

# Quincy Country Club



## 2023 Aquatics Programs

*In the event of inclement or cold weather, please call the pool at 217 214-9003 or the club at 217 223-3452 for Hours of Operation.*

### **Matthew Mulherin**

Manager & CPO

Club: 217 223-3452

m.mulherin@qcc1897.org

### **Aquatics Director**

Sawyer Mulherin CPO/ LGI

qccaquatics@gmail.com

### **Stingrays Head Swim Coach**

Grant Anger

(248)762-8137

qccstingrays@gmail.com

### **Assistant Swim Team Coaches**

Cassandra Courson - Aideen Floretta

Pool: 217 214-9003

Club: 217 223-3452

# Weekly Pool Schedule

## **Mondays**

Eagle/Manta Ray Practice	8:00am- 9:00am
Manta Ray Practice	9:00am- 10:00am
Pool Open	10:00am- 8:00 pm
H2O-X	11:15am - 12:00pm
Adult Lap Swim (in Lane 1)	12:00pm - 1:00pm
Makeup Ray's Practice	2:00pm - 3:00pm
<i>-On Days of Home Swim Meets-</i>	
Stingrays Warm-Up	5:00pm - 5:30pm
Guests Warm-Up	5:30pm - 6:00pm
Home Swim Meet	6:00pm - 9:00pm

## **Tuesdays**

Eagle/Manta Ray Practice	8:00am- 9:00am
Manta Ray Practice	9:00am- 10:00am
Pool Open	10:00am- 8:00 pm
H2O-X	11:15am - 12:00pm
Makeup Ray's Practice	2:00pm - 3:00pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Wednesdays (Water Guns & Related Toys Allowed)**

Eagle/Manta Ray Practice	8:00am- 9:00am
Manta Ray Practice	9:00am- 10:00am
Pool Open	10:00am- 8:00 pm
Makeup Ray's Practice	2:00pm - 3:00pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Thursdays**

Eagle/Manta Ray Practice	8:00am- 9:00am
Manta Ray Practice	9:00am- 10:00am
Pool Open	10:00am- 8:00 pm
Makeup Ray's Practice	2:00pm - 3:00pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Fridays (Rafts & Oversized Floats Allowed)**

Eagle/Manta Ray Practice	8:00am- 9:00am
Manta Ray Practice	9:00am- 10:00am
Makeup Ray's Practice	2:00pm - 3:00pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Saturdays**

Pool Open	10:00am- 8:00 pm
H2O-X	11:15am - 12:00pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Sundays**

Pool Open	10:00am- 8:00 pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

# **SWIMMING COMPETENCY TESTS**

*\* To be administered by the Manager or Head Lifeguard (HLG) on Duty ONLY!\**

**Deep water privileges will be extended to those nine (9) years of age and under who pass the swimming competency test (to be administered only by the HLG on Duty or Aquatics Director):**

- swim one length (25 yards) of the pool without stopping or standing
- tread water for 30 seconds in the diving well
- jump into the diving well and swim to the ladder

**Children ages ten (10) to twelve (12) years of age may swim unaccompanied by an adult provided they have passed the Aquatics Director's Swimming Test - an emergency phone number will be provided to the Aquatics Director upon passing the test (to be administered only by the Aquatics Director):**

- swim one lap (50 yards) without stopping or standing
- tread water for two (2) minutes in the diving well
- jump into the diving well and swim to the ladder
- pass (80% or higher) the written Pool Rules & Regulations Test

## **Private Swim Lessons**

Swimming lessons are offered privately and semi-privately. Each package is a total of 4 lessons. The typical starting age is 4 years old; lessons are not just for kids, Mom and Dad learn how to Swim FAST!!! Exceptions are possible and negotiable through discussions with your preferred swim instructor. Talk with Coach Anger to set up a package!

*Gold Package: \$80/ 4 lessons | \$160/ 8 lessons*

These lessons are taught by the Head Swim Coach.

*Silver Package: \$60/ 4 lessons | \$120/ 8 lessons*

These lessons are taught by the Assistant Swim Coach.

*Bronze Package: \$40/ 4 lessons | \$80/ 8 lessons*

These lessons are taught by a trained QCC lifeguard.

# The Stingrays Swim Team 2023

## Eagle Rays:

\$100

Less experienced Swimmers will be introduced to fast swimming, this will focus on skills and quality. This group is catered for younger swimmers and those without as much experience or background in the sport.

*Prerequisites:* Swimmer must be able to swim 25 yards continuous front crawl (not doggy paddle). Goggles required. Swimmers must be at least five (5) years old by May 20<sup>th</sup>, 2023.

## Manta Rays:

\$100

This group is catered for; more advanced swimmers will be given more extra and challenging workouts, for those who are looking to improve. For those who want to be great.

*Prerequisites:* must be able to swim 50 yards continuous legal freestyle and backstroke per USA Swimming Standards. Goggles required. Swimmers must demonstrate ability to coaches to be approved for this group.

## MEET SCHEDULE

\*tentative

6/12 Stingrays Intersquad\*

6/19 Jacksonville + Sheridan @ Home

6/24 Family Fun Day @ Sheridan

7/15 Stingrays vs Parents + Guards @ HOME\*

7/17 Memphis @ Home

7/22 @ ASA Aqua Dogs\*

7/25 @ Hannibal Hurricanes

7/29 RED RIVER CHAMPS

8/4 Olympic Championships\*

8/13 TEAM BANQUET

# **TEAM EQUIPMENT**

**Shop for all your team equipment on [Swimoutlet.com](http://Swimoutlet.com)**

Required:

- 2x Competition Goggles (vanquishers 2.0 are a classic, Cobras are cool, Swedish if you are a savage)
- Crocs or Sandals for Meets
- 2-3x towels
- a mesh backpack or swim bag for holding gear

Recommended if Desired:

- Nose Plugs
- Personal Kick board
- Pullbouy

Recommended for Mantas:

- fins
- Swim snorkel (not a diving snorkel)

## **Staying Connected**

Coach Anger will put together a group chat with parents to communicate scheduling, weather cancellations, and any other necessary information to parents.

## **Parent Help**

Swim meets do not happen without the help of parent volunteers, we will NEED YOUR HELP to make sure everything runs extra smoothly. Coach Anger will be recruiting a parent coordinator to organize help for meets and activities.

## **Olympics**

The Stingrays will be divided up into four “Olympic Teams” and will compete throughout the season in a variety activities and games. Points will be awarded at practice for good questions, improvements, or winning a game. There will also be Olympic Days throughout the summer where the teams will compete in games for glory. Parents will be needed to both officiate and participate in these games. More information on those dates will follow as the season progresses.

# SWIM PROGRAMS REGISTRATION FORM

*\*Please fill out one (1) form per child & return to the appropriate department head\**

## SWIMMER INFORMATION

Swimmer's Name\*: \_\_\_\_\_ Member #\*: \_\_\_\_\_

Age\*: \_\_\_\_\_

Home Phone\*: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail\*: \_\_\_\_\_

Swimmer's Skill Level (Self-Assessment): EagleRays MantaRays

*NOTE*: swimmers will be placed according to skill level seen during the first days.

## Team T-Shirt Order (please mark # of quaintly desired)

Youth S \_\_\_\_ Youth M \_\_\_\_ Youth L \_\_\_\_

Adult XS \_\_\_\_ Adult M \_\_\_\_ Adult L \_\_\_\_ Adult XL \_\_\_\_

## EMERGENCY CONTACT & HEALTH INFORMATION

Emergency Contact's Name\*: \_\_\_\_\_

Relationship\*: \_\_\_\_\_

Phone Number\*: \_\_\_\_\_

Does the swimmer have any allergies, chronic illnesses, or medical conditions that could/would limit high-level activity? \_\_\_\_ yes \_\_\_\_ no

If yes, please explain:

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## PARENTAL PERMISSION FOR EMERGENCY TREATMENT:

- In the event of illness or accident, I give my permission for emergency treatment by qualified personnel for my child.

## RELEASE OF LIABILITY

- Although the safety of all sport activities is the primary concern, sport activities through Quincy Country Club Programs may cause injuries and/or death. I expressly assume the risk of injury, death, and/or illness arising from any cause, and agree to waive the right to pursue any claim against the Quincy Country Club Programs and the persons in charge.

- **I have read and agree to the above conditions\*:**

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# Quincy Country Club Photo Consent Release Form

Without expectation of compensation or other remuneration, now or in the future, I hereby give my consent to Quincy Country Club, its affiliates, and agents, to use my image and likeness and/or any interview statements from me in its publications, advertising, or other media activities (including the Internet). This consent includes, but is not limited to:

- (a) Permission to interview, film, photograph, tape, or otherwise make a video reproduction of me and/or record my voice.
- (b) Permission to use my name; and
- (c) Permission to use quotes from the interview(s) (or excerpts of such quotes), the film, photograph(s), tape(s), or reproduction(s) of me, and/or recording of my voice, in part or in whole, in its publications, in newspapers, magazines and other print media, on television, radio and electronic media (including the Internet), in theatrical media and/or in mailings for educational and awareness.

This consent is given in perpetuity and does not require prior approval by me.

Child's Name: \_\_\_\_\_

Member #: \_\_\_\_\_ Date: \_\_\_\_\_

The signed parent or legal guardian of the above-named minor child hereby consents to and gives permission to the above on behalf of such minor child.

Signature of Parent or Legal Guardian: \_\_\_\_\_

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*The following is required if the consent form has to be read to the parent/legal guardian:*

I certify that I have read this consent form in full to the parent/legal guardian whose signature appears above.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Quincy Country Club Management Signature