

welcome

2025 - 2026 SEASON | SWIMMING SINCE 1975

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From the Presidents Desk



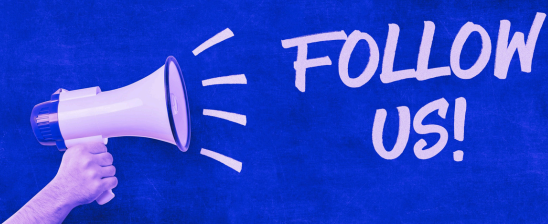
On behalf of the Newmarket Stingrays Board of Directors, coaching staff, volunteers, and families—welcome on deck! We're excited to share another season with you and your swimmers.

Whether you're new to the club or a returning family, we're thrilled to have you with us as we cheer, grow, and celebrate milestones together. Thank you for trusting our team to support your child's swimming journey — my door (and inbox) is always open.

This Welcome Kit is your starting block into all things Stingrays... your first flip-turn into a season of fun, growth, and achievement!

Let's make waves. Let's Unleash the Sting!

Scott Cholewa
President & Dedicated Swim Dad
Stingrays.President1@gmail.com





OUR PROGRAMS

SPLASH

(Kids born 2019 & younger)

3 - Ten Week Sessions per season

2 - 45mins Lessons weekly

Learn to swim

WAVE

(Kids born 2018) Sep - Jun

3 - 1hr Workout Sessions weekly

Apply training to Swim Meet

DEVELOPMENT

(Kids born 2016-2017) Sep - Jun

3 & 4 - 1.5hr Workout Sessions weekly

Exposure to Swim Meet

COMPETITIVE

(Kids born 2015 & older) Sep - Jun

4 - 8 Workout Sessions weekly

Participate in Local, provincial &

National Swim Meet

HIGH PERFORMANCE

The HP Group is targeted at the Swimming Canada National Calendar with a particular eye on selection opportunities for Provincial, National and International Teams.

[Click Here for detailed information about our programs](#)

Head Coach Welcome



I'm beyond excited to welcome each of you to our swim team! Swimming is more than just laps in the pool. It's an opportunity to discover your potential, build confidence, and learn lessons that extend far beyond the water.

This season isn't just about times on the clock; it's about testing your limits, uncovering new strengths, and celebrating every milestone along the way. Every practice is a chance to grow not only as an athlete, but as a teammate and a person.

As your coaches, we're here to guide you, challenge you, and cheer for your victories—big or small. Bring your energy, determination, and passion for the sport, and together we'll make this season one full of growth, achievement, and unforgettable memories.

Edit Varga Head Coach & Director of Performance

HeadCoach.Stingrays@gmail.com



NEWSWIM@ROGERS.COM



<https://www.newmarketstingrays.org/page/home>



SCHEDULES

Click below to view the most current schedule:

- [Practice Schedule](#)
- [Meet Schedule](#)
- [Other Events](#)

All planned events and schedules are posted on our website, and coaches will email their respective groups to notify families of any changes.

Swim Practice Locations

The Newmarket Stingrays run swim practices in 4 pools

- Magna Centre - 800 Mulock Dr, Newmarket
- Ray Twinney Complex - 100 Eagle St. Newmarket
- St. Andrews College - 15800 Yonge St. Aurora
- Markham Pan Am Centre - 16 Main St. Unionville, Markham

[Click Here for directions to each location](#)

Newmarket Stingrays Hosted Swim Meets

- **2025 Alan Swanston Classic** - Dec 5-7, 2025 @ Magna Pool, Newmarket
- **2026 Steve Kingston Memorial** - Mar 6-8, 2026 @ Magna Pool, Newmarket
- **2026 Spring Long Course Invitational** - May 15-17, 2026 @ MPAC Pool, Markham



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FAMILY COMMITMENT

Officiating Family Obligations

- Each family is required to complete **Seven (7)** sessions during the 2025-26 season.
- **Four (4)** sessions between club hosted meets - Alan Swanston Classic & Steve Kingston Memorial
- **Three (3)** mandatory sessions must be completed at the 2026 Spring Long Course Invitational
- **IMPORTANT:** Families that do not fulfill their minimum seven sessions at Stingrays-hosted swim meets will be fined \$150 per uncompleted sessions
- Each family must have a minimum of **One (1)** official registered with Swim Ontario
- Starting in their second year, families are required to compete at least **One (1)** additional clinic per season

Why?

- Club-hosted meets help generate revenue, keeping swim fees lower for families
- Swim meets provide swimmers with valuable racing opportunities to sharpen their skills
- A minimum of 30 officials are needed to run each session successfully
- Volunteering is a way to give back and support the club
- It's also a chance to meet fellow parents and build new friendships
- Returning swimmers can apply additional participation credits toward next season

Click to Read [Club Handbook](#) *for members only. Ensure to sign in to your Teamunify account*

Parents play a key role in making our events and fundraisers a success. At the start of the season, you'll be asked to fill out a volunteer survey to share your availability. Credit points will be awarded for your contributions.

Ways to stay informed

- Read your club emails
- Talk to your group Parents Liaison & Coaches
- Chat with other parents and stay in touch using team group chats
- Meet Mobile App for swim meet results - Paid subscription independent of Stingrays
- Sport Engine Motion App - Free App for swimmers swim records & time standards
- Stingrays website and Social Media

