

The Sting!



Week of May 31, 2010

First Meet Of the Season

Stingrays Visit Wisconsin Dells on June 5th

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 Wisconsin Dells Municipal Pool is approximately 70 minutes from Cross Plains and is located at LaCrosse and Superior, behind the Post Office. If you would like to follow the caravan to the meet, it will leave the Cross Plains pool parking lot promptly at 6:20am. 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.

Reminder: Sign Up For Meets

Swimmers wishing to participate in swim meets need to sign up at the pool by the end of practice on Tuesday for meets scheduled for the following Saturday. This procedure allows the coaching staff time to prepare meet entries and avoid last minute changes and/or disqualifications.

Code of Conduct Due By May 4th

Just a reminder, a Stingray Code of Conduct form needs to be signed by each swimmer and a parent **before the first dual meet**. Please check in your mailbox on Tuesday the 1st for a copy. Please return to the GUTZMER folder. Thank you!

Coach's Corner

Though it is hard to believe, another summer swim season is upon us! We want to take this opportunity to welcome back returning swimmers and their families and offer a special welcome to the swimmers and families that are new to the Stingrays! We are excited to be co-head coaching the team together this year, and we hope this will be advantageous for the team and the swimmers.

Tuesday will be our first official practice of the season. Though we understand this time of year is busy with school winding down and other activities in full swing, it is essential we do our best to get all swimmers to practice and ready for our first swim meet Saturday, June 5th. Please do your best to get your swimmers to practice, especially in these next two weeks of after-school practices. Fortunately, it sounds as if the weather should cooperate with us. We will keep hoping for the warm and sunny weather because it makes our afternoon swim practices much more tolerable!

We are excited to have both Kirsten and Kris Rhude returning as Assistant Coaches this year, and we are lucky to have a new Assistant Coach, Vanessa Palmert, with us this summer. She brings with her years of coaching experience, and by day is a schoolteacher. We are also grateful to have Emily Stone and Teryn Buchanan assisting the team this year as Helper Coaches.

Many swim team Board Members, the Stingray Coaches, and Parent Volunteers have been working busily on preparing a summer filled with fun activities and events, hard work, and early mornings! We look forward to seeing your swimmers at practice on Tuesday, and we also look forward to seeing the swim team families at the Kick Off Picnic on Friday, June 4th at 6:00 pm.

- Shane and Rachael

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.

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.

2010 Practice Schedule**After School Practice Schedule:****Tuesday, June 1st–Friday, June 11th**

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

4:15-5:15 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.