

Hello USA/HS Manta Ray Families,



PRACTICE SCHEDULE

- Please note that next Monday Oct. 6 and Wednesday Oct. 8 we will not start USA age group practice until 7:15pm due to new swimmer tryout.
- **Dryland** is off and running. Dryland is offered to any swimmer ages 11 and over on Mondays and Wednesdays from 6:15-6:45pm.
 - **Swimmers MUST have tennis shoes, shorts/shirt to participate in dryland. Anyone that shows up in slides, crocs, etc will not be allowed to participate. Due to construction inside the recreation center, we will be going outside as often as possible for dryland. Please have swimmers dress for the weather!**
 - Those swimmers who are new to dryland [should purchase these resistance bands](#). Swimmers can keep them in the back storage room for the season. We prefer swimmers to have these exact bands so the colors/resistance match the coaches directions.
- **Wednesday is our team practice day for age group USA swimmers. All swimmers will practice from 7-8:30pm**, even if the rest of the week the swimmer is in a 1 hour practice. We encourage as many USA swimmers as possible to attend each Wednesday. If your swimmer has another commitment, no worries, but if the swimmer is home doing nothing, please encourage them to come to Wednesday practices!

USA MEMBERSHIP - HELP

- If your child is a **NEW USA SWIMMER** and you are still having problems with the USA membership, please email or message Lori ASAP so we can get this resolved before the meet this weekend!

UPCOMING USA MEETS

- FAST Fall Fest is this Sunday! We typically get the final meet details either Wednesday or Thursday and then I will pass them on to you!
- There are more meets ready for entries. Please be sure to read the meet summary before signing up for each meet:
 - [BBA Viking Senior Invite Meet Summary](#). Entries due Sunday Oct. 5
 - [NCAT Fall Break Out - Meet Summary](#). Entries due Thursday Oct. 9
 - [GWA Series Opening Round - Meet Summary](#). Entries due Thursday Oct. 16
 - Kelly Kinney Splash Out Cancer Meet will open this week too. Check the team website for entry info. We will only attend this meet on Sunday Nov. 9 because Sat Nov. 8 will be our Thankful for Manta Rays meet.

USA MEET SCHEDULE

[Here is our tentative USAmeeet schedule](#) through the end of the 2025

USA SHIRT

- We are bringing back the USA team shirt. It is a black short sleeve shirt with the USA Manta Ray logo on the front. This shirt is free for any USA swimmer that wants one. [Please fill out this spreadsheet](#) with your swimmers name and size if they want one. This shirt is completely optional!
- Swimmer shirt orders are due this Friday Oct. 3, 2025

- We are looking into the cost for parents who want to purchase one too.

Information for Winter Team

TEAM SPOT RESERVATION - RETURNING SWIMMERS

- The winter team 2025-2026 registration deposit is on the [Mac Rec Activity page now](#). This deposit is for any swimmer planning to swim the October - March swim season **and is due by next Tuesday Oct. 7, 2025**. By paying this deposit, you are reserving your swimmer's spot on the team this season.
- **The \$68 reservation deposit will be part of the total team fee, NOT an additional fee.** (See team registration cost section below for more details on the overall team costs this season.)
 - a. We currently have 41 kids trying out for our team so it is mandatory that this reservation deposit is **paid by Oct. 7 or your returning swimmer will not be a part of our winter team.**
 - b. After Tuesday Oct. 7, the open roster spot will open to new swimmers.
 - c. Please note: once this reservation deposit is paid, you will only receive a 50% refund/credit (\$34) if your child decides to not participate on the team.

PRACTICE SCHEDULE OCT 13-23, 2025

- **USA SWIMMERS will continue the 7-8:30pm(8:00pm) practice Oct. 13-23. USA swimmers will begin their new group on Monday Oct. 27. New groups will be emailed out by Friday Oct. 24.**
- **USA swimmers just joining us from fall sports should plan to swim at the 7-8:30pm practice beginning Oct. 13.**
- **Below is the information for Rec Team Swimmers (for those parents with a Rec swimmer too.)**
- ****New this year**** we will be changing how we structure the first 2 weeks of practice:
 - All Recreation Team swimmers will practice twice a week for the first 2 weeks. Please choose between these days:
 - Monday Oct. 13 OR Tuesday Oct. 14 from 6-7pm
 - Wednesday Oct. 15 OR Thursday Oct. 16 from 6-7pm
 - Monday Oct. 20 OR Tuesday Oct. 21 from 6-7pm
 - Wednesday Oct. 22 OR Thursday Oct. 23 from 6-7pm
- We will do the EXACT SAME PRACTICE ON BOTH DAYS so please don't send your child both Monday and Tuesday the 13 & 14 - Pick 1 of the 2 days!
- This format will allow us to coach smaller groups of swimmers and therefore better assess their skills by collecting data on stroke technique, endurance and speed to determine which group and lane each swimmer will start the season in.
- By Friday Oct. 24 you will receive your swimmers practice group/lane for the winter season. Once you have the swimmers practice group, you will then pay the team registration fee through the recreation center.
- The official start of practice will be on Monday Oct. 27.

PRACTICE SCHEDULE BEGINNING MONDAY OCT. 27, 2025

- *This time schedule is subject to change depending on final group placements.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (when we don't have meets)
Bronze 5:15-6:00pm (3 lanes)	Bronze 5:15-6:00pm (3 lanes)	TBD	Bronze 5:15-6:00pm (3 lanes)	No practice	Bronze 9:30-10:30am (4 lanes)
Silver 6-7pm (4 lanes)	Silver 6-7pm (4 lanes)	TBD	Silver 6-7pm (4 lanes)	No practice	Silver 9:30-10:30am (4 lanes)
Gold 7:00-8:30pm (5 lanes)	Gold 7:00-8:30pm (5 lanes)	USA Practice Only 7:00-8:30pm (5 lanes)	Gold 7:00-8:30pm (5 lanes)	No practice	Gold 8:00-9:30am (5 lanes)

- **Swimmers do not need to attend every practice each week**
- Swimmers in Bronze are encouraged to attend 2-3 practices per week
- Swimmers in Silver are encouraged to attend 3-4 practices per week
- Swimmers in Gold are encouraged to attend 4-5 practices per week

TEAM REGISTRATION FEES FOR 2025-2026 SEASON

Group	Total Fee for Season	Reservation Deposit	Remaining Balance	Split into 2 payments (Oct & Jan)
Bronze	\$400	\$68	\$332	\$166
Silver	\$460	\$68	\$392	\$196
Gold	\$526	\$68	\$458	\$229

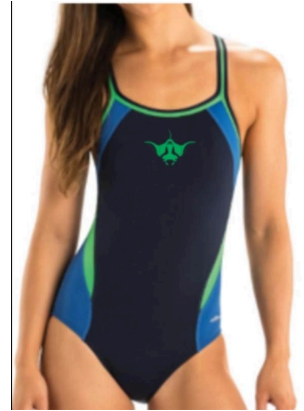
REGISTRATION THROUGH REC CENTER

- Once your swimmers practice group is emailed to you on Oct. 24, you will then be asked to pay the team registration fees through the recreation center.
 - Fees can be paid at the front desk or online.
 - Please note that if you pay by credit card either online or at the front desk, there is a processing fee.
 - To avoid those fees, you can pay by cash or check at the front desk.
 - You will have the opportunity to pay the entire team fee (Oct. - March) at one time or you can split your payment into 2 and only pay the Oct-Dec fees at this time.

- **Swimmers must have Oct. - Dec team fees paid by Monday Oct. 27 to continue swimming. After Oct. 27, the swimmer will not be allowed to practice until fees are paid.**
- If you choose to only pay the Oct - Dec fees now, the remaining balance will be due Jan 12, 2026.

MARK YOUR CALENDAR

- Team Suit Try-on is Monday Oct. 13 and Tuesday Oct. 14 from 5:30-7:00pm. More info next week on team suits.
- Due to the new Ohio and Lake Erie LSC merger we will be having a full USA parent meeting to discuss the changes and impacts from the merger. Please plan to attend 1 of the 2 USA parent meetings on either Monday Oct. 20 at 7:00pm or Tuesday Oct. 21 at 6:00pm. In addition we will be going over a few new USA policies, safe sport participation, and answer any USA questions. Please plan to attend, this meeting will be very important! This meeting is for the Age Group USA families only.
- Our Recreation Team meet schedule will be set later this week. However, we will be having our 2nd annual "Thankful for Manta Rays Meet" on Saturday Nov. 8 so mark your calendar now!
- Our Splash League Championship meet is either Saturday March 7 or 14 at Wooster High School. As soon as the date is finalized I will let you know. This meet typically lasts 8:30am-2:30pm and all recreation team members and USA team members who do not qualify for USA Champs are encouraged to attend!



SNORKEL

- All USA swimmers should have a snorkel and be bringing it to practice. If your swimmer does not have a snorkel, please purchase one. We have some on our [team SwimOutlet website](#) or you can purchase from Amazon. **MAKE SURE THE SNORKEL YOU BUY HAS A ONE WAY PURGE VALVE** and is for competitive swimming.

WEDNESDAY TEAM MEETING

- This past Wednesday we discussed [how to pick events for a USA Meet](#). Ask your swimmer what they learned!

TEAMUNIFY REGISTRATION

- Our TeamUnify registration is open and ready for the new season. **This process should be completed for ANYONE who is swimming Manta Rays this fall and/or winter (including HS swimmers).** This registration is free but needs to be done through TeamUnify annually due to the latest site updates. Please take 5 minutes to complete this registration ASAP.
- [Log onto our team website](#) and find the "TeamUnify Registration" button. Click and follow the prompts.
- Please VERIFY ALL CONTACT INFORMATION IS CORRECT as this is how we contact you in the case of an emergency.

- **Choose HS swimmer if** your child is in high school and only swimming practices, NOT swimming any USA meets
- **Choose HS USA swimmer if** your child is in high school and also planning to swim USA meets this fall.
- **Choose Age Group USA swimmer if** your child is in grades 1-8 and plans to swim USA meets this fall.
- **Choose recreation team if** your swimmer is not participating on the USA or HS team.
- **Please note you CAN NOT register through the OnDeck app. This must be done [through our team website](#).**

QR CODES AT PRACTICE

- The recreation center is now requiring all swim team participants to check in at the front desk prior to each practice. When your swimmer enters the building, please have them scan their QR code. **If you have a membership QR code, or a QR code from past seasons, they are all the same for your child so you won't need to print/save a new one.**
- **If you don't have your QR code, you can follow these directions to access it:**
 1. Go to https://macrec.activityreg.com/clientpage_t2.wcs and log in to your account.
 2. Click on "account."
 3. Choose the family member whose QR code you wish to get.
 4. Click on "ID Card."
 5. From here you can either screen shot the ID card or you can send yourself an email with the QR code to print it.
- The code can either be scanned through a phone or some families print/laminate the code to hang from the swimmers bag. Any option works!

~Coach Lori

Team Website: <https://www.teamunify.com/mmrst>

Team Facebook Page: [Manta Rays Swim Team - Macedonia OH](#)

Team Email: mantarayswimming@yahoo.com

TeamReach for USA team: Code to join is MR-USA