

THE STING

Since 1972

June 24, 2018

MEET SCHEDULE

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!

As we enjoy the beautiful weather this weekend, we can reflect back on an amazing meet Saturday at Sauk Prairie. Congratulations to every swimmer who competed, I know that there were a crazy amount of personal bests, improvements and even first-time legal swims! We came off of a rainy, cold week but that did not stop us even a bit.

As we look to this next week, we face possibly our biggest

competitor yet. We need our whole team this weekend in order to do our best as a team. Set your mindset to be ready for anything this week, as your coaches will be challenging you physically and mentally. We as your coaches know just how capable each of you are, so allow yourself to be successful by listening and taking action.

Go Sting!

Kendra and the coaches

PICTURE INFORMATION

Pictures from meets and around deck will be housed on Shutterfly this year. You do not need to create an account to view the photos; however, if you would like order prints or any other products you will have to create an account. All of the photos are courtesy of our

team photographers; huge thank you to all of them.

Site Address:

<https://crossplainsstingrays.shutterfly.com/pictures>

Site Password:

SwimFast



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.



CULVERS

Huge thanks to everyone that helped out with the Culver's share day!! It was a big success. We had so many Stingrays stop by to support our team. Also a special thanks to the swimmers who donated their time in delivering food and attracting customers to stop in.

BUDDIES

Great job to all of the buddy fevers that have been cheering each other on! If you are unsure of who your buddies are check the shadow box to find a list of the buddies. 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.

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

5:00-5:45 pm

**can attend up to one per week

**sign-up online

MALLARDS GAME

The Stingrays are having a new fundraising opportunity this season. We will be selling tickets to families for a Mallard's game on July 11. Tickets will be sold until July 1st and there are different types of ticket pricing you can get so make sure to check out the stingray website for more under the events tab, or you can just click [here](#). \$5.00 from each ticket sold will go back to the Stingrays. Great family activity and you can bring other family and friends!

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

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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 R
Makenna Licking**

Helper Coaches

2018 BOARD

BCyndi 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.

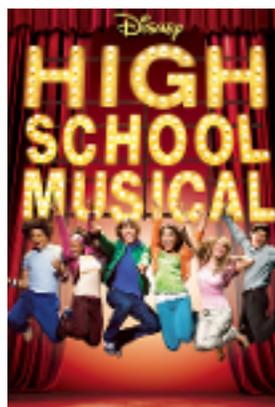
SUN PRAIRIE MEET

This Saturday we have a home meet against Sun Prairie and there will be a couple things different about this meet. First off we will be starting the meet at 7:30, because of how large the teams are. This means warm ups will be at 6:30, so make sure you get there on

time. Along with the time change we will be having a Kona Ice truck there for anyone to buy a tasty treat (preferably after your swimmer is done with their races). 25% of the sales from this will go back to the stingray team, so make sure you stop by.



THIS WEEK'S THEME IS...



TEAM BUILDING TUESDAYS

We have had wonderful turnouts for TBT so far and we would love for it to continue. 1:00-2:15pm at the American Legion, this week we will be playing kick ball. We look forward to seeing everyone 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.

Also give this article a read for foods you should be eating before races and during meets. Click [here](#) to read

Success in the pool depends on healthy and smart choices outside the pool!

