

Staff

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STINGRAY HOME MEET POWERPREP

Does your swimmer get pre-meet jitters or need a quick pre-meet refresher? We can help with that!

Talk to one of our coaches today about setting up a PowerPrep session for your swimmer!
These 15-minute sessions are perfect for a quick one-on-one review without draining swimmers before the meet!

Spots are limited, and first-come-first-serve!
(Reservations on week-to-week basis only, please).



Swim Team Meets & Events

Summer
2019

Swim Season 2018

May

18th: Junior Sports Registration Day

10a – 12p @ Pro Shop

24th – 26th: Pre-Season Swim Clinic

Day 1 (Friday 5/24)

- Meet & Greet with pizza at 6:30pm by the Cabana
- Starts, Turns, Finishes, & Relay Clinic
- Swim Team Lock-In

Day 2 (Saturday 5/25)

- Wake-Up & Breakfast: 7am
- Freestyle Clinic: 9am-10am
- Backstroke Clinic: 10am – 11am

Day 3 (Sunday 5/26)

- Breaststroke Clinic: 9am-10am
- Butterfly Clinic: 10am-11am

June

5th: First Day of Swim Team Practice

- Varsity: 9am – 10am
- JV: 10am – 11am

6th: Stingray Season Start-Off Scrimmage

**5pm warm-up, 6pm start
(Team Lock-In after)**

10th: HOME MEET vs Sheridan & Macomb Y

**5pm warm-up, 6pm start
(Team Lock-In)**

12th: AWAY @ PITTSFIELD

17th: QCC Parent-Swimmer Home Meet

5pm warm-up, 6pm start

18th: AWAY @ QUINCY YMCA

5:30pm warm-up, 6pm start

22nd: AWAY @ KAHOKA (10&Under)

9am warm-up, 10am start

24th: HOME MEET vs Jacksonville YMCA

5pm warm-up, 6pm start

July

1st: HOME MEET vs Pittsfield

5pm warm-up, 6pm start

8th: HOME MEET vs Hamilton & Quincy YMCA

5pm warm-up, 6pm start

10th: TEAM PICTURES @ 9:00am

AWAY @ SHERIDAN

5pm warm-up, 6pm start

15th: HOME MEET vs Adair & Twin Pike YMCA

5pm warm-up, 6pm start

(Team Lock-In after)

17th: Team Pictures Make-Up in case of poor

weather @ 9am

22nd: Mid-Season Stingray Scrimmage

5pm warm-up, 6pm start

24th: AWAY @ HANNIBAL YMCA

29th: HOME MEET vs Memphis

5pm warm-up, 6pm start

August

1st: Stingray Season Finale Scrimmage

5pm warm-up, 6pm start

(Team Lock-In after)

3rd: CHAMPIONSHIPS @ Sheridan

7:30 am warm-up, 9am start

11th: Sports Banquet at 5pm

