

# THE STING

Since 1972

July 22, 2018

## IMPORTANT DATES

7/24 HOST Invitational

7/28-7/29 Conference  
@Baraboo

7/29 After conference party  
@legion

7/31 Awards Banquet

## CONFERENCE WEEK REMINDERS

### Practice Schedule

**13-18: 6:15-7:45**

**9-12: 7:45-9:00**

**8 & Unders: 9:00-9:45**

**NO Dryland**

**NO Night Practices**

**NO Stroke Clinics**

**NO Team Building Tuesday**

## COACH'S CORNER

Hi Stingrays!

I hope that you all enjoyed our last dual meet as much as I did! We had some fun, fast swims topped off with a fun impromptu coaches relay. We also got a chance to enjoy some super fancy blocks and channel our inner Olympian!

This week we are preparing for a very busy and fun week, packed with awesome events to pump us up for the Tri Invite and Conference. Take in these final days of our season and enjoy them as much as possible!

Throughout the season we have been discussing our goals and expectations. In order for those goals to be achieved, you need to

treat your body right this whole week so that you can have an awesome performance at the Tri Invite and/or Conference. Our practices start a little later so you should be getting plenty of sleep, drinking lots of water and resting. Please limit any activities that could injure you as that would be quite a bummer the final week of our season. At practice your coaches will be preparing you physically for the meet by tapering the practices. In order for the taper to work fully you need to make sure you are giving full effort and following instructions.

We have come so far this season, Stingrays! Let's top it off with an amazing Tri Invite and Conference meet. Kendra and the coaches

## 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  
stingcoachhannah@gmail.com

**Nicole McCue, Forest Peterson,  
Sam Gessler, Emma Neumann, Jon  
Roll**

**Makenna Licking**

Helper Coaches

## TRI-INVITE IS COMING!!!!!!

In just a couple of days, the Tri-invite will be upon us! This year we are hosting the Tri-invite, so if you are not swimming you should come down and cheer on those who are since it will be there last meet of the year! For those swimming this Tuesday make sure you stay out of the sun and drink lots of water, can't wait to see some fast swimming!



## HEALTHY CHOICES

Now that it is Conference week it is more important than ever to make healthy and smart decisions. Please make sure that you are **staying hydrated**; bring a water bottle to practice and anywhere else you go throughout the day. Don't eat lots of treats this week. Instead

fill your diet with lots of protein and carbs. The coaches also ask that you please **refrain from spending too much time outside or at the pool**. In order to swim your best you need to treat your body well both in and out of the water.

## 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



## SPAGHETTI DINNER

The Spaghetti Dinner is just around the corner on July 26th. It is a team event we have every year right before conference and it's a great way to get hang out with the team and get excited for conference. There is also the annual coaches spaghetti eating competition! Who will win this year?

Additionally, we need volunteers to help with the event and food donations. Families attending should all contribute in ONE of these ways. Please go to Job Sign-up to see how you can help.

## QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.