



Welcome

The swim team, the Stingrays, is an all year round sport at ISHCMC. We pride ourselves in developing our swimmers' enthusiasm and commitment for the sport, physical and mental development, and competitive and team spirit. Throughout the year, we will compete in the local and international meets. If you are interested in trying out for the Stingrays Swim team, you can find the schedule below.

[2023-24 Events Schedule](#)

Swimmers interested in the Stingrays only need to attend 1 try-outs scheduled for where their campus is located.

****If your swimmer makes the team, there will be a MANDATORY parents meeting on Tuesday, August 16 from 6:00-7:00 PM.****

Expectations for Swimmers who are selected for the team

Swimmers must ensure that they can commit to all training sessions.

All swimmers are required to make the minimum number of practices per week. This ranges from 3-5 times per week. Please check here for a regular [training schedule](#). As a general rule:

- Silver and Gold : 3x per week
- Platinum: 4x per week

Selection Criteria for Stingrays Team

The following criteria must be met by the swimmers to be eligible for the following Stingray teams.

Silver Team

- Able to swim continuously at least 2 strokes (50m Freestyle and 50m Backstroke) for 2 lengths of the pool with dive start.
- 100 Freestyle kicks - 100 Backstroke kicks
- Able to show endurance and sustain being in the pool for at least 75% of 1 tryout session.
- Commit to attend all practices
- Able to meet [qualification time](#)*

Gold Team

- Commit to attend all practices
- Able to swim 100 m Freestyle, 100m Backstroke, 100m Breaststroke and 50 butterfly continuously.
- 100 IM with turns.
- 200m Freestyle.
- Able to sustain being in the pool during practice sessions
- Able to demonstrate certain techniques such as dives
- Able to meet [qualification time](#)*

Platinum Team

- Commit to attend all practices.
- Able to demonstrate proficiency in all 4 strokes (200 Freestyle - 200m Backstroke- 200m Breaststroke - 100m Butterfly).
- 400m Freestyle
- 200m IM.
- Able to maintain consistency during practice sessions
- Able to execute certain techniques such as dives, turns, and glides.
- Able to meet [qualification time](#)*

Stingray Pups (Learn 2 Swim to prepare for Stingrays)

Students who do not meet the above criteria will have the opportunity to engage in the Stingray Pups. Stingray Pups is a learn 2 swim programme where students work through 7 levels of skill development. When they reach Level 7 they will be eligible to enter a Stingray Team.

Try Out Logistics

All ISHCMC students, including **RETURNING** stingrays, need to attend 1 tryout session which is listed below for their campus. **You will also need to CC fill out the below to register your swimmer for the tryout.** [REGISTER FOR TRYOUT](#)

Where to meet:

- Primary Campus ([Map](#)): Swimmers will get changed at the changing room and wait in the gated area in between the change rooms and the pool
- Secondary Campus ([Map](#)): Swimmers will get changed at the changing room and wait at the pool deck/bleachers for instruction

What to bring to try-outs:

- Water bottle
- Suit
- Cap
- Goggles
- Towel
- Your best effort
- Get a good night's rest.

Parents and Guardians will need to arrange transportation during tryouts.

For those that make the team, you will be notified by e-mail on Saturday, August 12. Swim season will commence on Monday, Aug 14. There will be a compulsory parent information night on Wednesday Aug 16th .

If you have any questions, please do not hesitate to send the [aquatics team](#) an email or check out the [FAQ](#)

See you at the Pool!!!

Aquatics Team