

THE STING

Since 1972

July 15, 2018

IMPORTANT DATES

7/20 Tie dye

7/21 @Wisconsin Dells

7/24 HOST Invitational

7/28-7/29 Conference @Baraboo

TIE-DYE FRIDAY

Please bring a \$2 per item donation to cover the cost of the dyes, gloves, etc.

You are able to bring your own 100% cotton shirt (for brightest colors) or white conference shirts can be tie-dyed as well. We have some free bandanas available for swimmers who want one. The bandanas will be soaking in fixer solution at practice for you to fold, and rubber-band and then dye. If you choose to bring a shirt, rubber-band it at home and bring it to practice and attach one of the provided strings and label with your name and put it in the designated fixer tub. T-shirts will be soaked during practice so the dying can begin immediately (Parent or sitter help is much appreciated....) The items will need to soak y after practice. Eight and under swimmers may be able to tie-dye before their practice if they come by 8:10. in the fixer for at least 10 min. before dying.

COACH'S CORNER

Hello

Stingrays!

Here we are, about to begin our final regular week before our last dual meet of the season. We have had such a spectacular season, let's keep it up these last couple weeks! At our dual meet this weekend, swim your heart out and show everyone once more what it means to be a Stingray.

As we move into the post-season (Oooo, fancy!) we need to remind ourselves how important it is to support the team as a whole during this time. The end of the season brings a lot of fun events with it, so let's enjoy it after putting in some serious work this summer!

After the Dells meet this weekend the coaches will be making final decisions on Tri Invite and Conference events. No matter what happens - if you have a full 4 events, 1 relay or somewhere in between - we need to recognize that this part of the season especially is about

swimming for the team and not for individuals. If you unfortunately do not get any Conference individuals, this doesn't change how your season went. You still worked incredibly hard, made improvements and hopefully achieved your goals. If we could we as the coaches would love to bring everyone to Conference but we cannot.

This week turn your focus to the fine details of your strokes and parts of your race. Ask your coaches to take a look at anything you are struggling with so we can help you out! Most importantly, enjoy this last week and let's get ready to celebrate an awesome season!

Kendra and the coaches

SPAGHETTI DINNER

The Annual Stingray Spaghetti Dinner will be held on July 26 at the American Legion. Come enjoy spaghetti, salad, fruit, bread, and cake as well as cheer on your favorite coach in the spaghetti eating contest!

Please RSVP by July 21 by printing the RSVP form which can be found on the team website under the "Documents" tab. Place your completed form with payment in the "Spaghetti Dinner" folder at the pool.

Volunteers are needed to help with this awesome event! Families attending should either sign up to assist with the event or make a food donation. Please sign up in ONE of these ways! Signup can be done online under event "Job Signup". See you there!!



VIP Pictures have been received and will be in the folders Monday morning during the early practice. We want to make sure that pictures don't get stuffed into swim bags with wet towels. We also don't want them sitting in folders for long periods of time due to the warm weather!

PRACTICE SCHEDULE

Summer Practice

June 11 - July 27

Monday-Friday

8 & Unders: 8:45 - 9:50 am

9-10 & 11-12: 7:15 - 9:00 am

13 & Older: 6:00 - 7:45 am

11 & Older Optional Workouts

Tuesdays and Thursdays

8:00 - 9:30 pm with 30 minutes dryland

Stroke Clinics**

Mondays and Wednesdays

5:00-5:45 pm

**can attend up to one per week

**sign-up online

BOARD CALL OUT

As our season is coming to an end we are already starting to look to next year's season. It takes a lot of people to keep this team running smoothly and we are always looking for new families to participate and provide new insight. **If you are interested in helping with the 2019 season please contact any board member at any time.** This can help us to fill any open committee spots or get some one involved in fundraising. It can also give us insight as to who might be good candidates for future board members.



2018 COACHES

Kendra Kalvin

Head Coach and 11-12
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Halley Johnson

Assistant Coach 15-18
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Jacob Aegerter

Assistant Coach 13-14
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Erick Grelle

Multi-age group Coach 9-10
& 11-12
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Tryn Peterson

Assistant Coach 9-10
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Sam Roll

Assistant Coach 8 & Unders
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Hannah Aegerter

Administrative Assistant Coach
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**Nicole McCue, Forest Peterson,
Sam Gessler, Emma Neumann, Jon Roll
Makenna Licking**

Helper Coaches

2018 BOARD

Cyndi Mair & Greg Dorn

Co-Chair Presidents
xpstingpresident@gmail.com

Jeff & Valerie Mahoney

Co-Chair Vice Presidents
xpstingvp@gmail.com

Mike Peters

Treasurer

Christy Vitense

Secretary

Becky Flad

Past President
xpstingpp@gmail.com

QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

THANK YOU

A BIG thank you to all of the swimmers, coaches and parents who participated in our GIVE BACK Day on Friday. It was a great morning and much was accomplished on the Ice Age Trail as well as in the park by the pool. If you have a chance, plan to take a hike and check out the trail work that was done. The trail head is on Lewis Street just 2 blocks from the pool.

THIS WEEK'S THEME IS...

**THE PRICE IS
RIGHT**

TBT

Team Building Tuesday is 1:00-2:15 pm at the American Legion as always. We have had amazing turnouts this summer and we would love to keep the ball rolling; the more the merrier! This is also our last TBT, so make sure you try and come. Please try to recruit as many Stingray friends as possible to come,

HEALTHY CHOICES

Stingrays, please start making healthy choices throughout the season. Most importantly make sure that you are staying hydrated and getting enough sleep. Try to bring a water bottle with you wherever you go to ensure you are never without water. Any time you come to practice please bring a water bottle. Even if you don't feel

hot make sure that you are drinking lots of water. Additionally, try to minimize sugars and fats as much as possible and eat as much protein and carbohydrates as you can. This is especially important for the days leading up to any meet. Success in the pool depends on healthy and smart choices outside the pool!

