

Yellow Minis

This is a 30 minute two times a week program for the swimmer who can swim 15 meters non-stop and is comfortable in deep water.

These swimmers will be introduced to developing basic motor learning skills, balance, and coordination in the water. There will be an emphasis on having fun, loving the water and the sport.

Blue Minis

This is a 45 minute two times a week program for the swimmer who can swim 25 meters non-stop.

A continuation of learning the four competitive strokes.

They will learn flip turns and dives off the blocks.

Green Minis

(Getting ready to become a competitive swimmer)

This is a 45-60 minute three times a week program for the swimmer who MUST be able to swim 25 meters (1 length of the pool) non-stop.

The aim of this program is to develop body strength and endurance. Emphasis will be placed on stroke technique.

Swimmers will learn Freestyle, Backstroke, Breaststroke, and Butterfly. They will also learn flip turns and touches, racing dives and backstroke starts.

Please note that programs offered are subject to change depending on the number of swimmers registered and the abilities of the swimmers, to allow for the best programs possible.

Head Coach Todd Melton

Todd is a former competitive swimmer himself and understands what it takes to be successful at the sport of swimming. Along with his swimming and coaching experience, Todd brings with him a Bachelor of Arts in Kinesiology and a Bachelor of Education. He has great passion for the sport of competitive swimming and sport in general and credits his own swimming career as a key contributor to achieving his personal and professional goals. His goal for each swimmer is to insure their overall growth physically, psychologically and socially.

As head coach of FSSC he is dedicated to building a successful competitive swim club that will focus on long-term athlete development to achieve success at every level, on the pool deck and off.

*Check out our website at
www.foothillsstingrays.com*



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For more info.
Contact Carola at 403-938-1327
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Foothills Stingrays Swim Club



Come Swim With Us

www.foothillsstingrays.com

About Us

Foothills Stingrays Swim Club (FSSC) is a non-profit amateur swim club based in Okotoks, Alberta. The club swims out of the Okotoks Recreation Centre. The club has been in existence since 1997 and offers two programs; progressive competitive and non-competitive programs.

Our mission statement is *“To Provide an Opportunity for Individual Swimmers To Reach Their Maximum Potential Through A Positive Experience In The Sport.”*

We also encourage and foster individual growth, team spirit and sportsmanship.

Our working vision is to *“provide a sustainable and nationally recognized community based competitive swim program for the greater Okotoks area.”*

Our Programs

The Foothills Stingrays Swim Club offers programs that will introduce swimmers to the development of motor skills, balance and coordination in the water. There will be an emphasis on enjoyment, fun, as well as loving the sport and the water.

The club is structured with multiple competitive levels and a non-competitive program for beginning swimmers. This allows for the development of athletes as they progress through the sport. Swimmers will be introduced to athleticism, goal setting, good nutritional choices and swimming responsibilities.

The aim of all programs is to develop body strength and endurance and each level will em-

phasize stroke technique first and foremost. Swimmers will learn Freestyle, Backstroke, Breaststroke and Butterfly. They will also learn flip turns, racing starts and finishes. Their coaches will encourage them to attend meets offered approximately every four to six weeks to complete the swimming experience.

Depending on their skill level, members swim from September to April/mid-July.



FSSC Competitive Program

The club offers five competitive programs. Volunteering and fundraising will be expected from each family. As the swimmer progresses through the program, the level of expectation in each of these areas will increase.

Gold Rays September to mid-May

This is a 45-60-minute, three times a week program and is recommended for the swimmer who is joining the competitive side of the club for the first time.

Pre-requisite: Must be able to swim 25meters unassisted.

Blue Rays September to May

This is a 60-90-minute, four times a week program for the swimmer who has some type of competitive swimming experience.

These swimmers will be swimming approx 1500 - 2000 meters per practice and working towards a solid aerobic base and technical skills for all four competitive strokes, starts and turns.

Green Rays September to June

This is a 60-90-minute, five times a week program for the swimmer who has achieved either a 10-year-old B time or has been recommended by their last season coach.

These swimmers will be swimming approx 2000 – 3000 meters per practice and working towards a Provincial qualifying time in either the 400 meter Freestyle or the 200 meter Individual Medley.

Black Rays September to June

This is a 90-120 minute, six times a week program and is for the swimmer who has achieved a Provincial qualifying time and is now working towards Provincial ‘B’ or ‘A’ times. These swimmers will be swimming approx 3000 – 4000 meters per practice.

Performance Rays September to July

This is a 90-120 minute, eight times a week program for the swimmer who has achieved Provincial ‘B’ and ‘A’ times and is now working towards a National time.

Their coach will be encouraging the swimmers to take part in two or three day invitational meets in both short and long course pools to broaden their swimming experience. The coaching staff will be expecting a high level of commitment from parents and swimmers at this level.

FSSC Non-Competitive Program

The club offers three (pre) non competitive programs. Each is designed for the 5 to 11 year old. Volunteering and fundraising will be expected from each family. As the swimmer progresses through the program, the level of expectation in each of these areas will increase.