



The Stingrays Monthly

November 22, 2015

Volume 1

January Winter Fit Registration

If you have not already registered for the January to April Winter Fit session, please contact Pam Engar at stingraysregistrar@gmail.com

Space is very limited!!



Interested in trying some water polo? Chilliwack Stingrays are offering their second water polo "Try Me" session on November 29 at the Chilliwack Landing Centre.

Junior and senior swimmers are welcome. Cost is \$10 for current BCSSA swimmers (extra \$10 insurance for non BCSSA swimmers).

Here are a few websites to check out....

<http://www.olympic.org/water-polo>

<http://www.albuquerquewaterpoloclub.com/basic-water-polo-rules.html>

Survey Results are in!!

Thank you all to those that completed the survey. You let us know that special activities and team events are important to you. We are planning for next year and hope to include more fun activities for the club. We also heard that you would like to have better communication throughout the swimming season. This monthly newsletter will hopefully be a step in the right direction.

Important Dates:

- Nov. 29 11 am - 1 pm Waterpolo "Try Me Session" (\$10)
- December 10 Winter Fit Mini Meet @ Cheam Pool (6:45 to 8:00 pm)
- Last Fall Winter Fit Session Tues/Thur Dec. 10; Mon/Fri Dec. 14

Winterfit Mini-Meet



Hello Winterfit families,

Missing racing and your Stingray teammates?

Please join us for a mini--meet on December 10 from 6:45--8 pm. All swimmers currently swimming Winterfit are welcome to participate.

If your regular practices are Monday and Friday, you can join us but will need to skip your Monday or Friday practice (as you are only allowed to swim two hours per week according to BCSSA rules).

If you cannot make it, your regular practice on Friday will run as usual. If you are only swimming once a week on Tuesday, you can either skip your practice that week, or pay \$8 to participate in the mini-meet.

We will also need timers and officials, as we will be holding another mini-meet in April, prior to the start of our summer season, and will be comparing times to see how the swimmers have progressed during the “off -season”.

At the conclusion of the meet, every swimmer will receive a goody bag.



Pizza Fundraiser

Panago Pizza fundraiser. \$10 coupon gets you a medium pizza. Pick up your coupons from Diana Stewart on Mondays and Fridays at Cheam Pool 6:00 to 7:00 pm. Please note that pizza coupons will be paid up front.

