note: this shift will not count towards your 3 required shifts per season; this is an optional event)
- **Finals** – By invitation-only, top swimmers in each event will be asked to swim on behalf of Waterford at the League Finals on Monday, July 12th held at the Greensboro Aquatic Center. Waterford has a long history of placing in the top 10....in fact, we have past & current swimmers who have earned Finals Meet records!
- **End-of-Season Party** – This is a don’t -miss event! This party on Tuesday, July 13th, concludes the swim season. Food is catered. All remaining ribbons from meets and Finals are distributed. Highlights of this night include a slide show, recognition of our coaches and special awards for EACH & EVERY swimmer!



### Volunteer Shifts

- All families must complete a minimum of 3 shifts per season; We can't run a meet without volunteers!
- We will provide training, along with all the materials you need. Becky McKinnon is the point person for volunteers – contact Becky with any questions.
- NOTE: We have separate signups for Practice Meet, City Meet & Finals (these don't count towards your 3 shifts)
- The signup link is posted on our website and emailed to all families who register.
- Here is the link: <https://signup.com/go/ScBCboy>

### Meet Attire

- Swimmers should wear a solid black suit to all meets. Speedo is a recommended brand, but not required. You are welcome to purchase your suit anywhere!
- We have Waterford Stingrays swim caps for a fee. See Kristen Katula for a cap!
- Spirit gear orders are due Monday, May 24. The team shirt has our logo and all swimmer names. We strongly encourage our swimmers to purchase one to wear to meets!!! Parents too!! We will also offer additional gear (ex. Hoodies). Kristen Katula is the point person for gear – contact Kristen with any questions or to order!
- You do not have to buy a shirt, however, we do encourage families (swimmers, moms, dads, and sibling too!) to dress in Waterford colors (navy/teal/white) and show their spirit at meets!

### Stay Connected

- **Check your email**
  - Directly from Active.com, we will send frequent updates throughout the season to the parent email you entered when you registered your swimmer
- **Download the REMIND app and join our group – “Waterford Stingrays 2021”**
  - This is the BEST way to be in the loop, particularly for timely updates/reminders related to weather, practices, meets, etc.
  - Use this link to signup: <https://www.remind.com/join/fkkkkc8>  
OR, text @fkkkkc8 to the number 81010
- **Like our Waterford Stingrays Facebook page: [fb.me/waterfordstingrays](https://www.facebook.com/waterfordstingrays)**
  - We post reminders and links regularly
- **Refer to our Website: [www.waterfordstingrays.org](http://www.waterfordstingrays.org)**
  - Find links to the PDF Calendar, maps to Away team pools, Meet Sign-out form, etc.

### 10&Under Swimmers

- Practice Meet, June 2<sup>nd</sup> – All 10 & Unders will participate in a practice meet held at our pool on Wednesday, June 2. This event helps younger swimmers get ready for a meet, and allows parents to learn new volunteer roles. (11&up swimmers will not have practice the night of this event). Parents - please signup online to volunteer for a shift at this meet! (Note: this shift will not count towards your 3 required shifts per season; this is just practice)
- Parents of swimmers age 10 & Under, we need you to stay at/around the pool during practice (in case of emergency). 10 & Unders cannot be alone. We are a village and it's fine if you are carpooling with other moms...just make sure someone has accountability over your child!

### Miscellaneous

- At practice, siblings can swim in the pool ONLY IF the pool is open and lifeguards are actively on duty (ex. Most evening practices are OK for siblings to swim given the pool is open and the team is only using a few lanes of the pool). Siblings cannot join swim team practice unless they are registered Stingrays.
- At meets, there is NO OPEN SWIM for parents or siblings.
- We will have a professional team photo taken this summer one morning before practice. More information TBA.
- The coaches will put together a team slide show for the end-of-season party – take photos and send them to us! [committee@waterfordstingrays.org](mailto:committee@waterfordstingrays.org)
- We offer a volunteer coach program for swimmers age 13 and up. If your swimmer is interested, please have him/her speak with Senior Assistant Coach Emma Blanks. We encourage mentoring and training of our older swimmers early so they are prepared to apply for coach positions later down the road!
- Our coaches are working on a Buddy program (little buddies paired with big buddies) to encourage our younger swimmers...more information will be shared once the details are finalized.
- We are proud to have sponsors for our team! Our sponsors support our team with donations, and in turn we publicize their businesses in a variety of ways. If you have a business who wants to sponsor our team, it's not too late! Sponsorships are still available. Contact Kevin Hinshaw for more information. Gold level sponsors will have their logos on the back of our team shirt...great publicity!