

# The sting!



**Week of June 6<sup>th</sup>, 2011**

---

## **Welcome Message from the Board of Directors**

The 2011 season of the Cross Plains Stingrays has begun! We welcome back old friends and new families. Do you remember your first year as a Stingray Family? All the questions you had about what to do at meets, how to sign your child up, and many more? This year, we put together a New Family Mentor Program where 'experienced' families will mentor new families. We look for this to supplement the frequently asked questions we have on the website. Contact Mike or Kay if you wish to help share the knowledge of surviving being a Stingray family! One other new addition this year is our online volunteering. Early returns indicate this will be a huge benefit to parents and meet leads alike. Online signup and email reminders are two of the big benefits this system brings to us. We continue to have many opportunities to volunteer and help keep our club running smoothly. Looking forward to a fun and exciting summer swim season. Go Sting!!

## **2011 Board of Directors**

Presidents	Mike and Kay Calvin
Vice Presidents	Shawn and Lori Neumann
Past Presidents	Ladd and Laurie Pettit
Secretary	Jennifer Gutzmer
Treasurer	Julie Kalsbeek

## **Reminder: Sign In and Out for Meets**

All swimmers need to indicate whether or not they will be attending a Saturday meet by the end of practice on the preceding Tuesday. The sign in/out form listing all swimmers and meets is available in the pool office.

## **Code of Conduct Due June 10<sup>th</sup>**

All swimmers are required to sign the Stingray Code of Conduct BEFORE the first meet this Saturday. You will find a copy in your family mailbox at the pool. Please return the Code of Conduct to the GUTZMER mailbox. Please note that the Code of Conduct MUST be returned before your swimmer can participate in any meets.

## **First Meet of the Season**

### **Stingrays Visit Mazomanie on June 11<sup>th</sup>**

Stingray warm-ups start at 7:30am. As each team only gets 20 minutes of warm-up time, swimmers should be "on deck" and ready to swim when warm-ups begin. The Mazomanie swimming pool is approximately 15 minutes from Cross Plains and is located at 318 Park Street. New swim families are certain to have questions about swim meets and are encouraged to seek out families who have been through a season with the team. The FAQ section of the Stingray website (<http://www.crossplainsstingrays.com/faqs-2>) is also a good source for information on swim meets.

## **Team Suits**

Middleton Sports & Fitness is the preferred vendor for Stingray team suits. 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

## 2011 Coaches

While there are a few changes in this year's coaching staff, there are no unfamiliar faces to those who have been around the team the past few years. Returning from last year's staff are head coach Shane Ryan and assistant coach Kris Rhude. While new assistant coaches Teryn Buchanan, Derek Uselman, and Luke Lengfeld as well as helper coaches Brian Andryk and Morgan Hormig are new to the coaching ranks, they should be well known to Stingrays as their past contributions as swimmers have helped Cross Plains attain its place atop the Tri-County conference.

Head Coach:	Shane Ryan – 15-18
Assistant Coaches:	Teryn Buchanan – 8 & U Kris Rhude – 9-10 Derek Uselman – 11-12 Luke Lengfeld – 13-14
Helper Coaches	Brian Andryk Morgan Hormig

## Online Volunteering

To ease the burden on the leaders of the tasks necessary to run the club, we are utilizing an online volunteering sign up system. [i-volunteeronline.com](http://i-volunteeronline.com) is inexpensive, is easy to use, allows for online sign up, and best of all makes the job of administering and leading the tasks much less time intensive. We are using this site for all meet sign ups, prep, concessions help and food, clerk of course, etc. Cancelling or changing sign ups is all done on line. We are looking forward to continuing to use this. If you haven't yet signed up for duties during a meet, we could use help with clerk of course. Visit the site at [crossplainsstingrays.i-volunteeronline.com](http://crossplainsstingrays.i-volunteeronline.com)

## Concessions Food Descriptions Added/Changed

We included better definition around the Concessions Food for all the meets and have updated the volunteer site. If you have signed up, please review the changes. For those yet needing to sign up, go to [crossplainsstingrays.i-volunteeronline.com](http://crossplainsstingrays.i-volunteeronline.com).

## Kick Off Picnic

**Friday, June 10<sup>th</sup>**

### 6:00 pm, Cross Plains Pool Shelter

Help kick off the season with some good food and conversation. Meet the coaches and the Stingray board. 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.

## Brat Stand

**Sunday, June 12<sup>th</sup>**

Thanks to those of you who signed up to work a shift at the Lion's Club Brat Stand on Sunday June 12<sup>th</sup>. Like last year, the brat stand will be located near Piggly Wiggly and The Hair Chamber.

STINGRAY SWIMMERS and PARENTS!

Whether your family is working a shift at the brat stand or not, you are encouraged to bring a homemade sign (BRATS TODAY or SUPPORT THE STINGRAYS!) to attract traffic to the brat stand. Stay for 30 minutes or a couple hours. All smiling faces are welcome.

We invite all of you NOT working a shift that day to come and support the Stingrays by EATING LUNCH AT THE BRAT STAND June 12th! Go Sting!!!!

## Picture Day

**Friday, June 17<sup>th</sup>**

Team pictures will be taken during the June 17<sup>th</sup> practice at 8:00 am.

## Noah's Ark

**Thursday, June 23<sup>rd</sup>**

The Stingrays are going to Noah's Ark again this year on June 23rd. We will be taking a bus from practice at 9:45 and returning about 6:00. The cost this year for the entrance into Noah's Ark, a hot dog lunch, and the bus ride is \$25 per person. Any child 10 and under is required to have a chaperon. I will have sign up slips at the pool starting Monday, June 13th. The permission slips and money need to be turned in to the Virnig folder no later than Tues, June 21st. Please contact Kathy Virnig at 798-0613 or [jvirnig@tds.net](mailto:jvirnig@tds.net) with any questions or concerns.

## **Meet Schedule**

Sat. June 11 @Mazomanie  
Sat. June 18 Baraboo  
Sat. June 25 Sauk Prairie  
Wed. July 2 @Sun Prairie  
Sat. July 9 @Mount Horeb  
Sat. July 16 Spring Green  
Sat. July 23 Wisconsin Dells  
Sat. July 30 Conference Prelims @ Baraboo  
Sun. July 31 Conference Finals @ Baraboo

## **2011 Practice Schedule**

### **After School Practice Schedule:**

**Tuesday, May 31<sup>st</sup>–Thursday, June 9<sup>th</sup>**

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

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

### **Morning Practice Schedule:**

**Friday, June 10<sup>th</sup> – First Official Day of A.M. Practice**

### **Daily Practice Times**

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

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

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

## **Stingray Website**

Be sure to check the Stingrays official web site, [www.crossplainsstingrays.com](http://www.crossplainsstingrays.com), for up-to-date information throughout the season.

## **2011 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. Look for it at:

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