

WELCOME STINGRAYS FAMILIES: 2025-2026

CONTACT INFORMATION - info.svstingrays@gmail.com

SVS ITEMS FOR PURCHASE

Team Apparel – Team Swimsuits, Goggles and Customized Team Bags, Parkas, Hoodies, T-shirts, Shorts, PJ Bottoms...

- [SVS Swim Outlet Team Store](#) or link from our website
 - Swim Outlet also has a wide variety of suits (for practice and racing) at reasonable prices, and you can shop the entire site, from the team store link.
- SVS Caps, Visors, Beanies & Stingrays Slay All Day shirts – Available at SVS

Time Trial meets or email info.svstingrays@gmail.com

- SVS Snapback Cap: \$25
- SVS Visor: \$20
- SVS Beanie: \$15
- Slay All Day Shirts:
 - Unisex short sleeve: \$25 (2XL+ additional \$2)
 - Unisex long-sleeve: \$30
 - Ladies V-neck: \$25 (2XL+ additional \$2)

SVS Stickers - Available at SVS Time Trial meets or email

info.svstingrays@gmail.com•

These look great on your car, water bottle, laptop...

- 1 for \$3 or 2 for \$5

SVS Swim Caps – Available at Time Trials or see Coach Jerry on the pool deck during practices.

- Regular SVS swim caps: \$15
 - All athletes who swim in competitive meets must wear an SVS cap.

GENERAL TEAM INFORMATION

Team Google Group: The South Valley Stingrays Google Group is our primary

communication vehicle. You can email us to add additional emails to the Group. Send your request and include your swimmer's name, their Coach's name, and their practice Group name. Please do not reply to our Google Group messages. Responses are unmoderated and we might miss them. Instead, email us at our team email info.svstingrays@gmail.com.

Team Email: Our team email is info.svstingrays@gmail.com. If you have specific questions, have a private concern, or want to pass a message along to the Coaches because you cannot speak to them after practice, you can email us here.

Team Website: Our team website <http://www.southvalleystingrays.com> is a great place to get much of the information you need, including practice times, meet schedule, forms, and FAQs.

Team Facebook & Instagram pages: Our team Facebook page can be found on Facebook under 'South Valley Stingrays'. You can follow us on Instagram @svstingrays. Please LIKE and Follow our pages. We'll keep you posted on upcoming SVS events, meets, and activities, and we post pictures and videos of our swimmers and team, throughout the season.

SVS-hosted Time Trials Meets: Stingrays will host Time Trials meets a few times a year as a team fundraiser. These are not sanctioned meets but rather an opportunity for swimmers to swim a pre-determined number of events – swim one or swim them all – practice starts and finishes and get immediate feedback from their Coaches. We offer our swimmers donuts and hot chocolate as a part of the fundraiser, and offer the same, for sale, to family members.

THINGS TO KNOW TO GET YOUR SWIMMER STARTED & SWIM MEETS:

USA Swimming/Pacific Swimming/Zones:

- USA Swimming is the national governing body for swimming in the US. •

[Pacific Swimming](#) is the 2nd largest swimming association in the US. • Pacific Swimming is comprised of [Club Zones](#).

- South Valley Stingrays is a USA Swimming competitive team, a part of Pacific Swimming Association, in [Zone 1 South](#).

USA Swimming Membership Registration: Any swimmer who wants to swim in a competitive swim meet must have a USA Swimming #. Registration is online using our

[SVS Club Link](#). Swimmer registration ID numbers are now randomly generated by USA Swimming.

USA Swimming Registration:

- Full year membership (9/1/2025 - 12/31/2026) - \$89

Swim Meet Sign-Up Platforms: There are two platforms where teams post their meets – Swim Connection or FastSwims – and where athletes sign up to enter the meet.

For additional information, please go to the SVS website and click on the [FAQ](#) link. Then find “How to Sign-up for a Meet? You can also go directly to: ○ [How to for Parents & Swimmers](#) for Swim Connection.

- [How Do I/Parent & Swimmers](#) for FastSwims.

Meet Schedule: South Valley Stingrays posts a meet schedule by mid-September. We select specific meets, hosted by other teams, to participate in. Your Stingray can swim at competitive meets if they choose. They can swim multiple days, one day. It is up to families to decide. Some meets are for the whole team. Some meets are for Senior swimmers only or for Qualifiers. The meet schedule denotes that information. The meet schedule is subject to change. We will post updates as they arise. Swimmers can swim at meets not on our meet schedule, but they will swim without an SVS Coach in attendance. Meets are broken up by season: • Short Course (SCY = Short Course Yards)

- Long Course (LCM = Long Course Meters).

Meet Sheets: We always advise that you review the Meet Sheet before signing up for and/or arriving at a meet. Each team hosting a meet will post a Meet Sheet (once the meet posts, the links to the Meet Sheet will also be posted on our team website, in a team email, and on our social platforms). You can also go to Swim Connection, FastSwims, or [Pacific Swimming Meet Schedule](#) to find the Meet Sheet. The Meet Sheet will have the links to sign up for the meet, will tell you where the meet is, the time it starts, warm-up times, how many events your swimmer can swim, any rules you need to be aware of, check-in times, the events by age, group, and day, and the event schedule. Your swimmer can choose how many events they will swim, whether they will swim both days, etc. You may want to check with your swimmer’s coach to ask which events they recommend for them to swim before you

sign up for the meet. Here are a few things to know about Meet Sheets: • Event

Example:

- *50 Freestyle (50 = 50 Yards or Meters; Freestyle = Stroke)*
- Age Group Event Example:
 - **8 & Under** 25 Breaststroke or **15-18** 200 Freestyle
- Girls Events = Odd Numbers
- Boys Events = Even Number

Time Standards: Time Standards can be found at <http://www.pacswim.org/swim/meet-times/standards>.

What to Expect at Meets: Plan to have fun, enjoy watching your kids swim/compete, and get to know our Stingrays families. Our families often find spots to set up near each other. Bring shade/rain protection (EZUp), food, extra towels, chairs, blankets, games/cards/coloring, warm clothes, a Sharpie and sunscreen.

This is where volunteer requirements come in. At most meets, our team will be assigned timing lane(s) and/or other areas of responsibility. Families will be expected to fill volunteer shifts at meets. Sign-up sheets will be posted at our pools the week prior to the meet.

Remember, swimmers are responsible for checking in prior to the meet start, or at a minimum, prior to their event closing. (Read the Meet Sheet for this information). They are also responsible for getting themselves to their events on time and knowing their heat/lane assignments. It is important to pay attention to the event numbers as the meet goes on, what events are before their event, how many heats are ahead of them, etc.). Our Coaches also ask our swimmers to come to see them at the Coaches' tent before and after their race. They should know their heat/lane assignment so they can tell their Coach.

Meet Heat & Lane Assignments & Results:

Most host teams post heat/lane assignments and meet results in the app called Meet Mobile. It is a paid app (\$6.99/year). We highly recommend you use it. All host teams also post heat/lane assignments and meet results via paper, somewhere at the meet.

- Heat = Swimmers are grouped into heats based on their seeded time for that

event. Heats run fastest to slowest in USA Swimming.

- Lane Assignments = Swimmers are assigned a lane in their heat. This is also based on their seed time. Faster seed times are in the middle lanes. The Meet Sheet will denote how many competition lanes are planned for a meet (8 lanes, 10 lanes, etc).
- NT = if your swimmer has 'no time' for that event.