

TEAM FEES

Registration starts 4/1/19-6/1/19

\$150 each for the first 2 swimmers

\$135 each for each additional swimmer

Need a payment plan? Contact Tom Cuticchia-Head Coach

PARTICIPANT MUST REGISTER 48 HOURS PRIOR TO ATTENDING FIRST PRACTICE

Volunteer Fee \$100 per family

Payment for Volunteer fee:

1. Provide a credit card to leave on file with Lakota Family YMCA that will only be charged if you do not complete your volunteer requirements. You will be notified prior to the charge.

Other Fees

- Invitational Meets and Championship Meet are an additional fee. These fees range from \$4-\$5 per event. Each family must put a credit card on file at the time of registration. Fees for these meets will be charged on the Friday following the Meet.
- *If you register for an event and do not show you will still be held accountable for those fees*
- *If you are on a relay and do not show you will be held accountable for the **ENTIRE** relay fee*

Parent Meeting at Team Suit Fitting

On Monday, May 20 we will be having a parents meeting at the Y. This meeting will cover important topics like meet requirements, volunteer requirements, how to sign up for meets, special events, etc. Also, our swimsuit company, Swimville USA, will be in attendance so swimmers can get fitted for their team suit and purchase other swimming gear. You can contact Swimville directly at (859) 441-7946.

Coaches and Board Members

PHONE: 513-779-3917

Head Coach—Tom Cuticchia

- tom.cuticchia@lakotaymca.com

President—Eric Jensen

Vice President— Kristen Gomez

Secretary—Kristina Linberg

Treasurer—Sarah Clippinger

Parent Liason— Katie Laughlin



This material was prepared by the Lakota Family YMCA and is not sponsored or endorsed by the Lakota Local School District or any Lakota School.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LAKOTA FAMILY YMCA

Stingrays

Summer Swim Team

May 14—July 27

Registration is currently open

Open House

**Saturday, May 26 1-3pm
at the Outdoor Pool**

**Parent Meeting &
Team Suit Fitting**

Monday, May 20, 2019

Meeting: 6:30-7:30p

Fitting: 5:00-8:00p

**“The starting point of
all achievement is
desire!”**

www.lakotastingrays.com

YMCA Mission

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



Lakota Family YMCA Stingrays

- We focus on ages **5** years old to **18** years old based on age as of June 1.
- This program is a competitive/recreational **SUMMER ONLY** swim team that competes in the Tri-County Swim League.
- **This is NOT a learn to swim program. All swimmers must be able to complete 25 yards freestyle with rotary breathing and 25 yards backstroke with no support and no help in the water by 6/1/19.** We will work on cleaning the stroke and teaching new strokes!

Refunds? We do not guarantee a refund unless coaches deem swimmer is not able to complete practices by 6/1/19. For other refunds, you must submit a request to the Head Coach. Partial refunds may be given upon approval.

Why are PARENTS important?

Swim meets do not run themselves. We need **EVERY PARENT** to help us run the season. Each family is required to provide 4 sessions of volunteering. If you do not fulfill this requirement you will be charged a fee of \$100.00.

Summer 2019 Meet Schedule

6/4/19	Dutchland Woods (HOME)
6/11/19	Winwood (HOME)
6/18/19	Landen (AWAY)
6/25/19	Beckett Ridge (HOME)
6/30/19	Mason Invitational (AWAY)
7/2/19	Mason (AWAY)
7/9/19	Montgomery (HOME)
7/16/19	Lifetime Fitness (AWAY)
7/26 & 7/27	CHAMPIONSHIPS

Miami University

(SCHEDULE SUBJECT TO CHANGE)

You will be eligible to sign up for meets once you have registered and paid appropriate fees to the team. You must sign your swimmer up for each meet. If not signed up, your swimmer will not be entered into a meet by the coaches.

Meet Requirements

- Must attend at least 3 practices every week.
- Swimmer may only swim events they are "legal" in.
- Swimmers are not guaranteed more than 1 swim a meet, swims are dependent upon number of swimmers in that age group and number of heats allowed for that event.



2019 Practice Schedule

Practice starts MAY 14, 2019

SCHEDULE IS SUBJECT TO CHANGE

Age Group	Practice Days/Times:
8 & Under	(May 14th-May 24th) T/Th/F 6:30p-7:15p (May 28th-July 25th Outdoor) Monday-Friday 9:00a-9:45a
9-10 Years Old	(May 14th-May 24th) T/Th/F 7:15p-8:00p (May 29th-July 25th Outdoor) Monday-Friday 8:00a-9:00a
11-12 Year Olds	(May 14th-May 24th) T/Th/F 5:30p-6:30p (May 29th-July 25th Outdoor) Monday-Friday 7:45a-9:00a
13 & Over	(May 14th-May 24th) T/Th/F 5:30p-6:30p (May 29th-July 25th Outdoor) Monday-Friday 7:45a-9:00a

Grouping Requirements

- Swimmers will practice with their age group unless otherwise asked.
- **All participants must be able to swim 1 length of freestyle with rotary breathing and 1 length backstroke with no support or help in the water by May 30. If unable, coach reserves right to request them to move to our swim lesson program to better their swimming skills.**
- DO NOT attend a practice that is not your own without speaking to the Head Coach.

Stingray Buddies

We strive to promote team building, friendliness and sportsmanlike conduct among teammates. One way we achieve this is through our "Stingray Buddies" program which pairs up swimmers on the team to encourage one another and cheer each other on at meets and throughout the season. It's all about the relationship established and the team spirit shared.