

# Franklin Park Stingrays



## 2024 Parent Handbook

Franklin Park Stingrays PO Box  
1168

Purcellville VA 20134  
[www.franklinparkstingrays.com](http://www.franklinparkstingrays.com)

## 2024 STINGRAYS BOARD MEMBERS

|                                |                       |                                                                                                                                                                      |
|--------------------------------|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Megan Bloom                    | Team Manager          | <a href="mailto:meganabloom@gmail.com">meganabloom@gmail.com</a>                                                                                                     |
| Jillian Gemberling             | ODSL Representative   | <a href="mailto:jpgember@gmail.com">jpgember@gmail.com</a>                                                                                                           |
| Denisha Mosby                  | Secretary             | <a href="mailto:dnmosby@gmail.com">dnmosby@gmail.com</a>                                                                                                             |
| Courtney Williams              | Treasurer             | <a href="mailto:courtneyhayeswilliams@gmail.com">courtneyhayeswilliams@gmail.com</a>                                                                                 |
| Phantom Prompol                | Computer Operator     |                                                                                                                                                                      |
| AK Alexander & Rebecca Edwards | Volunteer Coordinator | <a href="mailto:alexanderfamilypartyof6@gmail.com">alexanderfamilypartyof6@gmail.com</a> ;<br><a href="mailto:redwardsfamily@gmail.com">redwardsfamily@gmail.com</a> |
| Ali Gillingham & Jen Nishiyama | Spirit Coordinator(s) | <a href="mailto:Gillingham.alicia@gmail.com">Gillingham.alicia@gmail.com</a> ,<br><a href="mailto:Jenashley.jones@gmail.com">Jenashley.jones@gmail.com</a>           |
| Mark Wagner                    | Head Coach            | <a href="mailto:mcwagner@gmail.com">mcwagner@gmail.com</a>                                                                                                           |
| Ed Hernandez                   | Assistant Coach       | <a href="mailto:ejhernandez13@yahoo.com">ejhernandez13@yahoo.com</a>                                                                                                 |
| Lea Jaastad                    | Assistant Coach       | <a href="mailto:ljaastad@gmail.com">ljaastad@gmail.com</a>                                                                                                           |
| Evan Goodman                   | Assistant Coach       |                                                                                                                                                                      |

# ODSL SWIM LEAGUE

The Franklin Park Stingrays Team is an active member of the Old Dominion Swim League (ODSL). The ODSL was formed in 2004 as a developmentally competitive swim league. The objectives of the league are to help swimmers develop a love for the sport, advance their aquatic skills, encourage teamwork, and teach the principles of good sportsmanship.

Additionally, the Stingrays' goal is to provide swimmers with positive experiences through competitive swimming. We hope our swimmers will master skills, achieve physical fitness, gain self-confidence, learn the importance of discipline and commitment, and ultimately make swimming a lifetime sport.

## AGE GROUPS

Swimmers are assigned to groups based on age (**as of June 15**) and gender. The groups are:

6 & under,  
7-8,  
9-10,  
11-12,  
13-14 and  
15-18.

# SWIM TEAM COMMUNICATION

The Coaches/Board communicate with the team using the following methods:

1. **E-mail**
2. **Facebook – “Franklin Park Stingrays”** - this is a great place for swimsuit and equipment swaps and photos. This is a private, closed group.
3. **Text Alerts** - you will be provided with a Short Message Service (SMS) contact number and/or cell phone application to register for text alerts regarding cancellations or last-minute changes to a practice or an event. **The SMS text alert is the fastest and most efficient way to stay updated.**
4. **Website** – [www.franklinparkstingrays.com](http://www.franklinparkstingrays.com).
5. **Clear File Boxes** – these will be placed on the counter during practices. Each family will have a file folder according to their last name. Any paper, ribbons or medals will be placed here.

If you have any questions, please contact us using the “**Contact Us**” link on the Home Page of the [website](#).

## INCLEMENT WEATHER

You will be sent text alerts (with email follow-up) to inform you of cancellations or last-minute changes to a practice or event.

The primary reason for canceling a practice or swim meet is safety. **If it's safe, we swim – rain or shine!**

# 2024 REGULAR SEASON PRACTICE SCHEDULE

**May 29<sup>th</sup> - July 26<sup>th</sup>**

(Practices will start in the evenings on May 29<sup>th</sup>, and move to mornings on Monday, June 17<sup>th</sup>)

Swimmers should aim for 2 practices a week. The more swimmers practice, the faster they get!

|           |                                                                          |                                                       |                                                                             |                                                            |                                                                                                    |
|-----------|--------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|           |                                                                          |                                                       |                                                                             |                                                            | <b>June 9- Friday</b><br><i>*AM Practices start!</i><br>6:30 am 12 to 18<br>7:30 9-11<br>8:30 8& U |
| <b>11</b> | <b>12</b><br>6:30 12 to 18<br>7:30 9-11<br>8:30 8 & U                    | <b>13</b><br>6:30 12 to 18<br>7:30 9-11<br>8:30 8 & U | <b>14</b><br>6:30 12 to 18<br>7:30 9-11<br>8:30 8 & U<br>Meet @Landsdowne   | <b>15</b><br>No Practice                                   | <b>16</b><br>6:30 12 to 18<br>7:30 9-11<br>8:30 8 & U                                              |
| <b>18</b> | <b>19</b><br>630 12 to 18<br>730 9-11<br>830 8 & U<br>Evening clinic TBD | <b>20</b><br>630 12 to 18<br>730 9-11<br>830 8 & U    | <b>21</b><br>630 12 to 18<br>730 9-11<br>830 8 & U<br>Meet @ Woodlea        | <b>22</b><br>No Practice                                   | <b>23</b><br>630 12 to 18<br>730 9-11<br>830 8 & U                                                 |
| <b>25</b> | <b>26</b><br>630 12 to 18<br>730 9-11<br>830 8 & U<br>Evening Clinic TBD | <b>27</b><br>630 12 to 18<br>730 9-11<br>830 8 & U    | <b>28</b><br>630 12 to 18<br>730 9-11<br>830 8 & U<br>Meet @Potomac Station | <b>29</b><br>No Practice                                   | <b>30</b><br>6:30 12 to 18<br>7:30 9-11<br>8:30 8& U                                               |
| <b>2</b>  | <b>3</b><br>No Practice<br>(holiday)                                     | <b>4</b><br>No Practice<br>(Holiday)Parade Day !!     | <b>5</b><br>No Practice<br>No Meet                                          | <b>6 Practice</b><br>630 12 to 18<br>730 9-11<br>830 8 & U | <b>7</b><br>630 12 to 18<br>730 9-11<br>830 8 & U                                                  |
| <b>9</b>  | <b>10</b><br>630 12 to 18<br>730 9-11<br>830 8 & U<br>Evening Clinic TBD | <b>11</b><br>630 12 to 18<br>730 9-11<br>830 8 & U    | <b>13</b><br>630 12 to 18<br>730 9-11<br>830 8 & U<br>Meet @Willowsford S.  | <b>13</b><br>No Practice                                   | <b>14</b><br>630 12 to 18<br>730 9-12<br>830 8 & U                                                 |
| <b>16</b> | <b>17</b><br>630 12 to 18<br>730 9-11<br>830 8 & U                       | <b>18</b><br>630 12 to 18<br>730 9-11<br>830 8 & U    | <b>19</b><br>630 12 to 18<br>730 9-11<br>830 8 & U                          | <b>20</b><br>No Practice                                   | <b>21</b><br>Team Party!<br>630 13 to 18<br>730 9-12 ALL<br>830 8 & U ALL                          |
| <b>23</b> | <b>24</b><br>7-8 AM All Star only                                        | <b>25</b><br>7-8 AM All Star only                     | <b>26</b><br>7-8 AM All Star only                                           | <b>27</b><br>7-8 AM All Star only                          | <b>28</b><br>7-8 AM All Star only                                                                  |

# PRACTICE GUIDELINES

Swimmers need to bring the following items each practice:

1. Goggles
2. Swim cap for swimmers whose hair goes over their ears.
3. Towel
4. Swim Fins
5. Appropriate swimsuit - Boys wear jammers and girls wear a one-piece suit without any embellishments or fabric hanging off. If you have questions, please ask.

Swimmers are expected to arrive 5-10 minutes early to practice and to attend at least 2 practices per week to be eligible to swim in the swim meets.

During morning practices, Parents are welcome to watch, but Parents (and siblings) must remain in the grassy pavilion area to the side of the lap lane area of the pool. Parents should not interrupt the coaches during practices.

## ILLNESS OR INJURY

Swimmers should inform the Coaches of an illness or injury that will prevent them from attending practice or swim meets.

# 2024 SWIM MEET SCHEDULE

|         |                             |
|---------|-----------------------------|
| June 8  | Time Trials @ Franklin Park |
| June 15 | Meet –                      |
| June 19 | Meet –                      |
| June 22 | Meet –                      |
| June 26 | Meet –                      |
| June 29 | Meet –                      |
| July 3  | Meet –                      |
| July 6  | Meet –                      |
| July 10 | Meet –                      |
| July 13 | Meet –                      |
| July 20 | Divisionals Meet            |
| July 27 | All-Star Meet               |

# SWIM MEET REGISTRATION

An email will be sent families prior to each swim meet to provide “how-to” instructions to register for the swim meet. All swimmers and volunteers **must** register for each swim meet to participate. All swimmers **must** swim a minimum of 2 meets out of the season. Also, the swimmer **must** be stroke legal in freestyle and backstroke to make the team.

The deadline to sign up for a **Saturday** swim meet is the *Tuesday* before the swim meet. The deadline to sign up for a **Wednesday** swim meet is the *Friday* before the swim meet.

**To REGISTER for a swim meet**, swimmers/volunteers must:

1. Go to the team website at: [Franklin Park Stingrays Home \(gomotionapp.com\)](http://Franklin Park Stingrays Home (gomotionapp.com))
2. Sign in, then click on the EVENTS tab
3. Click on the swim meet date
4. Click on “Attend/Decline”
5. Click on the Swimmer’s name
6. Click on the word “Select,” then select “Yes”
7. Select the individual events the swimmer would prefer to swim. You may only pick 3 events (for Time Trials the swimmer may swim all 5 events.)
8. Click “Save Changes”

Ultimately, the Coaches will assign each swimmer to events after considering their preferences and their ability. **Relay teams are solely determined by the Coaches and are not included in the swim meet registration.**

**To DECLINE a swim meet**, swimmers/volunteers must:

1. Go to the team website at: [Franklin Park Stingrays Home \(gomotionapp.com\)](http://Franklin Park Stingrays Home (gomotionapp.com))
2. Sign in, then click on the EVENTS tab
3. Click on the swim meet date
4. Click on “Attend/Decline”
5. Click on the Swimmer’s name
6. Click on the word “Select,” then select “No”
7. Click “Save Changes”



**To MAKE CHANGES to a previous submission**, swimmers/volunteers must:

1. Go to the team website at: [Franklin Park Stingrays Home \(gomotionapp.com\)](http://Franklin Park Stingrays Home (gomotionapp.com))
2. Sign in, then click on the EVENTS tab
3. Click on the swim meet date
4. Click on “Edit Commitment”
5. Click on the Swimmer’s
6. Edit as necessary
7. Click on “Save Changes”

## **EMERGENCIES**

If your swimmer is already signed up for a swim meet, and you have a last-minute emergency (illness, etc.), please notify the Coaches using the link on the homepage **“Emergency Notification of Swim Meet Absence.”**

# REGULAR SEASON MEET EVENTS

1. Boys 6 & U 25 Freestyle
2. Girls 6 & U 25 Freestyle
3. Boys 7-8 25 Freestyle
4. Girls 7-8 25 Freestyle
5. Boys 9-10 50 Freestyle
6. Girls 9-10 50 Freestyle
7. Boys 11-12 50 Freestyle
8. Girls 11-12 50 Freestyle
9. Boys 13-14 50 Freestyle
10. Girls 13-14 50 Freestyle
11. Boys 15-18 50 Freestyle
12. Girls 15-18 50 Freestyle
13. Boys 6 & U 25 Backstroke
14. Girls 6 & U 25 Backstroke
15. Boys 7-8 25 Backstroke
16. Girls 7-8 25 Backstroke
17. Boys 9-10 50 Backstroke
18. Girls 9-10 50 Backstroke
19. Boys 11-12 50 Backstroke
20. Girls 11-12 50 Backstroke
21. Boys 13-14 50 Backstroke
22. Girls 13-14 50 Backstroke
23. Boys 15-18 50 Backstroke
24. Girls 15-18 50 Backstroke
25. Boys 8 & U 25 Breaststroke
26. Girls 8 & U 25 Breaststroke
27. Boys 9-10 50 Breaststroke
28. Girls 9-10 50 Breaststroke
29. Boys 11-12 50 Breaststroke
30. Girls 11-12 50 Breaststroke
31. Boys 13-14 50 Breaststroke
32. Girls 13-14 50 Breaststroke
33. Boys 15-18 50 Breaststroke
34. Girls 15-18 50 Breaststroke
35. Boys 8 & U 25 Butterfly
36. Girls 8 & U 25 Butterfly
37. Boys 9-10 25 Butterfly
38. Girls 9-10 25 Butterfly
39. Boys 11-12 50 Butterfly
40. Girls 11-12 50 Butterfly
41. Boys 13-14 50 Butterfly
42. Girls 13-14 50 Butterfly
43. Boys 15-18 50 Butterfly
44. Girls 15-18 50 Butterfly
45. Boys 10 & U 100 IM
46. Girls 10 & U Girls 100 IM
47. Boys 11-12 100 IM
48. Girls 11-12 100 IM
49. Boys 13-14 100 IM
50. Girls 13-14 100 IM
51. Boys 15-18 100 IM
52. Girls 15-18 100 IM
53. Boys 8 & U 100 Free Relay
54. Girls 8 & U 100 Free Relay
55. Boys 9-10 100 Medley Relay
56. Girls 9-10 100 Medley Relay
57. Boys 11-12 100 Medley Relay
58. Girls 11-12 100 Medley Relay
59. Boys 13-14 100 Medley Relay
60. Girls 13-14 100 Medley Relay
61. Boys 15-18 100 Medley Relay
62. Girls 15-18 100 Medley Relay
63. Boys Mixed Age 200 Free Relay
64. Girls Mixed Age 200 Free Relay

# SWIM MEET LOGISTICS

The swim meet will run approximately 4 hours from set-up **to** clean-up. Please remember to bring water, food, and sunscreen! Some pools will have concessions available for purchase.

## Swimmers

- Must arrive 1 hour prior to the meet start time for check-in and warm-ups.
- Upon arrival, **must** go to the team area and check in with their age group Rounder. If they do not check in with their Rounder, they may be scratched from the meet.
- Must stay in the team area with their age group.
- Must stay until the end of the swim meet. *If a swimmer leaves, and they've been assigned to swim a relay, their absence will affect the other 3 members on the relay team.*
- Must notify their Rounder and the Head Clerk of Course if they must leave early.
- Must clean-up and reorganize the pool area after each swim meet.

## Volunteers

- Must arrive 1 hour prior to the meet start time and check-in with the Volunteer Coordinator. If late, their position may be assigned to another person and they will not be credited for volunteering that day.

# SWIM-UPS

Swimmers may compete in their age group and up to 1 higher age group for individual events and 2 higher age groups for relays.

Swim-ups are allowed, but only when no other swimmers are eligible to fill a race.  
There will be no swim-ups allowed at end-of season swim meets.

# END OF SEASON MEETS

**Divisionals:** Swimmers must swim in at least 2 swim meets to qualify for Divisionals.

**All Stars:** Swimmers must qualify by event (see [ODSL criteria](#)) using swim times from regular season swim meets (not Divisionals). There will be 3 heats for each event.

- If a swimmer is going to All Stars for 2 or more events, they cannot swim in the Divisional Meet.
- If a swimmer is going to All Stars for 1 event, the swimmer may swim in the Divisional Meet in any event **except** the event they will be swimming in for All Stars.

# TRACK SWIM MEET RESULTS

## Sign-in:

- Go to the team website at: [Franklin Park Stingrays Home \(gomotionapp.com\)](http://Franklin Park Stingrays Home (gomotionapp.com))
- Your username is your email address.
- For new families - a password was provided to verify your email address. You may customize your password in your account settings.
- If you forget or lose your password, contact us and we will help!

## Once you have signed in, you can:

- Update any of your personal information such as address and phone numbers.
- Track swimmer times by clicking on "My Meet Results."

# VOLUNTEER REQUIREMENTS

Volunteers are vital to our team and essential to running swim meets. It takes over 40 Stingray Volunteers to run a home swim meet and about 35 Stingray Volunteers to run an away swim meet. It can be overwhelming to be a first-time Volunteer - please ask questions!

- Each family is required to volunteer for 4 swim meets (16 hours) during the swim season. If volunteer requirements are not met, the family **WILL NOT** be eligible to return to the Stingrays the following season.
- Volunteer sign-ups will be available via the [website](#) the week before each meet. Please volunteer throughout the season (and not just the first few swim meets)! We need volunteers for the last swim meets as much as we need volunteers for the first swim meets.
- Volunteer job descriptions can be found on the [website](#) via the VOLUNTEER INFO tab.
- If you sign up to volunteer, and are not able to fulfill your volunteer commitment, please remove yourself from the sign-up via the [website](#) so someone else can fill your spot. For late changes, please notify the Volunteer Coordinator, Rebecca Edwards, by email.
- Don't be afraid to sign up for a volunteer position that's new. There will always be someone there to help you out!

# VOLUNTEER SIGN-UPS

1. Go to the team website at: [Franklin Park Stingrays Home \(gomotionapp.com\)](http://Franklin Park Stingrays Home (gomotionapp.com))
2. Sign in, then click on the EVENTS tab
3. Click on the swim meet date
4. Click on “job sign-up” under the date
5. Find the job you want
6. Click on small white box (check will appear)
7. Click on “sign-up” at the bottom of the page
8. Confirm sign-up

## VOLUNTEER POSITIONS

### **Head Timer (Coordinator)**

Coordinates lane timers for each meet. Assigns lanes and teaches volunteers how to use plungers and stopwatches.

### **Lane Timer**

Work as timer in assigned lane for the duration of the meet. Great way to see swimmers race!

### **Ribbon Writer**

Works during entire meet at ribbon writing table, placing stickers on ribbons at conclusion of each event. A sit-down job!

### **Heat Winner Ribbon Presenter**

Stands with timers and watches each heat. Responsible for presenting ribbon to fastest swimmer in that heat. Great view of the swimmers!

### **Starter/Announcer (Certification Required)**

Signals the beginning of a race and ensures all swimmers start legally. Coordinates with Head Timer and Clerk of Course. Makes all announcements at swim meet.

### **Head Clerk of Course**

Coordinates with the coaches and swimmers to line up each swimmer by event and lane according to the line meet sheet.

### **Clerk of Course Runner**

Assists the Head Clerk of Course in lining up swimmers by event and lane according to the line meet sheet. Brings heat changes to the computer table (home meets). A great way to interact with the swimmers!

### **Rounder**

Gathers swimmers according to assigned age group and lead them to the Clerk of Course in time for their event. Stays with the swimmers for the entire meet. Great way to get to know swimmers!

### **Runner**

Transports changes from the computer table to the Timers.

### **Stroke and Turn Judge (Certification Required)**

Walks the length of the course as swimmers race in each heat. Records Observations on Disqualification (DQ) card.



# SWIMMER'S CODE OF CONDUCT

- Obey all instructions from the Coaches and officials at practices and swim meets.
- Ask permission from the Coaches before leaving the poolside for any reason.
- Always display good sportsmanship.
- Respect and encourage your teammates.
- Respect competitors from other teams.
- Behave in a responsible and orderly manner in the shower area, on deck and all areas of the pool.
- Only enter the designated swim area of the pool during practices and meets. All other swimming areas inside the pool facility are prohibited during practices or meets.
- Clean up your trash and food before exiting the pool both at home and away meets.
- Do not push or shove individuals into the pool.
- Maintain orderly conduct within the team area during meets.

# **PARENTS' RESPONSIBILITIES**

1. Ensure your swimmer abides by the Swimmer's Code of Conduct.
2. Volunteer for least 4 meets (16 hours). This is NOT optional!
3. Behave in a safe, polite, and responsible manner whenever representing the team.
4. Do not use abusive language or act in an aggressive manner at any time.
5. Do not interrupt the Coaches during practices or swim meets.
6. Contact the Team Manager with any questions or concerns about team functions and operations.

# GLOSSARY

In swimming we sometimes have a language that is unique to us. Here are some common “swim slang” terms you might hear along the way.

**All-Star Meet** – 1 of 2 meets held at the end of a season. Qualification times are necessary to enter the meet.

**Anchor** – The final swimmer in a relay.

**Backstroke (Back)** – 1 of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swimming as the first stroke in the Medley Relay and second stroke in the I.M.

**Beep** - The starting sound from an electronic, computerized timing system.

**Breaststroke (Breast)** - 1 of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M.

**Butterfly (Fly)** - 1 of the 4 competitive racing strokes. Butterfly is swum as the third stroke in the Medley Relay and first stroke in the I.M.

**Clerk of the Course** - Line up the swimmers so that they are ready to swim in the correct heat and lane order.

**Course Designated distance** - (length of pool) for swimming competition. (i.e. Long Course = 50 meters / Short Course = 25 yards or 25 meters).

**Deck** - The area around the swimming pool reserved for swimmers, officials, and coaches.

**Deck Seeding** - Placing a swimmer into an event on the pool deck at the meet.

**Disqualified (DQ)** - A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

**Divisional Meet** - 1 of 2 meets held at the end of the season. There are no qualifying times.

**Dual Meet** - Type of meet where 2 teams compete against each other.

**Dropped Time** - When a swimmer goes faster than the previous performance, they have "dropped their time." Also known as "personal best."

**Event** - A race or stroke over a given distance.

**False Start** - When a swimmer leaves the deck before the horn, whistle or beep.

**Freestyle (Free)** - 1 of the four competitive racing strokes. Freestyle is swum as the fourth stroke in the Medley Relay and the I.M.

**Goggles** - Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.

**Heats** - A division of an event when there are too many swimmers to compete at the same time.

**Heat Winner Ribbon** - A ribbon or coupon given to the winner of a single heat at an age group swim meet.

**Illegal** - Doing something against the rules that is cause for disqualification.

**Individual Medley (IM)** - A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, and Freestyle. Equal distances must be swum of each stroke.

**Lane** - The specific area in which a swimmer is assigned to swim (i. e. Lane 1 or Lane 2.)

**Lane Lines** – Continuous floating markers attached to a cable, stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.

**Lap** - 1 length of the course.

**Meet** - A series of events held in one program.

**Meters/Yards** - The measurement of the length of a swimming pool.

**Long course** - One lap equals 50 meters/yards.

**Official** - The certified adult volunteers, who operate the many facets of a swim competition.

**Official Time (OT)** - The swimmers event time recorded to one hundredth of a second (0.01).

**Referee** - The head official at a swim meet in charge of the meet.

**Relays** - A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays:  
1) Medley relay – 1 swimmer swims Backstroke, 1 swimmer swims Breaststroke, 1 swimmer swims Butterfly, 1 swimmer swims Freestyle, in that order.  
2) Freestyle relay - Each swimmer swims freestyle.

**Seed** - Assign the swimmers heats and lanes according to their submitted or preliminary times.

**Short course** - One lap equals 25 meters/yards.

**Team Records** - The statistics a team keeps, listing the fastest swimmer in the club's history for each age group/each event.