

THE STING

Since 1972

July 26, 2018

IMPORTANT DATES

7/28-7/29 Conference
@Baraboo

7/29 After conference
party @legion

7/31 Awards Banquet

CONFERENCE WEEK REMINDERS

Practice Schedule

13-18: 6:30-7:45

9-12: 8:15-9:00

8 & Unders: 9:00-9:45

Conference warm up time

8-8:20

COACH'S CORNER

Hi Stingrays!

We are nearing our biggest meet of the summer this weekend and one of our most fun events this evening! I hope to see each and every one of you at our annual Spaghetti Dinner tonight to do a little carbo-loading, spend some time with friends and watch coaches stuff their faces with spaghetti.

Make sure these next couple days that you are resting, drinking plenty of water, and eating right! Prepare your body and mind to swim crazy fast this weekend! Stretching throughout the day and taking a cat nap are great ways to treat your body right

during Conference week.

This weekend's meet will be a very close, competitive meet. When you are not racing or in Clerk of Course, make sure that you are hydrating and preparing for your next race. Remember that you are not only swimming for yourself, but your team. If you are able, cheer on your teammates for a bit before going back to your tent to continue resting. Stingrays we have been working so hard to get to this meet, let's show the Tri County Conference that Stingrays are not to be messed with! Get pumped!! 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
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**Nicole McCue, Forest Peterson,
Sam Gessler, Emma Neumann, Jon
Roll**

Makenna Licking

Helper Coaches

CONFERENCE IS COMING!!!!!!

Conference is just two days away, hope everyone is getting enough rest and staying hydrated!! Make sure your doing the right things at the meet as well, like sitting in your tent after your races not running around. It would be awesome if when your not racing to go and cheer on others, just don't stay in the pool forever. Warm up times are 8-8:20am both days!

Also after the conference meet is over on Sunday we have a party at the legion which will start at 5:30pm. If there is a fire truck ride:) The kids will be dropped off at the legion. The team has rented out the legion for everyone to come and hang out. It is bring your own food. the legion will be open with tables and chairs to sit and chat. There will be a bartender on staff. Kids can play at the park or play at the baseball diamond. Cone, celebrate and relax after a long weekend!



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
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PANCAKE BREAKFAST

This year we are bringing back our semi-annual Pancake breakfast. It is a breakfast that will be at the pavillion outside of the pool and is open to all family members of the swimmers, just make sure you RSVP with Michelle Phaneuf @ mdphaneuf@tds.net. It starts at 7:30am and will go to 10:30am, there will be pancakes, sausage, juice and coffee. Be sure to stop by after practice to fuel up for conference!

AWARDS BANQUET

The annual awards banquet is next Tuesday July 31. For those who are new or just need a refresher of what happens at our banquet the order of event is diner, senior recognition, age group awards, special awards, board elections, pool party. For the food section of the night families with last names A-L (main dish & dessert) families with last names M-Z (main dish & salad). Make sure to bring your own plates, utensils, napkins, beverages and chairs or a blanket (due to limited seating). This is a very fun event to close up our 2018 season so make sure you try to come.

QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.