

2022 Manchester Stingrays

Coaches

Head Coach Patrick Nestor
Assistant Coach Austin Scarlas
Assistant Coach Emma Whittenburg

Coaching Reminders

- If you have a question regarding your child and want to talk to a coach, do not interrupt practice time. Try to ask after practice.
- Swim Team is not individual lessons. If you have a skill your child needs extra time and reinforcement to learn, we encourage you to sign up for our Swim Lesson right after practice called - Swim Team Skill Building – 9:55 – 10:25 am from June 6th – July 14th
- We will be starting with a swim test – all swimmers are required to swim 1 length of the pool without assistance. This is a safety requirement to participate.
- Please remember that this is a recreational league and our goal is to grow skills, including good sportsmanship. Unsportsmanlike conduct will not be tolerated by swimmers or parents.

Parent Reps

Please remember that we run this league using volunteers. Please be patient and kind as we rely on their help to run this league. Our current parent reps are listed below. You can find them on deck during practices or can email them at Manchesterparentrep@gmail.com

Parent Rep & Volunteer Coordinator - Toni Arnold

Parent Rep & Meet Coordinator - Sue Parra

Computer Rep - Heather Ziegenbein

We are looking for additional volunteers to help with swim team. If you are interested, please contact Kat Schien. We need help with -

Concessions – running concessions during our 3 home meets

Team Building Coordinator – coordinating tie-dye day, pancake day, etc.

Resources

When you have questions – here are the best options for finding answers

- Check Team Unify – Team Unify also has an app called OnDeck
- Check our website – Manchestermo.gov/parks
- Drop by swim practice and talk to a parent rep
- Email the parent reps at Manchesterparentrep@gmail.com
- Call the Manchester Park Office 636-391-6326 x400
- Ask a question on Facebook – Manchester Stingrays

Critical Signups

We use the software Team Unify for managing our swim meets. There are two components – signing up your swimmer for each meet and signing up for volunteer spots. The deadline is always the Sunday before the meet except for the last meet of the year against Chesterfield.

- Signing up a swimmer
 1. Go to the Stingray's Team Unify site and click on Events
 2. For each meet select the Attend/Decline button then select an athlete's name.
 3. In the declaration choose yes or no then hit SAVE CHANGES
 4. Repeat for additional athletes
 5. Once your meet entry is submitted, you will see your athlete listed as committed
- Signing up as for your volunteer requirement – Each family is required have a volunteer for TWO regular meets and ONE conference meet.
 1. Go to the Stingray's Team Unify site and click on Events
 2. Scroll to the meet and select Job Signup
 3. Click the sign-up section under the area you would like to sign up
 4. Click the green sign up button at the top of the list
 5. Check in for your duty no later than 5:40 pm

2022 Policies

- We are returning to pre-covid swim league standards. Swim meets will not be divided by age.
- There is no limit to the number of visitors at swim meets.
- Volunteers – We need volunteers for this program. During every meet we need 18 timers, and 30-35 overall positions. We need help from every family. Signups for the first two meets are now available on Team Unify.
- Swimmers must sign up on Team Unify, saying they are swimming at the meets. They must do this at least 1 week prior to the meet, otherwise they will not be able to swim.
- Just a reminder – no addressing officials during swim meets – if you have a problem, find a parent rep

Additional Info

- Team Shirts – Every swimmer will receive a shirt as part of their registration. Each year our swimmers tie dye their team shirts so they all match. Shirts will be available the morning of tie dye day – June 23rd.
- This year we also have hoodies, parent shirts, sweatpants, and tumblers.
 - **Orders Must be in by JUNE 5th! Please visit**
<https://manchesterstingrays2022.itemorder.com/shop/sale/>
- Swim Caps – Swim caps are not required but we do provide team swim caps for free to all swimmers
- Suits – Team suits are not required, however if you would like a team suit it can be purchased at B&B Aquatics in Des Peres or Chesterfield.