Manta Ray
Winter Swim Club

November 1 – January 31, 2027



Informational Packet

Please understand we are not a sanctioned club.
This means meets are not always an option for us but we will grow your swimmer
as a person and in their swimming ability
as well as offer cross training between other seasons.

Season Calendar…

Swimmer start/end times will be determined by the coaches within the first week of practice.

Sunday's 4:00-6:00 p.m.	Tuesday's vary	Thursday's 4:00-6:00 p.m.	Saturday Meets
Nov. 1, 8, 15, 22 Dec. 6, 13, 20, 27 Jan. 3, 10, 17, 24, 31	**4:00-6:00** Nov. 17, 24 Dec. 1, 8, 15, 22, 29 **4:00-5:00 (full team)** Jan. 5, 12, 19, 26	Nov. 5, 12, 19 Dec. 3, 10, 17 Jan. 7, 14, 21, 28	Saturday, Jan. 16, 2027 Clintonville

Swimmer Groupings…

Groupings for practice times will be determined by coaches and based on ability, age and attention span. Groups may change throughout the season as swimmers' abilities change.

Group	Time	Ability	Focus
Beginner (60 minute practice)	4:00-5:00	No previous knowledge required Swim 25-50 yards freestyle Swim 25-50 yards backstroke Willingness to learn butterfly/breaststroke	Build confidence, teamwork and endurance Technical work: freestyle, backstroke Introduce: butterfly, breaststroke, starts, finishes and turns
Intermediate (90 minute practice)	4:00-5:30	Swim minimum of 50-100 yards in freestyle and backstroke; 50 yards in butterfly/breaststroke Proficient turns Competitive starts and finishes	Build confidence, teamwork and endurance Refine freestyle, backstroke, butterfly, breaststroke Refine starts, finishes, and turns
Advanced (120 minute practice)	4:00-6:00	Swim minimum of 200 yards in freestyle and backstroke; 100 yards in butterfly and breaststroke Competitive starts, finishes, and turns Independently swim a set	Build confidence, teamwork, endurance and consistency Refine all competitive strokes Refine starts, finishes, and turns Introduce and practice more competitive technique

Financial Expectations…

Manta Ray Swim Club Registration Fee:

Due by Sunday, November 8, 2026 at MASA.

A swimmer with a MASA membership pays $100/season.

A non-member of MASA pays $200/season (limited to practices/meets only).

Meet Fees: Meets are limited due to the restrictions on invites from the different swim organizations. These organizations are not cost effective for our club's survival.

Meet fees will be invoiced to the swimmer upon the registration of each meet and will reflect the event/relay fees as well as any splash or facility fees that we are being charged. Once swimmers are entered into the meet (a week or two before the scheduled meet date) we are charged, so swimmers will be responsible for all meet fees they are invoiced even if they don't make the meet.

<u>MEMBERSHIPS AND CLUB FEES ARE NON-REFUNDABLE and NON-TRANSFERABLE</u>

Expectations of Coaches…

- Plan, guide and lead practices for athletes.
- Communicate with parents, athletes and pool director.
- Complete meet entries with the suggestion of swimmers.
- Attend all practices, or make arrangements with the other coaches.

Expectations of a Manta Ray Swimmer…

- Come to practice with a positive attitude; while on pool deck, the phrase "I can't" or "why do we have to…" are off limits :)! We will replace "I can't" with "not yet".
- Come willing to try new things and work hard!
- Respect the facility, its employees, and community members.
- Attend as many practices as possible to aid in your improvement.
- Come to practice and meets prepared.
- Must haves at Practice… Swim suit, cap, goggles and water bottle.

Expectations of a Manta Ray Parent…

- Volunteer to help when needed (team parties, meets, etc.).
- Drop off and pick up swimmer on time for practices and meets.
- Be respectful of practice times. If you need to speak with a coach, please contact them outside of practice times (before, after or via email/phone) and also be available if a coach needs to speak with you.

Expectations for Swim Meets…

- Guardians/Swimmers are to coordinate transportation to and from meet location.
- Guardians/Swimmers are responsible for arriving on time and ready for warm ups.
- Guardians/Swimmers are responsible for bringing all necessary items to meets.
  Swim Suit, cap, goggles, 2-3 towels, water bottle, snacks, warm clothes, games and folding chairs/blankets
- Guardians/Swimmers are responsible for arriving to the staging area/blocks on time. Coaches can be found on the pool deck throughout the meet.
- Swimmers can choose their own events for meets, but can also speak with a coach for input to help them be successful and challenged.
- Meets are optional, they give swimmers a great opportunity to showcase what they have learned and how they have grown.
- Meet information will be emailed and posted for sign-up.
- As soon as we have meet dates we will email and post the information.

Team Apparel…

Coaching Staff will decide if we will offer team apparel, and let you know.

*Purchasing team apparel is optional.

Contact…

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