

# TJCC Stingrays

## “ANIMAL SQUAD”

(how tough are you??)

Announcing the TJCC Stingrays “ANIMAL SQUAD”. A new challenge for our team this 2009-10 season!. All fabulous Stingray swimmers are encouraged to participate and show off their “ANIMAL” within!! Grrrrr.....!

\* **What?** A confidence building, team & individual competition with criteria based upon Color Training group and age classifications. Specific swimming events listed to be competed in at the Season Opener Meet on Sept 12th or 13th (as follows):

**Platinum: (required) & Gold- Option 1:** 1000 free & 200 fly plus 3 “your choice” events on Sunday Sept 13th.

**Gold-Option 2:** 200 free (swam as 200 fly) OR 100 fly & 500 free plus 3 “your choice” events on Saturday Sept 12th.

**Pre-Gold:** 200 free & 100 fly plus 2 “your choice” events on Saturday Sept 12th.

**Silver:** 100 IM plus 3 “your choice” events on Sunday Sept 13th

**Blue/White:** 2 events of your choice on one of the two days offered.

\***Why?** To build confidence, allow for growth, create team unity and provide bragging rights while having fun with our teammates overcoming fears, etc!. (Intention behind this event... For swimmer to know that if they're able to swim these events, then anything else is a piece of cake!

\* **How?** Send your email request to enter the Season Opener ANIMAL SQUAD to [tjccstingrays@yahoo.com](mailto:tjccstingrays@yahoo.com). Please include “your choice” events. Stingrays must be USA registered with a MEAD account.

\***PRIZES?** Meet awards (top 8 each event) and a bragging rights t-shirt for the hard earned efforts of the “TJCC Stingrays ANIMAL SQUAD” to adorn upon ones proud chest! Photo of Squad posted on Team Board by S&F desk.

• **Contact info?** Coach Amy: 299-3000 #251;  
email address: [tjccstingrays@yahoo.com](mailto:tjccstingrays@yahoo.com)

• ***DEADLINE FOR ENTRIES...Friday Sept 4th***