



### 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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### **NO PRACTICE ALERT!!!!!!**

There will be NO practice on dates below.  
Come and watch the HS boys swim meet?

**Tues. Jan. 24**  
**Thurs. Feb. 16**



Click here to see our Record Breakers:

<http://francisstingrays.weebly.com/uploads/8/2/8/6/8286424/20111219200708708.pdf>

# FFY Stingray News

## **Coaches Corner - Caring. Honesty. Respect. Responsibility. Faith.**

By Josh Pilarsh, Aquatic Director & Assistant Coach

Happy New Year! With the New Year comes the hope of new beginnings and new resolutions (hopefully ones that will be kept!). Personally, I'm resolving to be healthier all around: physically, fiscally, socially, mentally and especially spiritually. I hope that you can make and keep your own resolutions to help better yourself!

As a part of my resolution, specifically the fiscal and social aspects, I want to donate more time, energy and resources to organizations that I care about such as the Special Olympics, my home church (MMBC in Monroe), and the YMCA. So, as a way to start off the year with a bang, so to speak, I'll be taking the Polar Plunge.

Sounds fun, right? I thought so too, but I realize more each day how hard it'll be. Jumping into the River Raisin in the middle of January isn't the warmest way to benefit the Special Olympics of Michigan (SOMI) but its one way that I can easily help, so I'm going to do it. Sure it'll be cold, damp, freezing cold, wet, cold, bone-chilling... did I mention it would be cold? But it's an event that raises both money and awareness for this great organization and I will willingly freeze for the



benefits it will bring the Special Olympians that I know.

Not everyone will jump into a freezing river in the middle of January in Michigan; but be it time, money, energy or resources, everyone has something to offer. So my challenge for you at this time of new beginnings is to resolve to make a difference in this community. One easy way is to donate to our Scholarship Campaign here at the YMCA, which is starting in February. We need people to donate time, energy and money in order to make this campaign a success.

We also need volunteers during swim team practice to monitor the locker rooms (kids tend to get loud and its easy for them to get into trouble in large, unsupervised groups).

I also encourage you to become more in-

involved with a local faith group. Go out of your way to help out in a ministry event or even volunteer to lead an event or start a new ministry! It may be tiring at times; but believe one who has been a minister's kid his whole life: IT'S WORTH IT!

If you would like more info on how to get yourself, your family or your kids more involved in volunteering, give me a call, drop me an email or visit me here at the Y, I would be more than happy to help you find your niche. I hope you 'take the plunge' like me, and start doing even more for your community :)

If you would like to donate towards the Special Olympics via the Polar Plunge, you can contact me or follow this link: <http://www.firstgiving.com/fundraiser/joshpilarsh/>



Francis Family YMCA  
Stingrays



Go to [http://francisstingrays.weebly.com/uploads/8/2/8/6/8286424/spiritwear\\_orderform.pdf](http://francisstingrays.weebly.com/uploads/8/2/8/6/8286424/spiritwear_orderform.pdf) to print your order form. Email your order to: [michele.mulder@nfsohio.com](mailto:michele.mulder@nfsohio.com). If you are unable to send order form, just email what you want along with your phone number and we will get your order to you.

### Swim Humor

Q. Why can male elephants swim whenever they want?  
A. They always have trunks with them!

•

Q: What do a dentist and a swim coach have in common?  
A: They both use drills!

### Upcoming Events

2/17 Lap-A-Thon  
•  
3/24 Swim Banquet  
•

### Parent Committee

**The Stingrays will not be successful without the help of parents!**

Throughout the Stingray season we need parents to sign up to help out. We are asking for each family to work at "least" 3 meets. There is a job for everyone little or big. There is a [Worker's of the Meet sheet](#) posted in the pool area on our bulletin board.

**There is a \$50 "buyout" for parents who simply cannot help out.**

Please email **Michele Mulder** at: [michele.mulder@nfsohio.com](mailto:michele.mulder@nfsohio.com) for further information.



### Come "Splash" Down the Pins for the Scoreboard!!

All proceeds go **100%** towards helping the Francis Family YMCA Stingrays Swim Team's purchase of their timing system.

**When: Sat. Jan 14, 2012 at 2 PM**

\$15 per bowler. Sign up early to guarantee your spot. We will accept the first 80 signed up. Please have entries in by Jan. 6. We will accept walk ins the day of the event if not full.

Contact- **Tony Hartung** via email at [tlhartung@bex.net](mailto:tlhartung@bex.net) or Jim at Forest View Lanes 734-847-4915 ext. 10

**November's Winner: A. J. Quisno & December's Winner: Carolyn Mundwiler**  
**Winners can pick up their prize from Coach Tiffany.**

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).

### January & February

#### Swim Meets

JAN. 21 **YMCA** Francis @ Lima  
•  
JAN. 29 **USA** GTAC OHIO open @ BGSU  
•  
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)



### What's swimming?

a competitive sport  
caring and supportive coaches  
practice, practice, practice  
back, breaststroke, fly, free  
individual effort, team spirit  
working with friends = success  
cheering crowds pump you up  
focus on victory  
push yourself beyond the limit  
keep it up, your almost there  
the victory is yours  
the hard work pays off

**That's Swimming!**



# Thank You FFY Stingrays

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## Yellow Ribbon Sponsors

❖ ***Aspen Grove Center  
for Pain Management***

