

Hello Stingray Family,

Welcome to the 2024 Season of Mountain Springs Stingray (AND LITTLE STINGRAYS) Swimming!!

My name is Scott Hulgán and I am the Swim Rep again this year. I have had at least two swimmers at Mountain Springs since 2016 and currently have Kate who is 11 and Ryan who is 15. I am very excited to work with this WONDERFUL group of Coaches, parents, swimmers, and volunteers to make this a FUN Summer.

We are once again going to make Registration a one-stop shop through MemberSplash. MemberSplash is the SAME link where you ALL registered and paid for your pool membership, therefore it should be VERY simple. Just go to

<https://mountainsprings.membersplash.com/>

- First - click on the [link](#) under the Swim Team Fee section to register your swimmer(s). Fill out a form for EACH swimmer. The last few questions requires you to acknowledge “YES” to printing a form (Click on one of the [Link](#)). PRINT the forms for EACH child, SIGN, and TURN IN before 1st meet. Opportunities to turn in: Open House, Evaluations, Parent Meeting, Email (stingraysmtsp@gmail.com), PO BOX, etc. *** Rocket City Swim League is Requiring these forms BEFORE your child can swim ***
- Next - Go back in & select how many swimmers you have from the drop down. **Do not select how many Swim Tee Shirts you want at this time, we will know more about shirts later.** Scroll to the bottom and select payment method. **YOU MUST PAY TO BE REGISTERED.** None of the other boxes on MemberSplash apply to Swim Team.

The stingraysmtsp@gmail.com email is checked and used by myself and our Head Coach. If you have ANY questions, just simply REPLY to this email and one of us will answer. You will receive emails WEEKLY about practices, meets, entries, etc. **If you have ANY urgent questions or issues, please TEXT me any time @ 256-655-0575.** We will also use an App called SportsYou that you will see from me as the season approaches.

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2024 Coaching Staff

While some of our great Coaches have moved on to Careers, I am pleased to present our GREAT group this year, many of which have been here for MANY years and are wonderful swimmers, coaches, teammates, and most of all role models for our kids. Please join me in welcoming this wonderful group.

Head Coach - Nolan Pepper

Assistant Coaches - Bobby McDonald

Q. Darden

Sophie Brandon

Jr. Assets/Interns - Norah Johnston

Katherine Marler

Ryan Hulgan

Volunteering

Everything we do at Mountain Springs is fueled by our members. The same goes for our Stingrays, without the support of WONDERFUL volunteers, we could not have a swim team. Each of them is incredibly important. From our parking attendants, to our wranglers, our late night ribbon folks, to our banquet teams, to our computer folks, our timers, judges, and runners, we cannot do it without ANY of you. So, with that, here is our signup for 2024.

1. Go to signupgenius.com
2. Click the search (magnifying glass in the top right corner)
3. Under search for a sign up, put the following email address: mtspringspool@gmail.com
4. Choose at least 3 slots to sign up for. **Every family (even board members) must have 3 slots chosen by May 31, 2024.** Pay attention to the dates as one of our meets is on a MONDAY. Also, pay attention to the one that says 2024 chairperson, as that one has certain jobs that earn multiple credits and tend to have more flexible hours than meet jobs (2 of these jobs cover your 3-shift AND your City Meet requirement).

Little Stingrays Growing-up

Because of the importance of the development of our young Swimmers and the passion that our Coaches have for this Program, we made the decision last year to bring this Program under the umbrella of the "BIG" Stingray team. The reason for this is the past few years we have had some swimmers that have been very successful advancing through the Little Stingray program onto the regular Swim Team. What this will look like for new parents is that we now have one registration (today). **EVERYONE SIGN UP USING THE LINK IN THIS EMAIL.** We will hold Evaluations for all **NEW swimmers 10 and Under and returning Little Stingrays (that did NOT move up last year)** on Sunday, May 5th during Open House. Based on these Evaluations, we will divide our young swimmers into two skill groups and then work with them until they are ready to swim in a meet.

After we evaluate our youngsters, and we divide the Little Stingrays from the kids that are ready for the Competition Team that will practice at the 8U Team below, the Little Stingray group will have their OWN practice time. This is for Safety as well as for Coaching purposes. It is much easier to focus on young kids when you are pulling two coaches away from older kids than it is younger kids. **Also, the Little Stingrays will ONLY practice Monday, Wednesday, and Friday. Also, be prepared as they improve to move up during the season and change to the 8U practice time.**

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Tee Shirts

As mentioned above, more will come later about Tee shirts.

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Dates to Remember

RCSL has met therefore these Meet dates ARE ALMOST set in stone, however they could still change:

May 5th (Sunday)– Pool Open House & Little Stingrays Evaluations – 4-6pm

First Place Athletics will be on-site selling Swim Team gear (including OUR team suits) https://www.tyr.com/ssearch?q=vitric#/filter:primary_color:Blue These are the same suits as last year so many of you can use the same. If you have outgrown, please communicate among the group to hand-me-down as well as suits are still available in ALL sizes except BOYS size 24 Jammer. We have gone with a secondary solid Navy Suit that 1st Place has if you would prefer to go with this style or have a backup plan.

Again, we will host evaluations for all **NEW swimmers 10 and Under and returning Little Stingrays (that did NOT move up last year)** during this time.

May 7th (Tuesday)– Practice Starts – See Practice schedules below – we will have a schedule for May 7-23rd and then a different schedule when school lets out on May 23rd. Please let the Coaches know if your school lets out a different day.

May 22nd (Wednesday)– Parent Meeting/Time Trials/Intersquad Meet – This is our Annual get to know each other and run through practice swim meet. We have timers, judges, starters, etc. most years and it kind of gets the kids ready for what to expect during the season.

June 5th (Wednesday) – @ Mt Carmel (MCST) - 385 Mount Carmel Rd, Huntsville, AL 35811

June 8th (Saturday) – 2nd Annual Mountain Springs Stingray Saltwater Invitational - This is a Fun meet for kids to get extra times in events they don't normally get to swim. It is a Fundraiser for our Pool where teams from ALL POOLS come to see what Mountain Springs has to offer.

June 12th (Wednesday) - @ Piedmont (PIED)

June 19th (Wednesday) – vs Sharon Johnston (SJST)

June 26th (Wednesday) – vs Hampton Cove (HAMC)

July 1st (Monday) - @ Camelot (CAML) - ** Rescheduled from original date by Camelot

July 13-14th (Saturday & Sunday) – City Meet

July 15th (Monday) – Swim Team Banquet

Stingray Practice Times

May 7th – May 23rd

8 & Under.....4:00-4:45

9-10.....4:45-5:30

Little Stingrays.....5:15-5:45 (Only MWF)

11-12.....5:30-6:15

13&Up.....6:15-7:00

Starting May 24th

Mon, Tues, Wed, & Friday:

8 & Under.....8:00-8:45

9-10.....8:45-9:30

Little Stingrays.....9:15-9:45 (Only MWF)

11-12.....9:30-10:15

13&U.....10:15-11:00

Thursday Practice - 9:30 for ALL SWIMMERS (Except Little Stingrays) DAY AFTER MEETS -Awards & Fun

Stroke & Turn Clinic - 5:00-6:30 Tuesdays and Thursdays during the season. This is for extra more focused training.

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Mountain Springs Swim Club, P.O. Box 334, Huntsville, AL 35804  
(256) 539-7624 (Pool phone during swim season)  
<http://www.mountainspringspool.com/>