

JUNE 24

# THE STING



SINCE 1972



## SURVIVING THE FLOODS

A Week of Noah's Ark and Weathering the Storms!

### COACH'S CORNER

It was an unexpected week of rest and relaxation for us Stingrays this week! Our storm cancellations on Friday and Saturday were disappointing, but we have rescheduled with Mt. Horeb for Sunday (more info below). The cancellation aside, we coaches had a great time with all of you this week! From our capture the flag games, to duct tape creations, to three legged races, it was a great week! That's not even mentioning our adventure to Noah's Ark. Stingrays stormed the park, braving the "Black Anaconda," the "Scorpion's Tail," and of course, "The Stingray," among others, and had a great day of fun, sun, slides, and tides. We hope all the swimmers who participated had as much fun as your coaches did! (And whatever Lauryn Abozeid says, Coaches Brian and Kris were stone-faced and calm on "The Point of No Return!") What a day! This coming week will be no less exciting. We have a rare Wednesday night meet this week against Spring Green and a rescheduled meet against Mt. Horeb on Sunday morning. We want everyone to focus

this meet on having perfect technique! Remember to think about your starts, turns, strokes, and finishes before getting up on the blocks, and work hard in practice to train harder than you race! Perfect technique in practice will lead to perfect technique in meets. We also want to emphasize sportsmanship and team spirit. Stay in the water after your race, tell everyone good job, and cheer on all of the swimmers! For your team spirit information, the theme for Spring Green is Sesame Street! Hope to see some cute, furry monsters on Wednesday! Having the meet in the middle of the week does change a few things for everyone. First, check the schedule for modified practice times on Wednesday and Thursday. Thursday we have a rare chance to gather the whole team together, so sleep in a bit and come out for a great Game Day! While we're keeping the theme a secret, we can promise a very fun morning! Get ready for another exciting week with the Cross Plains Stingrays! Go Sting!

-Stingray Coaches

### UPCOMING EVENTS

Extra Details can be found on Page 2

#### Monday

**Stroke Clinic 5:00-5:45**

Sign-up Online

#### Tuesday

**Team Building Tuesdays**

Pool Shelter at 3 PM

#### Wednesday

**Modified Practice for Meet Day**

**13 - 18s and 8&Us:** Arrive as usual

**9 - 12s:** 7:45 - 9:00

**Massage therapy for 9-18s (8-10 AM)**

**Stroke Clinic CANCELLED**

Swimmers will be at the meet

**Meet at Spring Green**

Warm-Ups start at 5

Meet begins at 5:30

Theme: Sesame Street!

**Mt. Horeb sign-in deadline**

#### Thursday

**Modified Practice for Mystery Day...**

This week's theme day is a mystery! If you're willing to wake up the morning after a meet, all age groups should come to the pool from 8-10 for a mysterious game day..

#### Saturday

**Day Off!**

No meet due to our Wednesday meet at Spring Green

#### Sunday

**Make-Up Meet Against Mt. Horeb**

At Mt. Horeb

Warm-Ups start at 6:45

Meet begins at 7:15

Theme: Mystery..

## Meet Sign Ins

All meets are now available to sign in or out. Please take the time to sign your swimmers in or out of as many meets as possible. By signing in early, your coaches are able to design awesome workouts, fun games, strategic lineups and more, instead of tracking down uncommitted swimmers. Especially remember this week to sign in or out of our make-up meet against Mt. Horeb. The sheet is available online now.

### Team Building Tuesdays

Team Building Tuesdays is a new program which the Stingray coaches are putting on for the kids in the Stingray community. They will be volunteering their time to facilitate team bonding between our nearly 200 swimmers as well as promoting an active, healthy lifestyle for the youth of Cross Plains.

Last week's Team Building Tuesday was a great success; with around 30 swimmers in attendance, we had a great time playing a few hard fought rounds of capture the flag! The next adventure will occur on June 25 at the pool shelter at 3:00. We will be doing some Stingray themed arts and crafts. We encourage swimmers from all age groups to come join in the games, meet some other Stingrays, and have a ton of fun. See you on Team Building Tuesday!



### Home Meet Job Sign Up

Job sign-ups for the July 6th home meet open this week. Every family with a swimmer committed to the meet needs to sign up for a job. Many hands make light work! Please be sure to sign up as soon as possible so volunteer organizers can prepare in advance. Concessions requirements consist of bringing a required item to one meet throughout the season unless you have bought out. You may bring more but it is not required. Thanks for your continued volunteering and support!

For more information about the team, or to get in touch with coaches or the board, go to [www.crossplainsstingrays.com](http://www.crossplainsstingrays.com) for up-to-date info and contacts.

### Conference Volunteers Needed ASAP!

Remember to sign up for a volunteer shift at Conference. All teams are required to provide 20 volunteers for the meet. Our volunteers must be in by July 1, so please sign up as soon as possible. A huge thank you to those who already have! Go to the website's "Team Functions" tab to volunteer as a Timer or Clerk.

### Conference Business Sponsorships and Family Ads

If you or your company is interested in a business sponsorship or family ad at Conference this year, your paperwork is due on July 1. For more information, reference the forms which were emailed out to the team last week.

### Buddy Program

The Buddy Program is a way for our youngest swimmers to have a role model as they enter the wide world of summer swimming. Every 8 and Under will be paired with an older swimmer (between the ages of 14 to 18).

Once again, we've had to postpone some of our buddies meeting with the meet cancellation this weekend. We will be sure to introduce everyone to each other by the end of this week.

Questions about the Buddy Program? Direct them to our 8 and Under helpers and Buddy Program organizers, Emily Douglas and Haley Joyce.



## Conference Senior Profiles

Graduating Stingrays: your profiles for the Tri-County Conference Meet Program are due on July 1. Please fill them out and send them to the email provided to you in the message you received from the board. If you have any questions, feel free to contact the Bohacheks.

## Mt. Horeb Meet Rescheduling

As you know, our last meet had to be suspended due to storms. We appreciated your patience and understood your frustration with the delays. We fully support whatever decision your family made during these delays.

We have rescheduled the meet for this Sunday, once again at Mt. Horeb. A sign-in sheet will be available online Monday night. Please sign your child in or out **ASAP** as the coaches will have limited time to create these lineups with our weekday meet. Swimmers must be signed in or out by midnight on Wednesday.

We know that this week has been scheduled as an 'off' week since the beginning of the season, and thus understand if your family will be on vacation and cannot attend. We hope to have a full turn out, and see everyone there, but are aware it may be a busy week. Just be sure to sign-in or out.

We're looking forward to another chance at getting past the Gators! Go Sting!



## Conference T-Shirts Order

The deadline for ordering a Conference T-Shirt is Monday, July 1st at the end of practice. The order form can be found on the website. Please remember that the original form which was emailed out to you did not have the option of a white shirt (which is a great option for tie-dyeing blue and yellow at our tie-dye day on Friday, July 19!) Make cheques out to the Cross Plains Stingrays and submit them to the Bohachek folder with the order form.

## Muscles tight after practice?

Diana Postle has once again graciously offered to volunteer her time to give massage therapy for the 9 - 18s after their practice (day may vary each week, this week is Wednesday 8-10AM). Talk to coach Kris in order to get yourself a time slot.

## Stingray Board

**Presidents:** Doug and Stacey Bohachek  
**Vice-Presidents:** Vacant  
**Secretary:** Kristi Van Buren  
**Treasurer:** Julie Kalsbeek  
**Past Presidents:** Shawn and Lori Neumann

## Stingray Coaches

**Luke Lengfeld**  
Head Coach 13 - 18s  
**Kristofer Rhude**  
Head Coach 12 - under  
**Brian Andryk**  
Assistant Coach 13 - 14s  
**Sophie Tallard and Kendra Kalvin**  
Assistant Coach 9 - 10s  
**Teryn Buchanan**  
Assistant Coach 8 - under  
**Emily Roll**  
Senior Helper Coach  
**Emily Douglas and Haley Joyce**  
8 and Under Helpers

