

THE STING

Since 1972

June 10, 2018

IMPORTANT DATES

Monday, June 11th

First Morning Practice

First Stroke Clinic

Wednesday, June 13th

Picture Day

Thursday, June 14th

Noah's Ark Trip

Saturday, June 16th

Meet @ Baraboo

Wednesday, June 20th

Culvers share day

MEET SCHEDULE

6/9	HOME vs. Mazomanie
6/16	@ Baraboo
6/23	@Sauk Prairie
6/30	HOME vs. Sun Prairie
7/7	HOME vs. Mount Horeb
7/14	@ Spring Green
7/21	@Wisconsin Dells
7/24	HOST Invitational
7/28	Conference @Baraboo
7/29	Conference @Baraboo

COACH'S CORNER

Hi Stingrays!

Congratulations on an awesome first meet! The coaching staff was very pleased to see a lot of fast swims throughout the meet. If the Mazomanie meet was your first meet ever, extra congratulations to you! Thank you to all swimmers who talked with their coach after their races. As a team, we can all work on going the extra mile to have and demonstrate our great sportsmanship. Do your best to remember to wait in the water until all swimmers are done, and give high-fives to your fellow Stingrays and non-Stingrays.

Being kind is a part of being a Stingray, and I know that this next weekend we will continue to demonstrate this.

This next week is super exciting because we begin everything!! Morning practices, stroke clinics, night practices, TBTs and game days! In addition to all of those fun weekly events, this week we also have our Picture Day on Wednesday and the Noah's Ark trip on Thursday! We are all looking forward to an amazing week and meet this weekend!

Kendra and the coaches

PICTURE DAY

Picture day is this **Wednesday** and we would like everyone to come. Pictures will start at **8:00** regardless of your age. 13 & Overs will have a normal practice that day, but will be let out a little early to get ready. 12 & Unders should try to be there by 8:00 though to begin taking individual pictures and lining up for the team picture. They will not have

practice that day. Please come in your team suit and with your order form filled out with money enclosed if you want copies of the pictures. Everyone received an order form in their family folders, but if you need another there are some at the pool. We look forward to see everyone's smiling faces.

CULVER'S SHARE DAY

Next **Wednesday** (June 20th) is our Culver's Share Day where we receive a portion of the profit from Culver's. The event is from **11:00 am to 7:00 pm** at the Culver's in Cross Plains so please stop by and invite your friends and family. This is another great fundraiser for the team and we appreciate any help and support you are able to give. Please make sure to mention that you are there to support the Stingrays Swim Team when you order your food.



VOLUNTEERS NEEDED!

Volunteers are essential for keep this team running. We need volunteers for all home meets, breakfast for coaches, and this year we are hosting conference at the Middleton High School. To sign up for volunteers please visit the Stingrays website and click on the "Events" tab or click here. Thank you in advance for all of your time and effort and we recognize that our season would not be possible without everyone's help.

**GREAT JOB AT
THE FIRST MEET
OF THE SEASON
STINGRAYS!**

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

5:00-5:30 pm

**can attend up to one per week

**sign-up online

STINGRAYS TAKE OVER NOAH'S ARK

All families are invited to join us for a day of fun in the sun as the Stingrays take over Noah's Ark water park in Wisconsin Dells on **Thursday, June 14th**. The bus will depart the Cross Plains pool at **9 a.m. and return at 5 p.m.**

The cost is \$25 which includes discounted entrance to the water park, a hot dog lunch and round-trip bus transportation. Permission slips can be found on the website and are also available at the pool in the Noah's Ark folder. Anyone 12 and under must have a chaperon. Everyone is on their own once they arrive at the water

park.

For anyone with Noah's Ark season passes, you can still ride the bus with us for \$8. Should you choose to drive separately you will have to pay the parking fee if there's an attendant.

Don't miss out. Turn in permission slips and money to the Noah's Ark folder by June 12th. Please contact Emily Spahn at emspahn@gmail.com with any questions or concerns.

2017 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

2017 BOARD

Cyndi Mair & Greg Dorn

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Jeff & Valerie Mahoney

Co-Chair Vice Presidents
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Mike Peters

Treasurer

Christy Vitense

Secretary

Becky Flad & Angie Grim

Past Presidents
xpstingpp@gmail.com

QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

BUDDY PROGRAM

Great job to all of the swimmers that had such fantastic sportsmanship and cheered on their teammates. Buddy Fevers were revealed on Friday at the kickoff picnic, but if you were unable to attend or are unsure of who your buddies are there is a list in the shadow box outside of the pool. Every week there will be a poster provided to all swimmers to color for their buddies and it will be near the family folders.



**THIS WEEK'S
THEME IS...**

INCREDIBLES!

TEAM BUILDING TUESDAYS

Team Building Tuesdays start this week! We will be meeting at the American Legion Park at 1:00 pm to about 2:30. The plan for this week is to play capture the flag to get into the pirate spirit. We hope to see as many people there as possible from all age groups. It would be especially awesome if you could get your entire buddy fever to come as another bonding experience; however, if your buddies can't come please don't hesitate to still show up.

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!

