

**Coaching Staff**

*Head Coach:* Tiffany Quisno  
*Assistant Coach:* Holly Scheffer  
*Assistant Coach:* Brittany Johnston  
*Assistant Coach:* Josh Pilarsh  
*Assistant Coach:* Brittany Knause  
*Aquatic Director:* Josh Pilarsh

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**February**

**Swim Meets**

FEB. 4    **YMCA**    Francis @  
 Williams Co.

•  
 FEB. 11    YMCA  
 TIFFIN INVITATIONAL

•  
 For more information & directions  
 go to:  
[www.FrancisStingrays.weebly.com](http://www.FrancisStingrays.weebly.com)



# FFY Stingray News

**Coaches Corner - TEAMWORK!**

By Josh Pilarsh, Aquatic Director & Assistant Coach

Teamwork is crucial in sports and greatly affects how an athlete performs. In most athletic arenas, this is extremely self-evident.

If the pitcher walks off the mound halfway through an inning and goes home, it's difficult (if not impossible) to finish the game. If 3 members of a basketball team don't show up, the game will be very uneven and unfair. If only the offensive line of a football team shows up, the opposite team will score a touch-down every time they have the ball.

But in a sport such as swimming, the need for teamwork is more subtle. Yes, there are relay events that require several swimmers working together, and when someone swims a 500 yard event they need another teammate to count; but swimmers tend to focus on personal bests and on going to Zones or making Nationals. None of these are bad things to focus on, but they easily get in the way of being a good teammate.

In swimming, teamwork is *essential* for a strong team. Every swimmer needs to know that when they're swimming an event, their teammates are cheering them on. They need to know that they're lane-mates will help them improve their



stroke and endurance by pushing each other to work harder. And, perhaps most importantly, each swimmer needs to realize the affect their actions have on the team.

Especially in the red and white groups, there is always someone watching. In order to have good teamwork with the younger swimmers, the older and more experienced swimmers need to set good examples by respecting the coaches and each other, by completing the workouts to their best ability, and definitely by cheering on the younger swimmers both at practice and at meets.

In order to be a team, we need to work as a team. So, get out your spirit-wear, grab your bullhorn or cow bell, and practice your cheers, 'cause it's time to cheer on our team... WOO-HOO! LET'S GO STINGRAYS!



**Benefits of Cross Training for Athletes**

The benefits an athlete achieves by doing cross training are endless. Cross training is blending cardiovascular training, strength training, training for agility and flexibility into one multi-day workout program. This type of training is ultimately beneficial to anyone; however, it is extremely beneficial for athletes. Any serious athlete knows that overtraining the same muscles day in and day out only leads to injury and less successful performance.

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Francis Family YMCA  
Stingrays



**YMCA PLEDGE**

WIN OR LOSE,  
I PLEDGE BEFORE GOD  
TO PLAY THE GAME  
AS WELL AS I KNOW HOW;  
TO OBEY THE RULES,  
TO BE A GOOD SPORT AT  
ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND, AND  
BODY.



**SUPER BOWL XLVI STINGRAY**

**FUNDRAISER!**

**Our Objective:** to sell just 10 "lipstick squares" Each square will cost \$13. The customer will receive their choice of Mary Kay's Crème Lipstick, NouriShine Plus Lip Gloss, Liquid Lip Color or Tinted Lip Balm (other products from the catalog valued at \$13 or more may be substituted). Plus, they will pick a numbered square on the LIPSTICK POOL sheet for the chance to win 46 Minutes of Pampering and a \$46 Mary Kay Shopping Certificate!


1. Pick up your fundraiser packet from Lori Smith at the front desk by Friday, February 3<sup>rd</sup>
2. Please return all Lipstick Pool sheets, order forms with payment Monday, February 6<sup>th</sup>.
3. Products will be delivered to the YMCA on February 13<sup>th</sup> grouped by sheet.
4. One person may buy more than one square.
5. Winners will be contacted by phone to arrange receipt of their prizes.
6. Contact Lori Smith  
lori\_smith@ymcatoledo.org or Carrie Staley  
cstaley5@marykay.com with your questions.

**Thank you for supporting our FFY  
Stingrays Fundraising Goals!!!**

***Dear Stingray Families,***

It's February and the 2012 Annual Scholarship Campaign has started. You'll notice the pirate decorations around Francis as our theme is "A treasure of stories". Our YMCA (your YMCA) has the goal of raising \$100,000 this year and I know, with your help, we will reach our goal. All the scholarship money raised goes right back to this community through scholarships awarded to swimmers, individuals, families and seniors so that the Y's mission, "...for all", is accomplished. Please consider a tax exempt donation to our Scholarship Campaign and don't wait to be asked. Josh P, Michelle M and Tiffany Q can accept your donation along with any staff member. The swim team will also be planning their own fund raising event to make a contribution by the Stingrays so please get involved as much as you can. Thank you so much for your past support of the Scholarship Campaign, the Francis Family Y and the Stingrays and look forward to celebrating the success of our campaign with you!

***Cathy Leonard, FFY Center Executive***

Look for the hidden Stingray in this newsletter. If you find the Stingray, email your name, phone number & location of the Stingray to [ffygrandparents@gmail.com](mailto:ffygrandparents@gmail.com). 

**The benefits of cross training for a swimmer are as follows:**

- Improved body contour: By mixing up the type of training the athlete is doing, more calories will be burned which in turn will create a leaner, stronger, more toned individual.
- Greater Workout intensity: Cross training helps to keep up the intensity of the work out while preventing burn out on specific muscle groups. This is very important for swimmers because every muscle is being used when doing their sport.
- Makes you a stronger athlete: Strength training added into an athletes training schedule is important because it creates the ability to use less muscles to perform certain action. This will help so save energy, broaden the swimmers abilities and improve their skills on their specific stroke style.
- Prevents injury and boredom: By doing various different exercises, the risk of repetitive injury is minimized. It also leads to greater health by avoiding plateaus and increasing overall strength and abilities.

When it comes to athletes, it's important to remember that the harder he or she trains their body for just one activity, the higher the chance of overuse and injury is. By adding cross training into a swimmers training, the stronger and more focused that athlete will become.

**By: Meghan Wiczynski, MPH**

**Group Exercise & Wellness Manager**

**Francis Family YMCA**

**If you have any questions about this, please do not hesitate to contact me.**

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**Phone: 734.850.9622**