

# THE STING

Since 1972

June 17, 2018

## 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!

I hope that you are all enjoying your weekends, especially after an awesome meet at Baraboo on Saturday. Despite the pool being non-regulation and times unfortunately not counting, there were so many speedy swims and improvements made within your events. Before the meet we set a goal to work on showing great sportsmanship to other Stingrays and members of the other team and I would say that we achieved this goal. Throughout the Medley and Free relays the coaches saw swimmers staying in the water and congratulating other swimmers around them. Competing with good sportsmanship makes those exciting swims even more exciting knowing that you are doing so with

a positive mindset.

Somehow we are already two meets into our season, with only five dual meets left. Even though it may not feel like it, it's not the beginning of the season anymore so push yourself to keep improving on the small but essential parts of your race (starts, turns, and underwaters). Every single time that you put in that extra effort during dry land or practice you will get better.

With this warm weather, do yourself and your swimming a favor and stay hydrated. Continue to get enough sleep and eat right. See you bright and early Monday morning!

Kendra and the coaches

*Culver's*<sup>®</sup>

## CULVERS SHARE DAY

This **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 the tri-invite. If you have a swimmer at a home meet a family member is also required to work a shift, along with working a shift families are asked to provide a concession food item for 2 home meets (unless you did a concession buyout). To sign up for volunteers please visit the Stingrays website and click on the "Events" tab. 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.

We are also looking for someone to organize/run our annual spaghetti dinner at the end of the season (this is an event to get our swimmers ready for Conference). If you would like to do so please sign up for it on the website.



## 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

## A MESSAGE TO ALL SWIMMERS...

Please make sure that you are talking to your coaches **AFTER ALL OF YOUR RACES!** Also, pay attention to when your races are; do not spend too much time in the locker rooms or playing at the park.

## 2018 COACHES

**Kendra Kalvin**

Head Coach and 11-12  
stingcoachkendra@gmail.com

**Halley Johnson**

Assistant Coach 15-18  
stingcoachhalley@gmail.com

**Jacob Aegerter**

Assistant Coach 13-14  
stingcoachjacob@gmail.com

**Erick Grelle**

Multi-age group Coach 9-10  
& 11-12  
stingcoacherick@gmail.com

**Tryn Peterson**

Assistant Coach 9-10  
stingcoachtryn@gmail.com

**Sam Roll**

Assistant Coach 8 & Unders  
stingcoachsam@gmail.com

**Hannah Aegerter**

Administrative Assistant Coach  
stingcoachhannah@gmail.com

**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.

## BUDDY PROGRAM

Great job to all of the swimmers that had such fantastic sportsmanship and cheered on their teammates. If you are unsure of who your buddies are please check the list posted outside the pool in the shadow box or at the front desk. Every week there will be a buddy poster available next to the family folders for buddies to color for each other. Please feel free to supplement it with anything you like.

The theme this week is...

# CLUE



## TEAM BUILDING TUESDAYS

We had a fantastic turnout to the last TBT so lets do it again this week! We will be meeting at the American Legion Park at 1:00 pm until about 2:15 again. The plan for this week is to play kickball. 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. See you there!

## 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!

