



Visit our Website at
www.thestingers.org



WELCOME to the Cortland YMCA Stingers Swim Team!

Coaching Administration: Head Coach Mike Kennedy

Practices: ALL practices are at the YMCA Pool, 22 Tompkins St. Cortland, NY

- Ages 5-12 (**Blue Group**): Mon-Thurs 6:30-7:30pm, Saturdays 9-10am
- Ages 13-up (**Gold Group**): Mon&Tues 5:00-6:30pm, Wed & Thurs 7:30-9:00pm, Saturdays 8-10am
- *Swimmers are strongly encouraged to attend at least 2-3 evening practices per week*

Program Costs:

- Current YMCA membership required for swimmer, pay this directly to the YMCA
- \$400 Swim Team Program Fee for *entire fall/winter season: Sept 14, 2009 - early April, 2010*
 - See PAYMENT INFORMATION memo for payment scheduling options
 - THESE PAYMENTS SHOULD BE MADE DIRECTLY TO THE YMCA
- USA Swimming Inc. Registration Fee of \$56 for 2010 - USA Swimming is important to individual and team development, all Stinger swimmers are encouraged to register and participate in USA Swimming.
 - DO NOT PAY THE YMCA FOR THIS. Pay this fee to Mary Lafler, make checks payable to The Cortland Stingers Swim Team; tell the coaches and then they register the swimmer on line.
 - Brand new swimmers have a grace period before they need to register - see coaches for info
- Entry Fees: There are no entry fees for YMCA dual meets, however there are entry fees for Y-Districts, Y-States and some USA Swimming meets and other invitational meets swimmers occasionally attend.
- Suits, goggles, towels, deck shoes, miscellaneous

Mandatory Lap-A-Thon - Sunday October 18 -Everyone participates!
Main Fund Raiser

IMPORTANT ALL PARENTS MEETING
Mandatory Lap-A-Thon Informational meeting for ALL PARENTS
Saturday, September 25, 2009 @ 9:00a.m (during morning practice) at the YMCA

The first couple of weeks of the season are very busy and can be very confusing. Please don't hesitate to ask questions, however. Swim Team Parents Committee Members, swimmers' parents and the coaches will be glad to take time to talk with you. Call Nick Pizzola at 749-3811 or email him at npizzola@planfirsttech.net with all your questions or check out our Web site: <http://www.thestingers.org/>

We hope you and your swimmer(s) will like what you see and stay with us through the coming season. We have a great team, a cohesive group of parents, and an excellent coaching staff. The YMCA Swim team is an excellent organization with which to be involved.