

North End Swim Team 2026 Information Packet



Coaching Staff: Seth Evans
Ashley Milone
Kelly Stalker
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Kelly Sheueler

Junior Coaches: TBD

SAVE THE DATES:

- Saturday, April 18: Stingray Day & Pool Clean Up 10 am - 2 pm
- Monday, June 1: Parent Meeting @ 6:15 pm in Upper Pavilion
- Tuesday, June 9: Parent Meeting @ 6:15 pm in Upper Pavilion
- Tuesday, June 23: Picture Day
- Friday, July 24th: Team Banquet

Parents- please plan to attend ONE of the parent meetings noted above.

Team Information
Email: nest.stingrays@gmail.com
[Team Website](#)

Welcome to the North End Swim Team!

The summer swim team program is about to begin and we are looking forward to another exciting season! Not only does the swim team build strong swimmers and healthy sportsmanship, but it is also a lot of fun. We compete in the [Tri-County Swim League](#) which consists of 6 teams, including ours.

Swim Team Registration and Fees:

In order to secure your swimmer's spot on the swim team please complete the following steps by Saturday, April 18, 2026.

1. [Determine your pool membership.](#) **(All swim team members must be pool members.)**
2. Complete the [online pool membership application.](#)
3. Pay your pool membership with the swim club. If you are completing your pool membership prior to April 30, you may deduct \$25 from your membership fee for the early bird discount.
 - a. If you are paying your pool membership by Venmo, please submit the payment immediately upon submission of your pool membership application according to the directions on the North End Swim Club website.
 - b. If you are paying by check, please contact Jessica Burfield to arrange a drop-off. Your pool membership application will not be approved until fees are received.

Membership fees are not refundable.

4. [Register for the swim team.](#)
5. Pay your swim team fees via venmo (immediately after completing the team registration form) OR bring your cash/check to Stingray Day on April 18. Swim team Venmo information is listed below.
 - a. If paying by venmo, please include the swimmer(s) full name(s) and include "team fees" after the names.

Venmo: NorthEnd SwimTeam (@swimteamstingrays23)
Last 4 digits of phone# to confirm payment is 4808
 - b. If paying by cash or check: place payment in an envelope. Put the swimmer(s) full name on the envelope. Make your check out to North End Swim Club and include "team fees" and swimmer(s) name in the memo line of the check and submit it to the swim team treasurer on Saturday, April 18 at Stingray Day.

Registration fees:

- **\$125** for the first swimmer
- **\$100** for each additional swimmer

For financial concerns that may prohibit swim team participation, please contact our email account at nest.stingrays@gmail.com.

Additional Fees: Throughout the season there will be additional fees related to invitationals and championship entries. All fees paid by cash or check should be submitted directly to the swim team treasurers or placed in the swim team lock box in the pool office. Fees paid by cash/check must be submitted in a sealed envelope. We will also accept payments via Venmo, please see the information above for the venmo account for the swim team. **Please indicate the swimmer's name and what the fee is for on the check or Venmo description or on the envelope if paying cash.**

Volunteer Fees: Each family is required to submit a \$200 volunteer check along with a signed copy of the volunteer acknowledgement form, registration form and swim team fees. **This is NOT an opt-out fee** as families are expected to volunteer in order for our events to run smoothly. *The volunteer check will be shredded at the end of the season if volunteer requirements are met.* If requirements are not met, the check will be deposited. Links to volunteer sign-up will be on the North End Swim Club website. If you have concerns with meeting these requirements, please contact our volunteer coordinator.

The \$200 volunteer check should be submitted to the swim team treasurer on Saturday, April 18 during Stingray Day or on the first day of practice.

Bake Table Contributions: Families are required to provide items for our bake table for **all** home dual meets plus the Cookie Classic Invitational and any championship meets we may host. Links for bake table donations will be on the North End Swim Club website. If you are unable to contribute a food item or are not going to be attending the meet, it is expected that you contribute the \$25 opt-out fee. Bake table opt-out fees (cash only) should be submitted directly to bake table coordinators or NEST treasurer in an envelope with the family name written on it.

Team Banquet: We will celebrate our summer swim season on Friday, July 24th at our team banquet, which is held at the pool at the upper pavilion. Dinner will be a catered meal. The per person meal cost will be shared once the swim season gets underway and responses (attending/not attending) will be collected. Stay tuned for more information.

New Swimmers: Welcome to our Stingray Family! All new swimmers will be asked to participate in a practice placement evaluation during the first week of practices. This will help coaches find the appropriate practice placement for your swimmer(s) whether that be on the Little Stingrays Pre-Team or within the age group practices. Keep in mind that older swimmers that are new to the sport may not be ready at the start of the season to practice with more experienced swimmers of the same age. The coaches will recommend an appropriate age and skill practice placement which could change as skills are developed and endurance is increased.

Little Stingrays Pre-Team: The Little Stingrays is a developmental program for new swimmers that can independently swim freestyle and backstroke, but need to build endurance and improve their stroke technique prior to being full members of the swim team. This is not a lesson program. Swimmers must be able to follow directions from the coaches and not be afraid to swim in the deep end of the pool. Little Stingrays will participate in all home swim meets and the Cookie Classic. Little Stingrays follow the same fee structure as full team members.

Once swimmers demonstrate their ability to legally swim a full length of the pool freestyle and backstroke with proper technique and under one minute, they may be moved up to the next level and participate in all meets. This decision will be at the discretion of the coaching staff.

Starting June 8th, Little Stingrays will practice during the MORNING practice group only. There will not be an evening practice option for Little Stingrays.

Championship Meets/Team Awards: In order for a swimmer to be eligible to participate in the championship meets they must have participated in a minimum of two (2) dual meets during the season. Those swimmers participating in two (2) or more dual meets during the season will also be eligible for end of the season awards and team participation gifts.

Team Communication: Team information will be sent via email. Please make sure to read our weekly newsletters during the season. Reminders and notifications will be posted on Facebook and Remind. Please make sure that your email address is updated on the registration form and that your account will accept emails from nest.stingrays@gmail.com (our first email often goes to your spam account due to the size of the distribution list).

We will also communicate with families through Remind. Click [here](#) to sign up to receive text messages via Remind. Our team account through Remind is NE Stingrays. Class Name: NEST Summer 2026 and class code: @33g28c

Like us on Facebook at North End Swim Team. Note: this is a private page. If you have an unrecognizable username or other family members that want to join the page, please let us know the user names as we do not accept individuals to the page that we do not know.

Fundraising: Once again we are organizing a few fundraising events. Participation is not required, but families are strongly encouraged to participate. Proceeds from these events will come back to the team and will be used to help cover the costs of team supplies throughout the season. More information will be shared during the season.

Team Equipment: All swimmers must attend practice with swim goggles and a water bottle. It is highly recommended that each swimmer have a labeled gear bag that includes extra goggles, a kickboard, swimming fins and a cotton blend t-shirt that you can wear in the pool. Swimmers 11&over may also utilize paddles and pull buoy. Please label all pieces of equipment with the swimmer's name. Recommendations for equipment are located on our team's SwimOutlet webpage. Limited equipment will be available at the pool for use.

Team Suits: This year's team suit will be Sporti Stingray Fever in blue. An alternative to this suit is a plain royal blue suit. Suits can be purchased directly from SwimOutlet. Suit sizing will be available at Stingray Day. If you do not choose to purchase the team suit, you may choose the brand and style in which you are most comfortable (thin or thick strap, speedo or jammer), but please remember that **swimmers are NOT allowed to wear tie-back or tech suits** during competition.

Team Caps: Swim caps from other teams will not be allowed during meets. Swimmers are expected to wear the team cap at each meet. Each swimmer will receive a latex North End cap at the first meet. Silicone caps will be available for purchase. More info will be forthcoming.

Practice Suits: It is recommended that swimmers have different suits for practices. For practice, girls typically wear one-piece practice suits and boys wear jammers or speedos. If possible, please do not wear the team suit for practices.

SwimOutlet: North End Swim Team has partnered with SwimOutlet.com in developing a team store. A percentage of sales from <https://www.swimoutlet.com/northendstingrays> go directly back to the team on commission, providing us the chance for fundraising with our own online team store. Please support our team and order your swim gear through our team link. This link is available year round.

Spirit Wear: In addition to our Team Store with SwimOutlet, a pre-season spirit wear sale with a NEW NEST logo is in the works! More info will be forthcoming.

Swim Team Leadership Team and Committees

NEST's Leadership Team is made up of individuals who have been helping our coaches run our team smoothly over the past few years. There are many ways to help out and please reach out if you want to learn how you can assist. Descriptions are listed below.

Leadership Team & Committee Coordinators

President	Jessica Burfield	jestark@uwalumni.com
Vice President	Peggy Ruoss	peggyruoss@gmail.com
Treasurer	Jamie Witzel	jamie.witzel@gmail.com
Bake Table Coordinators	Sissy Morelock Lara Faust	smorelock11@gmail.com larafaust1016@gmail.com
Volunteer Coordinator	Mary Greger	mgreger8484@gmail.com
Cookie Classic Invitational Meet Director	Susan Roulstone	sroulstone13@gmail.com
Scoring Director	Scott Huggard Kevin Morelock	scotthuggard@yahoo.com kmorelock01@gmail.com
Tri-County League Representatives	Michael Burfield Peggy Ruoss (alt)	burf_1975@yahoo.com peggyruoss@gmail.com

Leadership Team Position Descriptions:

- **President** - helps with all aspects of keeping the swim team running smoothly, works directly with the coaches, supports all leadership team positions.
- **Vice President**- helps with all aspects of keeping the swim team running smoothly and assists the President with serving as point of contact for various board members and committees.
- **Treasurer** - keeps track of finances of the swim team.
- **Bake Table Coordinators** - run the bake table and coordinate all bake table volunteers and bake table donations
- **Volunteer Coordinator** - organizes the volunteers for all our meets and keeps track of volunteer hours for the team
- **Tri-County League Representatives** - attend Tri-County League meetings

Family Responsibilities: The success of the swim team depends directly on the participation of our families. All swim team families will be required to volunteer at swim meets and donate to our bake table.

Meet Volunteer Requirements:

- ALL families are REQUIRED to volunteer at the North End Cookie Classic Invitational that we will host on June 28th. Even if your swimmer is 13 & over, your family is required to volunteer at that meet since we are the host. The volunteer can be your 13+ swimmer.
- ALL families are REQUIRED to volunteer at one (1) championship meet. (There are 3 championship meets so all families are required to volunteer at 1 of the 3.)
 - We will be asked to provide volunteers for each championship meet. North End traditionally hosts a championship meet, which means we will need to have as many families as possible volunteer for various positions during that meet. North End is tentatively hosting B Champs for the 2026 season.
- All families are REQUIRED to volunteer at 3 additional meets, excluding NEST Time Trials. (There are 5 dual meets to satisfy these 3 additional requirements.)

Bake Table Requirements: We ask that you provide items for our bake table for **all** home dual meets plus the Cookie Classic Invitational and any championship meet we may host. Links for bake table donations will be on the North End Swim Club website. If you are unable to contribute a food item or are not going to be attending the meet, it is expected that you contribute to the \$25 opt-out fee.

Meet Volunteer Descriptions

- Announcer: Keeps participants and audience informed of the progress of the meet by announcing events and swimmers' names. Work the whole meet.
- Bake Table/Grill Master: Set-up and distribute food, collect money, work the grill, and clean-up during home meets. Work first half or second half of meets.
 - Those that work the first half of the meet at the bake table should check in with the bake table 30 minutes before the meet to help with set up.
 - Those that work the second half of the meet at the bake table will stay after the

meet to help clean up.

- Heat Winner Ribbons: Distributes heat winner ribbons to the winners of each heat for the younger swimmers' events. Work first half or second half of meets.
- Parking Attendants: Only for invitational & championship meet; direct cars for parking.
- Runners: Collect time sheets from timers & DQ sheets from stroke & turn officials at the end of each race and bring them to the scoring table. Work first or second half of meet.
- Scorers Table (Away Meets): Assist the home table workers with duties as needed (staple, collect papers, be friendly, etc.). No training needed. Work the whole meet.
- Meet Set-up/Clean-up: Help set-up the pool and scorer's table before the meet. Assist with break-down of the pool & scorer's table and clean-up of the swimmers & bake table areas after the meet.
- Timers: Use a stopwatch, Dolphin timer and/or plunger to obtain correct times for swimmers in your lane. Three timers for each lane (timers from both home and away teams). One back-up timer who gets times for someone who missed the start or whose watch malfunctions. Work first half or second half of meets.
- Zookeepers: Using line-up sheets from the coaches, these individuals call out swimmers' names and line up swimmers for the events behind the blocks. Work the whole meet.
- Age Group Marshals: Sit with a specific age group (8s or 10s) within the team location to oversee the age group swimmers and get them to the zookeepers for their events and assist zookeepers/coaches as needed. Work the whole meet.
- *Scorers Table/Dolphin System (Home Meets): Keep an accurate record of the cumulative point score of a meet. The head scorer must be trained in the scoring process, computer systems and pre-meet setup. Work the whole meet. ***This position requires extra training. Please reach out to the Leadership Board if interested in being trained.**
- *Starter Referee: Starts each event and keeps the meet moving, responsible for running the officials meeting prior to each meet. Work the whole meet. ***This position requires extra training. Please reach out to the Leadership Board if interested in being trained.**
- *Stroke and Turn Officials: A total of four officials observe the swimmers in 3 lanes for one half of the pool and record any stroke infractions. Work first or second half of meet. ***This position requires extra training. Please reach out to the Leadership Board if interested in being trained.**

Swim Meets: The league dual meet schedule is listed on the next page. All meets begin at 6:15pm. Check in and warm-ups are one hour prior to the meet. Directions to away meets are available on the League's website www.tricounty-swim.net.

Meet Sign-out: If a swimmer will be missing a meet, please sign them out through the link on the North End Swim Club website. In case of emergency or sudden illness please text or call the coaching staff.

Inclement Weather: In case of meet postponement, coaches will communicate with the team as soon as possible with information regarding a make-up date. If your swimmers' attendance status changes, due to the meet change, please indicate this on the updated swimmer sign-out/up on the website.

If a meet is postponed, all efforts will be made to make-up the meet on Wednesday or Thursday of that week.

Championship Eligibility: For a swimmer to participate in championships, he/she must swim in at least 2 regular season dual meets. All swimmers 13 & over participate in seniors championships. To swim in A championships (for swimmers 12 & younger), a swimmer must make the qualifying time for the event. All other swimmers participate in B Champs. Participation in season ending championship meets is expected of all swimmers.

2026 Meet Schedule

Time Trials: An inter-squad Blue/White Time Trials is tentatively scheduled for **Thursday, June 11, at 6:00 pm** in place of practice (5:30pm warm-up). All swimmers 12 & under are expected to attend. **We will need families to help with this event since it will be set up similar to a real meet.** This meet is an opportunity for new swimmers to experience a meet and for the coaches to obtain baseline times for all swimmers before our first dual meet. It is also a chance for families to learn/practice new swim meet jobs.

Date	Event	Location	Other
6/11/26	Time Trials (12&under swimmers)	North End	
6/16/26	Dual Meet	Away @ Hillside	
6/23/26	Dual Meet	Home vs. Bellewood	Picture Day
6/25/26 Tentative	9Oaks Senior Invite	Nine Oaks	Swimmers 13 and over
6/30/26	Dual Meet	Away @ Nine Oaks	
6/27/26	Cookie Classic Invitational	North End	Swimmers 12 and younger
6/28/26	Rain Date: Cookie Classic Invitational	North End	Swimmers 12 and younger
7/7/26	Dual Meet	Home vs. Laurelwood	Senior Recognition
7/14/26	Dual Meet	Away @ Skippack	
7/18/26	Senior Championships		Swimmers 13 and older
7/19/26	Rain Date: Senior Champs		
7/20/26	"A" Championships		Swimmers 12 and younger with qualifying times
7/21/26	"B" Championships		Swimmers 12 and younger
7/22/26	Rain Dates: "A" and "B" Championships		
7/24/26	Team Banquet	North End	All team members plus families.

Tentative Practice Schedule for Summer 2026

Evening practices are offered on Monday, Wednesday & Thursday nights (when there are no meets). Swimmers will need to commit to either morning or evening practices prior to the start of the season and remain at the assigned practice for the duration of the season. If a swimmer needs to switch practice groups temporarily, they must receive approval from the coaching staff. Note: Little Stingrays practices will only be offered in the morning.

May 26th - May 28th

- Little Stingrays 5:15-6:00pm
- 8 & under 5:15-6:15pm
- 9-10yo 5:15-6:15pm
- 11-12yo 6:15-7:30pm
- 13-14yo 6:15-7:30pm
- High School 4:00-5:15pm

Friday, May 29 - No practice

June 1st - June 4th

- Little Stingrays 5:15-6:00pm
- 8 & under 5:15-6:00pm
- 9-10yo 5:15-6:00pm
- 11-12yo 6:00-7:00pm
- 13-14yo 6:00-7:00pm
- 15&over 7:00-8:00pm

Friday, June 5th - Morning practice (see Fun Friday times below), no evening practice.

Morning Practices - Starting June 8th

*If your swimmer is still in school but will be a morning practice swimmer, they can attend evening practices until school is out.

Monday through Thursday

- Little Stingrays 9:30-10:30am (Shallow end of pool)
- 8&under 9:30-10:30am
- 9-10yo 9:30-10:30am
- 11-12yo 9:30-10:30am
- 13-14yo 8:00-9:30am
- 15 & over 8:00-9:30am

Evening Practices - Starting June 8th

Monday through Thursday

- 10&under swimmers 6:00-6:45pm
- 11&over swimmers 6:45-8:00pm

Fun Fridays: Open to morning and evening practice swimmers

30min skills & drills + 30min team bonding aquatic games

- 10&under swimmers 9:00-10:00am
- 11&over swimmers 8:00-9:00am