

*It's great to be a Gator! Here's some info to help get our swim season off to a great start:*

## **SWIM GEAR:**

### **Must Haves:**

- lap suit
  - ◆ Any color or print is fine (you do not need a logo suit!). No halters with ties. One piece is highly recommended (suit needs to be appropriate to do flip turns and all strokes in).
  - ◆ Stonegate Logo Navy Dolphin Suits can be ordered from the Swim Shop (3214 Electric Road #108, phone number (540) 774-2066)
    - Orders for logo suits are due by 6/3.
    - This year our logo design will remain the same but the process and material of the logo is new. The new application process allows for a faster turn-around and (slightly) faster swim times 😊
    - Any size & any style strap logo female suits are \$52 (before tax)
    - Any size logo male jammers are \$43 before tax
    - If you are unsure of your size, please visit the swim shop! They can help you find the perfect fit. (Please check their Facebook page for store hours and updates.). Keep in mind that sizing for competition suits is different from recreational swim wear.
    - Stonegate Swim Team will bring logo suits once ready to the pool for pick-up (hopefully on 6/10).
    - If you miss the deadline, you can still purchase a suit from the swim shop. If it's in good shape next season, the swim shop can send it to have a logo applied with our team's order next season.
  - ◆ It is recommended (but not required) that your Stonegate team suit be used for meets and you use an additional suit for practices and hanging out at the pool (competition suits are made of a different fabric than training and recreation suits). If you are looking for a suit to serve all purposes let the Swim Shop know and they will fit you with the appropriate material.

### **May Have but Highly Recommended:**

- good goggles
  - ◆ The Swim Shop in Roanoke will help find the perfect fitting goggle
  - ◆ Goggles designed for swim training/racing are recommended. Often recreational goggles do not appropriately suction and will leak or fall off.
  - ◆ Absolutely no face masks allowed. They posed a danger to the swimmer when swimming laps in practice.
- swim cap
  - ◆ any color or style is fine as long as it does not have another team's name (RVAA rules)
  - ◆ SG logo silicone caps are available to purchase from the team (\$17.00 each)

## Fun to Have:

### Team Gear

- ◆ Gator logo shirts, shorts, zip-up hoodies, towels, and tanks are available for sale through our BSN online team store. This online store is open before swim season to allow items to arrive as early in our season as possible! **If you would like to purchase gear, you may use this link [SG Team Store](#).** Please note that a blue shammy without our logo is being offered but not pictured. Team gear will be available for pick up at the pool hopefully just before City/County, but potentially after. The team will receive a portion of profits from team gear sales. Again, all purchases are optional! **The team store closes on June 8th.**

### Team Accessories

- ◆ Gator Logo cups & accessories are available through The Whitt Sign Co.! The Whitt Family generously donates a portion of the profits from these sales back to the team. <https://thewhittsignco.com/collections/stonegate>

## Expectations for our Gator Family:

- \*Good sportsmanship at all times
- \*Respect coaches, teammates, pool staff & guards
- \*Regularly attend practices and put forth good effort at practice (please note that some of our swimmers are year round swimmers and may attend practice less often)
- \*Sign up for meets by deadlines
- \*Try your best
- \*Be involved and volunteer
- \*Stay in the know by reading team communications
- \*Have fun & make memories!

# **MONDAY NIGHT MEETS:**

\*Arrive with enough time to settle in and enter the pool for warm-ups (5:00 for home meets & 5:30 for away meets).

\*You may bring a picnic blanket or camping chair for larger meets.

\*Pack plenty of water, snacks, and/or dinner to both home and away meets.

Stonegate's snack bar is usually open during the meets, and sometimes other venues will have meals for sale. You are permitted to bring in your own food to any meet.

\*This year we are asking swimmers to only let us know when they cannot attend a meet using this form [Meet Absences](#). The RVAA requests this info to make sure events are set up accurately.

\*6/12 @ Hunting Hills

\*6/19 @ Stonegate

\*6/26 @ Forest Hills

\*7/3 @ Stonegate

\*7/10 @ Stonegate

\*7/17 @ Read Mountain

\*7/28&7/29 - Championship in Christiansburg

Complete Meet Schedule with events: [Updated Meet Info](#)

\*Sign-Up prior to the meet to volunteer.

## Volunteer Positions:

\*Lane Timers - work with another person to time swimmer in a single lane

\*Runners - collect time cards from timers and deliver to table workers

\*Set-up: - install diving blocks, hang flags, move furniture off pool deck...

\*Clean-Up - move back furniture, pack up blocks & flags

\*Clerk of Course - use heat sheets to help swimmers line up for races

\*Tables - help sticker ribbons during the meet

\*Strokes & Turns Judges: TRAINING REQUIRED through the RVAA - if you are interested in this role, please email [swim4stonegategators@gmail.com](mailto:swim4stonegategators@gmail.com).

## **CITY/COUNTY MEET:**

This is the equivalent to our end of season championship meet. All RVAA teams are present and compete for the title. We are going for a repeat win this year! The meet takes place at the Christiansburg Aquatics Center Friday, July 28 (Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays) and Saturday, July 29 (Butterfly, Breaststroke, Long Freestyle, and Medley Relays). 10 & Unders swim in the AM and 11 & Older swim in the PM (exact times to be announced later in the season). All you have to do to qualify for this meet is have a legal time in the events you swim and have participated in two Monday night meets.

## COACHING STAFF



**Christen King** will be returning as head coach! She has been coaching for Stonegate for 13 years now (head coach for 4 years). She brings not only a knowledge of swimming but is always sure to carry on fun traditions and ensure that the experience of being a Stonegate Gator is memorable.

**Davis Griffith** has been swimming for Stonegate since he was 5 years old! He is now a junior at Salem High school where he was part of the team that represented SHS at states.. He is looking forward to coaching this summer and to winning another city county!



**Eliza Fleenor** is part of a swimming family. She has excelled in the sport (and others too!) Eliza will bring the team a depth of knowledge and has vast experience working in the swim world from teaching swim lessons to representing the Virginia Blue Ridge Riptides at nationals this year!

**Lilly Conner** has been swimming for Stonegate practically her whole life. She also swam for SHS and the YMCA. She has a lot of passion and enthusiasm for the sport and can't wait to help out with coaching this year!



**Walker Peterson** has been a part of the Stonegate Gators since he was five and is excited and ready to transition into a new role for the team. Over the past two years he has been fortunate to be a part of Salem High School's state team. This summer, he is not only aiming to challenge our swimmers, but make it as much fun as possible!

## **SWIM TEAM BOARD:**

President: Ashley Supanich

Vice President: Kelly Shores

Social Media Chair: Misty Jessee

Treasurer: Stephannie Handy

RVAA Rep: Hillary Griffith

Member-at-Large: Kristi Snow

Member at Large: Nicole Woods

Please contact us with any questions. We can be reached at [swim4stonegategators@gmail.com](mailto:swim4stonegategators@gmail.com) or you can call/text Ashley at (703) 346-6613

## Stonegate Gator Practice Schedule 2023

### After School Practices

Week 1: Tuesday, 5/30 - Friday, 6/2  
 Week 2: Monday, 6/5 - Thursday, 6/8

6 and under	4:00 - 4:45 pm
7-12 years olds	4:45 - 5:45 pm
13 - 18 year olds	5:45 - 6:45 pm
Adults only	6:45 - 7:30 pm

Please note that swim gear should be placed on picnic tables while you are swimming. Parents are encouraged to sit together when possible.

### Summer Break Practices

Weeks 3-9: June 12th - July 27th  
 (June 9th is a morning practice)  
 (No practice on July 4th)

### Morning Practices:

Monday, Wednesday, Thursday, Friday

13 - 18 year olds & adults	8:00 - 9:00 am
7 - 12 year olds	9:00 - 10:00 am
6 and unders	10:00 - 10:30 am

### Evening Practices:

Tuesday & Thursday

6 and unders	5:30 - 6:00 pm
7 - 12 year olds	6:00 - 6:45 pm
13 - 18 year olds & adults	6:45 - 7:30 pm

\*Under 18 swimmers are encouraged to attend morning practices, as lanes are limited for evening practices.

### Saturday Practices:

8:30 - 10:30 am - all ages - all season

Age groups will rotate through stations during this practice.

Please see dates below for a tentative schedule of activities happening during our Saturday practices.

**June 3rd - Kick-off Breakfast**

\*treats at the end of practice

**June 10th - Mock Meet**

\*practice will run in the normal meet order to help prepare for the 1st meet on 6/12

**June 17th - practice with stations**

**June 24th - Picture Day**

\* team picture at 8:30 followed by individual photos  
 \*practice after photos until 10:30

**July 1st - practice with stations**

**July 8th - practice with Stations**

**July 15th - Gatorthon**

\*Gators compete against others in their age group first on foot, then in the water!

**July 22nd - practice with stations**

**City/ County Championship**

**July 28 & 29 - Christiansburg**

**July 29th - End of Season**

**Celebration & Sleepover!!**