



Hello Stingrays!

Your board is hard at work charting a course for our 2026 season and starting our practices on **March 23rd!**

On our website, you will find the registration packet, a tentative meet schedule, EBSL forms, and other information. The Online Registration process will be open from **February 1st to February 8th** for *returning swimmers*. For **new swimmers and siblings of returning swimmers**, the New Swimmer Google Form will be available from **February 1st to February 8th**, and assessments will take place on **February 18th and 19th**.

What do you need to do? Go through the online registration between the registration window periods above and complete all online forms. On the website home page, log in and click the Online Registration button under Members. You will receive a confirmation email upon successful completion of the registration process! [GLENMOOR STINGRAYS WEBSITE](#)

Registration dues this year will include a team suit. There will be an additional Hospitality Fee of \$20 per family, which covers all donations towards our snack bar for our swim meets. As such, total registration dues for one swimmer will be **\$400**, the second swimmer an additional **\$340**, and any additional swimmers will be an additional **\$300** each. This year, all registration payments will be made by credit card through our website.

We look forward to seeing everyone back at the pool!

Go Stingrays!
Glenmoor Stingrays Secretaries



Glenmoor Swim Team 2026 Registration

Welcome STINGRAYS

All returning and new swimmers must complete the online registration via the website.

Online Registration

Returning Swimmers- 2/1-2/8
Siblings & New Swimmers – 2/1-2/8

Membership Fees:

First swimmer in family	\$400.00
Second swimmer in family	\$340.00
Additional swimmers in family	\$300.00

Membership fees this year include a team suit and Hospitality fee.

Team Roster

The Glenmoor Stingrays Swim Team roster will consist of a maximum of 130 swimmers. All swimmers will be eligible to swim for points at dual meets. However, the Hosting Team can limit the number of swimmers we enter in a dual meet.

Coaching Staff

The Stingrays are excited to welcome back our fantastic Co-Head Coaches – Stephanie Keller and Erin Swardenski.

Parent/Guardian Participation

Positive parental support is the foundation for a successful swim program. The Glenmoor Stingrays Swim Team would not exist without the participation of parents and guardians. Our club operates solely on the basis of volunteers, with the sole exception of our paid coaches. We require that **ALL** parents take an active working role during each meet (parents will have a job responsibility at our meets). In addition, parents are required to help on one of the team's committees and participate in team fundraisers. (See last page of this packet for

additional information). It is critical to the success of the team that every family does its share!

Practice Schedule

It is part of the philosophy of this team to teach sound swimming techniques. Swimmers are expected to attend practice after school, which we expect to begin March 23rd at Meyer Pool (high school swimmers will begin following the end of the high school swim season). Practice times will change to mornings once school is out for the summer.

Once the coaches assign your swimmer to a practice group, your swimmer **must** swim with that group (no make-up swims or shuffling between groups). During the high school swim season any high school age swimmers who are not swimming for their high school are welcome to practice with the 14 and under group.

Important practice dates and times are as follows:

- March 23rd – First day of practice
- May 8th – Friday practices commence
- June 8th – Morning practices commence

Swim practice schedule is as follows below:

SPRING: March/April/May Practice Times	Age Group*	SUMMER: June/July Practice Times
4:00-4:30 pm	6 and Under	11:00-11:30 am
4:00-4:30 pm	8 and Under	11:00-11:45 am
4:30-5:00 pm	9-10 year olds	10:00-11:00 am
5:00-6:00 pm	11-14 year olds	9:00-10:00 am
6:00-6:55 pm	15-18 year olds	8:00-9:00 am

* The coaches, in their sole discretion, may assign swimmers to a different practice group to balance numbers or in consideration of other factors.

Time Trials

Time Trials typically take place mid-May, and they are currently set for May 9, 2026. Trials is an opportunity for swimmers to swim each event in their age group in order to get baseline times. It is also an opportunity for parents to learn how, or remember how, to run a swim meet. Parents are required to fulfill their job requirements on this day.

Swimsuits/Logo Wear

Swimsuits and other logo wear will be determined as we get closer to the season starting. Typically, swimmers will size and order the team swimsuits at Welcome Back Night. Welcome Back Night is presently set for March 10th, 2026 at 5:30 p.m. at Meyer Pool.

Tentative 2026 Swim Meet Schedule

GLENMOOR		
Saturday, May 9, 2026	Time Trials	@GM
Saturday, May 16, 2026	MV	@ GM
Saturday, May 30, 2026	GM/NK/ BA	@BA
Saturday, June 6, 2026	SL	@GM
*Friday, June 12, 2026	NK	@NK
Saturday, June 20, 2026	CV	@GM
Saturday, June 27, 2026	CH	@CH
Friday June 10, 2026	CHAMPS	@Chabot
Saturday, July 11, 2026	CHAMPS	@Chabot
(*No meet on 5/23 and 7/4)		

The Championship Meet is currently set as follows:

July 11, 2026 ALL Age Groups

**(Parents must be available for Champs jobs on July 11)*

Social Events/Fundraising

Families are encouraged to participate in team social events that may require some additional expense. These costs are kept to a minimum. Additionally, beginning this year, rather than requesting that families donate food and/or drinks to be sold at our home meets from the Stingrays Snack Bar, we are instituting the “hospitality fee” which is covered in the registration fees. Our Stingrays Snack Bar is typically one of our major fundraisers and is known far and wide for the great food served at home meets!

Championship Meet

Due to EBSL rules, only 100 swimmers are able to compete at EBSL Championships. All swimmers should schedule these dates on their calendars. The championship roster will be decided the last week of June. **Note: No later than June 1st, you MUST notify the coaches of any conflicts or unavailability for Championships. Coaches expect all swimmers to be available.** Participants will be selected by the Coaches, with input from the Board of Directors based on the following:

- Must compete in at least 2 dual meets
- Must be available for the entirety of the Championship day (either Friday or Saturday depending on age group) including all races and relays
- Points scored during the season
- Age group fulfillment
- Attendance and sportsmanship

Awards Night

Awards Night will be held on the evening of July 11, 2026. **ALL SWIMMERS** and families are encouraged to attend Championships and the Awards Night. This is a great way to wrap up our Stingrays Swim Season.

Swimmer Ability & Assessment

A swim assessment will be scheduled for all **NEW** swimmers (including new siblings) on February 18th and February 19th from 4-6:30 pm (tentative dates).

At a minimum, swimmers must be water-safe, able to swim unsupported front crawl and back crawl 25 yards, float or glide unsupported on front and back, explore deep water using bobs or other underwater swimming, turn over from front to back and back to front.

If it becomes apparent to the coach that any child has not reached this level, he/she will be removed from the team with a full registration refund. It is suggested that a swimmer in this situation take additional swim lessons to reach this level and apply to the team the following year. Additionally, in consideration of the number of swimmers applying to the team, swimmer selection may involve a number of factors including but not limited to the swim assessment, skill/strokes, age, and balancing those factors and numbers with our returning swimmers.

Refund Policy

Should a swimmer decide to leave the team, a portion of the fee will be retained by the team to cover administrative expenses. Swimmers will be refunded 75% of the swim team membership fee until March 29, 2026, 50% until April 12, 2026, 25% after April 19, 2026, and 0% after April 26, 2026. Any other cost or expenses associated with the swim team (i.e., swimsuits, pictures, etc.) will not be refunded. Any child deemed not water-safe after the assessment by the coaches will be refunded the full membership fee (See Swimmer Ability). All requests for refund must be submitted in writing to the board president.

Website

Please check out and familiarize yourself with our our [Glenmoor Stingrays Website](#)

Board of Directors

Questions? Feel free to call or email:

President: **Fred Thompson**
Phone: 510-798-4029
Email: fred_thompson@yahoo.com

Vice President: **James Trout**
Phone: 510-673-6743
Email: trouteus@gmail.com

Treasurer: **Yolanda Cook**
Phone: 510-364-7582
Email: yocook365@gmail.com

Secretary: **Tanja Paolini**
Phone: 510-687-9193
Email: glenmoor_stingrays@yahoo.com

Ways & Means: **Nicole Oviatt**
Phone: 510-414-8578
Email: stingrayswaysandmeans@gmail.com

Hospitality: **Melanie Kidder**
Phone: 510-385-9869
Email: melaniekidder@gmail.com

Swim Meet Jobs Information:

Parents are fundamental to the success of our swim meets as we are the ones running the meets! Each family will be provided with a job assignment for time trials and dual meets (home and away). Please see below for job descriptions. No experience necessary! We will have a blast this summer cheering on our swimmers.

****Google form will be sent out after Welcome Night to submit your preferences****

Job Descriptions:

- *Activity Table:* Help swimmers with a preset craft at our activity table at our swim meets. Fun activities for younger swimmers (and older swimmers too!).
- *Announcer:* Facilitates meets behind the microphone. To include announcing races, shift changes, special announcements and Snack Bar specials.
- *Head Timer:* Coordinates and communicates timer and recorder activity. Ensures all timers and recorders are ready for the next race by signaling whistle for starter to proceed. Times each event with 2-3 watches acting as back up when another watch is needed. (**Must attend EBSL starter workshop*)
- *Raffle Seller:* Sells raffle tickets during home meets.
- *Recorder:* Records times of swimmers on meet cards. Recorders are located in each lane behind timers.
- *Runner:* Picks up meet cards from recorders and delivers cards to scoring table after each event.
- *Starter:* Acts as official starter for each heat during the meet. (**Must attend EBSL starter workshop*)
- *Timer:* Uses a stopwatch or timing device to time swimmers during the meet. (Wear sandals, your feet will get wet!!)

Stingray Committees Information:

Each family will also be part of a committee for the Stingray season. You are only required to be in one committee. Please see below for committee descriptions!

****Google form will be sent out after Welcome Night to submit your preferences****

Hospitality/Snack Bar:

- Assist with snack bar food preparation and various duties
- Work snack bar shifts during home meets (Set up/Shift 1 or Shift 2/Take Down)
- Assist with snack bar food cooking and planning menu items (**may handle meat products*)
- Best for parents who don't have small children as no children are allowed inside snack bar during work shifts

Activities:

- Carry out lots of fun activities that make Stingrays who we are!
- Activities include Friday snacks post-practice, tie-dye day, Family Fun Night, and Pasta Potluck
- Requires signing up for ~3-4 shifts
- Best for parents who have Friday availability during practice time for Friday treat days

Shepherds:

- Coordinate line up of our 10 & Under swimmers and escorts them to their assigned starting lanes
- Will be working during swim meets only
- Will shepherd at Champs if your child is attending
- This committee job will cover your swim meet job requirements **and** committee requirement!

- Best for parents with younger children in the 10& Under group but not a requirement

VP Committee:

- Will be part of home swim meet job assignments of Set up (6:15am-7:15am) and Take Down (~30 minutes after the end of the swim meet)
- To include set up of starting system, umbrellas/tents, blocks, timer/recorder chairs, and removal of pool cover
- Assist with set-up and clean up for Family Fun Night and other events as needed
- Assist with annual clean-up day at the pool one time during the season

Media/Communications:

- Create slideshow for end of the year Awards Ceremony (including organizing and collecting pictures of swimmers and fun times throughout the swim season)
- Communication--may include keeping parents updated with upcoming activities

Computers:

- Provide coaches, Stingray Board and EBSL computer director all information that is necessary to manage the team roster
- Produce meet seeding charts, heat and lane stickers, ribbon labels and meet summary reports
- Provide PR times and league records for the website

Ways N Means:

- Assist with swimsuit and apparel orders
- Participate in creating fundraiser baskets and organizing Family Fun Night
- Help coordinate our end-of-season Awards Night

Ribbons/Stars:

- Responsible for providing ribbons for home and away meets
- Place ribbons in family folders in a timely manner
- Receives and organizes ribbons, medals, and trophies for Championships
- Awards a Star to swimmers who have improved their times three times during the season and/or swam a total of four relays in two consecutive meets

Website:

- Responsible for managing and updating the Stingrays website, including setting up registration process, configuring jobs, and managing accounts

Important Notes and FAQ's:

*The Hospitality Committee will be responsible for working the Snack Bar at home meets. Hospitality members may also be assigned jobs at away meets (see job descriptions above).

*The VP Committee responsibilities include Swim Meet Set Up and Take Down, transporting items to away meets and to Champs as needed. These committee members may also work other swim meet jobs (see descriptions above) when not assigned to Set Up or Take Down.

*Should you have a conflict with a job assignment, it is your responsibility to find a replacement (someone to trade jobs with). Use the Parent Contact Info on our team website to find someone to trade jobs or replace you.

When you have done this, please email the team secretaries at glenmoor_stingrays@yahoo.com to let them know of the job switch.

*Families of swimmers attending Championships will be assigned a job for Champs at a later date.

*It is essential to fill these jobs to ensure we are able to run successful swim meets! The Board will contact a family via telephone or email should they miss a job or committee assignment at a meet, practice, or team activity. Please notify the Board, in a timely manner, if you have extenuating circumstances. If the problem continues, a second contact will be made. Because missed jobs cause delays and put extra work on others, a pattern of missed jobs will jeopardize the family's standing on the team. Please know that should a family not complete assigned jobs during the season, their swimmer(s) will not be allowed to swim at the Championship Meet and will lose priority at registration the next year. If at any time you agree to trade jobs with someone, you are the one responsible for your new job.

Thank you for taking your job assignment seriously. EBSL and the Glenmoor Stingrays could not function without you! We are looking forward to a great season!