



WELCOME to the Cortland YMCA Stingers 2010 Summer Swim Team Program!

The “Stingers Summer Swim Team Season” is a great opportunity for both new and returning swimmers. The “season” runs from May 10 through about the second week of August.

New team members, it’s a great time to learn all about being on the team and meet many of the other Stingers swimmers, to learn the basics of each stroke, to condition your body to become a competitive swimmer and to have fun.

If you are already a Stinger, the summer team is an excellent time for swimmers to keep in shape for the fall dual meet YMCA winter season, to perfect strokes, to maintain swimming fitness and to have a good time.

We do not have a “Y vs. Y” dual meet schedule during the summer, but there are several opportunities to participate in swim meets during the summer season under the swimmer’s affiliation with **USA Swimming, Inc.** (there is an extra charge for USA membership and some of the meets as well) Information about these swim meets will come from the coaching staff at practice or will be posted on the bulletin board and on our Web page (see below).

Please make sure that Pam Coombs has your preferred email address(es) by sending her an email to: swiminfo@thestingers.org with the email address(es) you want her to use.

Practice Schedule: Ages 5-12, Mon, Tues, Thurs 6:30-7:30 pm; Ages 13-18, Mon, Tues, Thurs 5:00 - 6:30 pm. All ages, Wednesday 6:30 – 8:00 pm, Saturday mornings 8-10 am.

Location for all practices: Cortland YMCA's Pool

Summer YMCA Program Costs: Team fee: \$175 (plus “Y” membership paid for swimmer). (\$157.50 for each additional swimmer in your family)

Parents Committee (they’re great for answering all sorts of questions)

Nick Pizzola, Mary Lafler, Pam Coombs (swiminfo@thestingers.org), Betsy Gray, Luisa Slack, Jeannette Keith, Debbie Elliott, Debbie Florczyk, Eric Harrington, and Darci Gumaer.



Have a great summer of swimming!
For more information
Visit our Web page

<http://www.thestingers.org>

General Email: swiminfo@thestingers.org

