

# THE STING

Since 1972

June 4, 2018

## IMPORTANT DATES

**Friday, June 8th**

Kickoff Potluck

**Saturday, June 9th**

First Home Meet!

**Monday, June 11th**

First Morning Practice

First Stroke Clinic

**Wednesday, June 13th**

Picture Day

**Thursday, June 14th**

Noah's Arc Trip

## 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

Hello Stingrays,

Well we are done with our first week already! Thanks for joining us at these after-school practices, it really is a great way to get your body back into swimming mode. This next week we will all really need to shift our mindsets to prepare for our first meet on June 9th.

This week at practice, challenge yourself to not take any shortcuts like breathing within the flags or pulling on the lane lines. Part of being a stingray means putting in that extra effort every day so that you can see results at the meet that weekend.

This week we not only have our first meet to look forward to but also the Kickoff Picnic! The picnic will be held at the pavilion next to the pool and will follow our second practice. At this time we will hear introductions from the board members, coaches and new families. We will also be revealing the "fever" groups for the buddy program. If you want to be apart of this, let your coach know early in the week. Have a great week, Stingrays!

Kendra and the coaches

## PRACTICE SCHEDULE

### After School Practice

**Ages 14 & Under @ CP Pool**

Tuesday, May 29- Friday, June 8

10 & Under: 3:00 - 4:30 pm

11 & Over: 4:30 - 6:00 pm

**High School Students @ MHS Pool**

Tuesday, May 29 - Friday, June 5

4 - 5:15pm

Wednesday, June 6- Thursday, June 7

2:30 - 3:45pm

Friday, June 8th

12:45 - 2pm

### Summer Practice

June 12 - July 28

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

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

## FIRST SWIM MEET IS THIS SATURDAY

We would like to take this time to congratulate everyone on surviving their first week of practice: you did it! We now only have one more week of practice before our first swim meet of the season against Mazomanie at our home pool. In preparation for our first meet please be conscientious of your diet, be sure to drink lots of water, and get plenty of sleep. A healthy body will lead to successful races.

Please make sure to sign up in our "Events" tab to work a shift at the meet; we always need people to help set-up, take down, do concessions, and other odd jobs. In addition, make sure you sign up to bring food to at least

two home meets throughout the season.

Warm ups begin at **7:00 am** so make sure you are ready with goggles, cap, and team suit on behind the blocks at that time. Soon after warm ups are done, there will be a team meeting held near the pavilion where we will do our cheer. Heat sheets will be available and please pay attention to the announcer to know when to go to clerk of course.

The first meet will also be a great way to meet other swimmers on the team and to cheer on your teammates and buddies. All buddies should at least talk to each other before races to wish them good luck.

## VOLUNTEERS NEEDED!

Volunteers are essential to 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 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.

## MEMORIAL DAY THANK YOU

Thank you to everyone that participated in the Memorial Day festivities. The pie sale was a huge success and it would not have been possible without all of the volunteers who gave their time to bake, set-up, and sell. Another thank you to all of the swimmers that participated in the parade. All the swimmers did an awesome job dressing up and cheering throughout the parade walk! This swim team is a huge part of the community and we are so proud of all the positivity and spirit everyone showed. Once again, thank you for everything you do to contribute to this team.



## KICKOFF PICNIC

The Kickoff Picnic is on Friday, June 8th at the pavilion outside the Cross Plains Pool and 6:00 pm. The Kickoff Picnic is a great way to meet new families, the coaches, and the board. Pizza will be order as the main dish, but we ask that Stingray families contribute to the meal as well.

**Families with a last name beginning with A-M:**

side dish/salad

**Families with a last name beginning with N-Z:**

dessert

Everyone must bring their own plates, utensils, and drinks. It can get slightly crowded under the pavilion so feel free to bring folding chairs, blankets, and tablecloths. We ask that all 8 & Unders and 13 & Overs make sure to show up because you will be receiving buddy assignments. We look forward to seeing everyone there, eating delicious food, and starting another fantastic season!

## 2018 COACHES

**Kendra Kalvin**

Head Coach and 11-12  
stingcoachkendra@gmail.com

**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  
stingcoacherick@gmail.com

**Tryn Peterson**

Assistant Coach 9-10  
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**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 & Angie Grim**

Past Presidents  
xpstingpp@gmail.com

## QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

## BUDDY PROGRAM



The buddy program has been in place for many years at the Stingrays. Its goal is to unite the team and give young swimmers a role model by matching up an 8 & Under with a 15-18 or 13-14 buddy that they will have for the entire season and this year we will also be adding an 11-12 or 9-10 to each group. We encourage buddies to cheer each other on throughout the season, color a poster for each meet, and participate in as many activities together as possible. We ask that all swimmers attend the season kick off picnic to meet their buddies for the year.

## TEAM BUILDING TUESDAYS

Team Building Tuesdays, or TBTs, are a fantastic way for swimmers to get to know other people on the team and have a fun time. They are exactly what they sound like: every Tuesday afternoon we will meet at a park in Cross Plains, most of the time the American Legion, from 1-2:30 and there will be some sort of game or activity organized by the coaches that is sure to get everyone moving and have fun. We strongly encourage buddy pairs to participate together if they can. TBTs are not required by any means but they are a great way to meet new people, smile, laugh, get active, learn something new, and have a good time.

## HEALTHY CHOICES

Stingrays, please start making healthy choices as the season starts. 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!

