



# Tales

## **New England Swimming (NES) Top 10 Swims Lists Posted**

New England Swimming has recently posted their top ten times lists. These lists compile all times across all age groups and both genders to rank the fastest 10 swims in each event by age. The RAYS very own Sasha McNeal has earned a spot on the list! Congratulations Sasha! Sasha earned a 3<sup>rd</sup> place overall ranking in the Girls 8 and Under 25 Yard Freestyle. She earns tickets to the annual New England Swimming Banquet featuring USA Swimming Sprint Star Cullen Jones.

## **Intra-squad Meet**

Prior to our first home contest we will run a mock dual meet with our team at the Salem facility to help teach our swimmers how dual meets flow and to train all our wonderful parent volunteers. Please note that when your child swims a meet, you will be asked to help time or work the meet.

## **More Help for the Parent Board**

We are looking for more parent volunteers to assist with our Meet Management Group, Fundraising Group and the Press/Publicity Group. If you are interested in learning more please contact the PAB President Cindy Bushell – [cynthia.bushell@myfairpoint.net](mailto:cynthia.bushell@myfairpoint.net)

## **FAQ for Parents**

Please watch our website for updated Questions and Answers. If you have a questions you feel would be a good addition to the FAQ section of the website, please email the question to either [pbennett@wpi.edu](mailto:pbennett@wpi.edu) or [cynthia.bushell@myfairpoint.net](mailto:cynthia.bushell@myfairpoint.net)

## **Team Equipment and Hand Paddles**

The Hand Paddles have arrived, you or your swimmer can pick up your hand paddles beginning on Sunday. The cost of the pair of paddles is \$19.00 you can make checks payable to WPI Swimming. There has been a brief delay in the delivery of equipment ordered from Varsity Swim Shop. The equipment should be available to hand out on Tuesday and Wednesday of this week, while the suits will still need to be screened. The suits should be delivered on the 22<sup>nd</sup>. Please let me know if you have any questions – [pbennett@wpi.edu](mailto:pbennett@wpi.edu)

## **Meet Schedule Question**

I have had several questions regarding the difference between the Exeter Sprints and the Bowdoin Invitational. The Bowdoin Invitational is a high quality meet offering Trials and Finals for swimmers who have achieved the qualifying standards. This meet also offers a great Age Group Option without Qualifying Standards for those parents who are interested. The Exeter Sprints is a great Age Group Invitational open to all RAYS swimmers. We added this meet as an option for any swimmer who either did not have the Senior Qualifying Times or who did not want to travel to Brunswick ME. Swimmers of course are welcome to attend either or both meets if so desired. If you are unsure of which meet your swimmer would best be served by please speak to his or her coach after practice.

## **Practice Schedule**

All practices will run as scheduled on Columbus Day Monday October 8<sup>th</sup>. We will cancel all practices scheduled for Friday October 15<sup>th</sup> as coaches will be attending the dual meet in Manchester.

## **RAYS Fundraiser Opportunity**

Our first home meet will be November 14<sup>th</sup>. In preparation for this we are selling advertisement space and single line announcements in the Meet Programs. For parents who are new to swimming the Meet Programs contain listings which show where and when each athlete competes. If you own or work for a business that might be interested in sponsoring our home meets or if you have a business card that you would like to get circulated to the team please send us your information. The Meet Program is a great way to reach not only our team, but people from all across southern New Hampshire.

## **A Message from the Head Coach –**

I want to welcome all the new and returning team members back for what the coaching staff is sure will be one of the most exciting seasons in our history. Our newly formed Parent Advisory Board has been hard at work helping to develop our program to the fullest to offer every RAYS swimmer and parent the best possible year. If you have suggestions or would like to get involved please contact me or one of the PAB members for more information.

A quick word about the conditioning and training for your swimmers. The coaching staff has worked hard to develop an ability and age appropriate program to help your swimmer develop to the most of his or her ability. We encourage every athlete to attend as many practices a week as they are capable of once they meet all their academic needs. Swimmers who are at more practices will see improvement more quickly and will be more likely to develop at a consistent level.

I look forward to meeting more parents and watching as our team improves over the course of the season.