STINGRAYS swim team

AUG 28, 2017 – MAR 17, 2018

The Stingrays Swim Team is one of the fastest growing teams in Chicago. We pride ourselves on our great Coach to Swimmer ratio and providing endless feedback and improvements to our swimmers. We offer a flexible schedule and cater to all types of swimmers from stroke development to national level expertise. Our groups are based on ability, not age. High focus is placed on the importance of the social aspect of team bonding and friendships. This is done through our monthly socials and intersquad meets.

SENIOR *

Our highest level offered on the team. USA swimming registration and meet attendance regularly is expected. Maintaining 2200 – 2700m/hour of practice time, as well as high proficiency in all strokes, turns, and structure is mandatory.

GOLD *

This is our second highest level offered. Swimmers are expected to maintain 1600 – 2300m/hour of practice time. A strong balance in all strokes at a higher level, turns, and practice structure is expected.

SILVER *

The silver group is split evenly between technique and endurance work. An hour rate of 1000 – 1700m/hour is expected. Swimmers should be strong in flip turns, technique, as well as work ethic expectations.

BRONZE

Swimmers should have an understanding of lane operations, basic swim lingo, set structure, and flip turns. A work rate of 600 – 1000m/hour. Predominantly technique based.

MINI

The Mini group is one of our newest additions to the team. Technique development is the focus. Swimmers are expected to know the basics of all 4 strokes, as well as be able to complete full lengths of the pool without stopping, handing a practice of 500m/hour.

***USA Swimming registration is required**

REGISTER BY EMAIL:
Stingrays@LakeshoreSF.com

lakeshore STINGRAYS

GROUP SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT
SENIOR GROUP	6:00pm - 8:00pm	6:00pm - 8:00pm	6:00pm - 8:00pm	6:00pm - 8:00pm	6:00pm - 8:00pm	9:00am - 11:00am
GOLD GROUP	6:15pm - 8:00pm	6:15pm - 8:00pm	6:15pm - 8:00pm	6:15pm - 8:00pm	6:15pm - 8:00pm	9:00am - 10:45:am
SILVER GROUP	5:00pm - 6:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	10:45am - 12:00pm
BRONZE GROUP	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	11:00am - 12:00pm
MINI GROUP	4:15pm - 5:00pm	4:15pm - 5:00pm	4:15pm - 5:00pm	4:15pm - 5:00pm	4:15pm - 5:00pm	12:00pm - 12:45pm

SOCIALS

Once a month, team practice is replaced with an all-team social. These socials promote interactions amongst swimmers and groups. Every month is a different theme designed and hosted by the coaches.

MEETS

The team hosts monthly intersquad meets for all members of the team. These will not have disqualifications or diving, which makes for a friendly environment to experience a swim meet for the first time. All swimmers in Bronze and higher have the option of attending USA Swim Meets; separate registration required.

DIVE CLINICS

The team hosts clinics throughout the season. They focus solely on diving and relay techniques. These are open to ALL members of the swim team including Minis.

ATTENDANCE EXPECTATIONS

SENIOR: 5 Days per week
GOLD: 3 Days per week
SILVER: 2 Days per week
BRONZE: 2 Days per week
MINI: 1 Day per week

COST

Full 27 Week Season**:
Senior: $1,475
Gold: $1,365
Silver: $1,325
Bronze: $1,150
Mini: $515 (Includes practice 3x a week)

Socials: $20 per person
Dive Clinic: $15 per person
** 8 Week Minimum Registration Required

**** USA Swimming registration is mandatory for Silver, Gold and Senior groups***

****** Non-members may only participate for 10 weeks ******