

Stingray NEWS Winter Edition 2010

Believe it or not, the start of swim team practice is only 4 months away! The first day of practice is Monday, May 17th, and now is the time to start thinking about brushing up on those swimming skills. This is especially important for younger swimmers who had just mastered new skills at the end of last summer. Below you will find information about the Pre-SAIL Clinics offered this spring by Team Greenville and by the Caine Halter Family YMCA. Stone Lake's future success depends on how well we continue to develop our younger swimmers. I highly recommend some type of "refresher" course prior to May. It is amazing the difference a quick tune-up will make for your swimmer. A good number of our Stone Lake swimmers do continue to swim year round. However, these swimmers are not the only ones the coaches are counting on to carry our team. At Stone Lake, every swimmer's performance is critical for our team's success.

LOOKING AHEAD TO THE SUMMER-Please keep the following dates in mind as you make your summer plans.

Dual Meets: June 3, 2010

June 10, 2010

June 17, 2010

June 24, 2010

July 1, 2010

Red Divisional Meet: July 9 & 10, 2010 at GCC

Championships & Classics: July 17 & 18, 2010

STINGRAY RECORD BREAKERS FROM LAST SEASON:

Super fast swims from the 2009 season earned the following swimmers a place in the Stone Lake records book:

Alaina Riordan	9-10 Girls	25M Breaststroke	17.88
Meredith Whisenhunt	11-12 Girls	50M Freestyle	29.22
Meredith Whisenhunt	11-12 Girls	50M Backstroke	33.19
Ali Snover	13-14 Girls	50M Butterfly	30.51
William Kennedy	9-10 Boys	25M Breaststroke	21.09
William Kennedy	9-10 Boys	25 M Backstroke	18.85
William Kennedy	9-10 Boys	25 M Butterfly	16.26
Matt Nocella	11-12 Boys	50M Freestyle	28.96
Bryan Riordan	11-12 Boys	100M Individual Medley	1:13.87
Matt Nocella	11-12 Boys	50M Breaststroke	39.76
Bryan Riordan	11-12 Boys	100M Freestyle	1:04.18
Bryan Riordan	11-12 Boys	50M Backstroke	34.93
Bryan Riordan	11-12 Boys	50M Butterfly	32.11

Parker Lowrance	13-14 Boys	100M Individual Medley	1:09.33
Parker Lowrance	13-14 Boys	50M Breaststroke	36.51
Parker Lowrance	13-14 Boys	100M Freestyle	1:03.34

2009 Relay Records:

11-12 Girls Medley Relay - Harper Middleton, Ashley Borum, Annie Hope Mazzola, Meredith Whisenhunt -- 2:16.85

11-12 Girls Freestyle Relay - Annie Hope Mazzola, Ashley Borum, Harper Middleton, Meredith Whisenhunt -- 2:03.90

11-12 Boys Medley Relay - Harrison Kendrick, Matt Nocella, Bryan Riordan, Ben Duvall -- 2:24.22

11-12 Boys Freestyle Relay - Bryan Riordan, Ben Duvall, Harrison Kendrick, Matt Nocella, -- 2:04.09

PRE-SAIL & SWIM LESSONS INFORMATION:

2010 TEAM GREENVILLE Pre-SAIL Workshops

Dates and sessions have been set for the popular TG Pre-SAIL Workshops this spring. This program is designed for the swimmer not swimming year-round who is looking for that quick tune-up prior to the start of the summer swimming season. Stroke technique, starts, turns, and increasing endurance will be emphasized. Participants must already have a strong grasp of freestyle and backstroke technique, and have a working knowledge of breaststroke and butterfly. The first Pre-SAIL session of 2010 begins Monday, January 18. Registration information is available at [Pre-SAIL](#). Cost: \$50.00

2010 TEAM GREENVILLE Swim School

Younger and/or weaker swimmers are encouraged to utilize our Introduction to Competitive Swimming classes run during the TG Champion Swim School. New sessions of Swim School begin this Saturday, and next Tuesday and Thursday. Registration information is available at [Swim School](#). Cost: \$60.00

Caine Halter Family YMCA Pre-SAIL & Y-Mechanics

WHO: Boys & Girls ages 6 - 15 Years

Pre-Sail Program

This fun program is geared toward kids who really enjoy competitive swimming or would like to improve their strokes. Pre-Sail is a great preparation into a swim team or Y-Mechanics. Requirements include a basic understanding of all competitive strokes, and the ability to swim multiple laps. *Students must pass a pre-assessment before registering.*

Y-Mechanics Program

This program is designed for young advanced swimmers. This is not a basic course. A working understanding of Butterfly, Breaststroke, Front Crawl and Back Crawl are required. Each participant will be given a workout that revolves around their particular needs and coached by our advanced technique staff. We encourage participants to use all available practice times. This is a great way for those too young for Masters to stay fit during the off season, stay in the water, improve on existing knowledge and even cross train. *Students must pass a pre-assessment before registering.*

For times and dates, please call us at 864-679-9622

Download our [registration form](#) to receive more information.

If you have any questions, let me know. Please make a SPLASH this winter!!!

Thanks,
Holly Melton