

The Sting!



May 2010

Welcome Message From The Board of Directors

We would like to welcome you all to the 2010 season of the Cross Plains Stingrays. Welcome back to old friends and a warm welcome to our new families. We are looking forward to another great season. We have 4 home meets this season and a great number of events to once again strengthen the Cross Plains Stingrays family. We have many opportunities to volunteer for positions and committees. Feel free to contact a board member to see where you can help. We are a great team because of all the volunteers that pitch in to make our club run smoothly. Looking forward to seeing you all at the pool. Go Sting!!!

2010 Board of Directors:

Co-Presidents: Ladd & Laurie Pettit
Co-Vice-Presidents: Mike & Kay Calvin
Past Presidents: Todd & Jackie Licking
Secretary: Jennifer Gutzmer
Treasurer: Jodi Wells

For contact information for all officers and other club leaders, click on: [2010 Cross Plains Stingray Team Information](#)

2010 Coaches

We are excited to have the majority of our coaching staff returning from last year. Moving into co-head coach roles are Shane Ryan and Rachael Friedland Ryan. Kirsten Rhude and Kris Rhude also return from last year's team. The lone new member of the coaching staff, Vanessa Palmert, will still be a familiar face to many as she coached many Stringray swimmers this past winter with the WRAT USA swim team in Waunakee.

Co-Head Coaches: Shane Ryan
Rachael Friedland Ryan
Assistant Coaches: Vanessa Palmert
Kirsten Rhude
Kris Rhude

2010 Season Registration Forms

We are requesting that all families planning to participate in the Stingrays 2010 program complete registration forms ASAP. We are expecting another significant increase in membership this year and need to get an accurate count and determine our swimmers per lane. To download a form, click on [2010 Registration Form](#). Forms should be sent to:

Stingrays c/o Jennifer Gutzmer
5331 Otto Kerl Rd, Cross Plains 53528

Team Suits

Middleton Sports & Fitness is the preferred vendor for team suits this year. Fittings can be done at their Middleton location on University Avenue across from Walgreen's.

Middleton Sports & Fitness
6649 University Avenue
Middleton, WI 53562
P.608.836.3931

Social Committee

Are you looking for a way to be involved with the team and ensure that your swimmer has a fun season? If so, the Social Committee is looking for fresh ideas for fun events for all of our age groups. Some of our past outings include a trip to Noah's Ark, miniature golf, and the movie outing. These outings help the swimmers bond with their teammates and create a fun team-building atmosphere away from the pool. The social committee has also planned a golf outing and parent get together that follows the last home meet. If you are interested, please contact either Kathy Virnig at jvirnig@tds.net or Ladd Pettit at lpettit@chorus.net.

Official Training

Sunday, May 9th

Sunday, May 12^h

For anyone interested in becoming a swimming official, the league is holding two training sessions.

Sunday, May 9 at 3:00 pm

or

Wednesday, May 12 7:00 pm

Both sessions will be at the Cross Plains Fire Station on Bourbon Road.

Stingwear Orders Due

Sunday, May 23rd

Stingwear samples will be on display at the indoor practice at Middleton High School on May 8th. The order form is expected to be available on the team web site the week of the 10th. Orders will be due May 23rd with an expected delivery date of June 12th. For more information, please contact either Tera Hollfelder (thollfelder@tds.net) or Kerry Stoppleworth (stopplin@chorus.net).

Brat Stand

Saturday, May 29th

Thanks to those of you who have already agreed to work a shift at the Lion's Club Brat Stand on Saturday May 29th. Due to the new Ice Age Trail building on Main Street, the brat stand will now be near Piggly Wiggly and The Hair Chamber.

You will be able to sign up for specific time slots at Saturday's practice at Middleton High School. Otherwise, please contact the Brat Stand coordinators Frank & Julie LaBoda at 798-1912 or sixbodas@tds.net to see what shifts are still open.

We invite all of you NOT working a shift that day to come and support the Stingrays by EATING LUNCH AT THE BRAT STAND May 29! Go Sting!!!!

Memorial Day Parade

Monday, May 31st

Stingray swimmers and coaches are invited – and encouraged – to march in the Cross Plains Memorial Day parade. Meet at Plastic Ingenuity, (1017 Park Street) at 10:30 a.m. on Monday, May 31st, to march to the Legion Park, where the Stingray pie sale will be going on. Stingrays are encouraged to wear Stingwear, make Sting signs to carry (we'll also be carrying the team flag and banner), and bring candy to hand out (not throw!). If you plan to have candy, **please** bring a bag or bucket to carry candy in. Contact Kathy Virnig (jvirnig@tds.net) with questions.

Stingray Pie Sale

Monday, May 31st

It's time for the Stingrays Annual Pie Sale. The sale is located within Legion Park with all the other Memorial Day festivities. Our team will be selling great pies and Culvers custard. If you signed up to bring pies, please bring your 2 homemade (preferable) or bakery pies to the Stingray Tent at the American Legion Park between 9am & 11am on Monday, May 31st. We expect the weather to be warm and nice. Please no cream, Jell-O, pudding or other pies requiring refrigeration. If you signed up to help with the pie sale, you will receive a reminder call. Sale time is after the ceremony until everything is gone. Thank you in advance for donating pies, money and your time. Any questions, please call Mike & Kay Calvin @ 798-1041. Stop by and support your team and eat lots of pie!!

Kick Off Picnic

Friday, June 4th

6:00 pm, Cross Plains Pool Shelter

All families are asked to provide a main dish to pass. Families with last name beginning A-M, please also bring a dessert. Families with last names beginning N-Z, please also bring a salad. Everyone is asked to provide your own family's plates, utensils, beverages, blanket, and/or tablecloth.

Picture Day

Friday, June 18th

Team pictures will be taken during the June 18th practice at 8:00 am.

2010 Practice Schedule

May Practices

Middleton HS Indoor Pool:

Saturday, May 8th 5:00 pm–7:00 pm

Saturday, May 15th 5:00 pm–7:00 pm

After School Practice Schedule:

Tuesday, June 1st–Friday, June 11th

3:15-4:15 pm (10 & under)

4:15-5:45 pm (11 & over)

Daily Summer Practice Schedule:

**Monday, June 14th – First Official Day of
A.M. Practice**

Daily Weekday Practice Times

6:00-7:45 am (13 & over)

7:30-9:00 am (9 to 12)

8:45-9:45 am (8 & under)

Stroke Work and Additional Practice Times

5:00-5:45 pm Monday/Wednesday

8:30-9:30 pm Tuesday/Thursday*

* Coach's discretion

2010 Meet And Special Event Calendar

A complete list of meets and special events can be found on the Stingray website at:

<http://www.crossplainsstingrays.com/calendar>

Questions about Swim Team or New to the Team?

The General and FAQs section of the team website contains several documents for families new to the Stingrays and swimming in general.

<http://www.crossplainsstingrays.com/faqs-2>

Stingray Website

Be sure to check the Stingrays official web site, www.crossplainsstingrays.com, for up-to-date information throughout the season.