

JUNE 17

THE STING



SINCE 1972



STINGRAYS WITH A CLUE!

VICTORY AGAINST SUN WAS NO MYSTERY

COACH'S CORNER

We rolled the dice against our biggest Conference competition at Sun Prairie this week. Without Concentration and determination, we could have been in Trouble, but with the swimming we saw, there was no Risk of a loss! While we didn't have a Monopoly on great swims, Guess Who said, "Checkmate!?" That's right, the Cross Plains Stingrays, with a score of 360 to 302! You all swam with style on Saturday, and incredible swims abounded! We broke no less than 11 Sun Prairie Pool records (see insert below)! In addition, 6 of our own team records were broken this week. The 11-12 girls Medley Relay broke a record they set last week, improving their time to 2:23.97 with a team of Nicole McCue, Grace LaBoda, Hannah Aegerter, and Megan Bauerle. The 13-14 boys broke a 7 year old record with a time of 1:57.36 and a relay of Erick Grelle, Max Hollfelder, John Virnig, and Jacob Aegerter. The 15-18 boys Jack McGovern, Derek Pettit, Nick Calderon, and Jackson Uselman followed up in stunning fashion, beating out Sun Prairie's A Relay by a mere half

second to break our team record with a time of 1:44.04. Individually, Hannah Aegerter rebroke her own 100 Free and 50 Fly records with times of 1:04.19 and 32.09 respectively. Makenna Licking set a new 50 Free record for the 11-12s setting the blistering pace of 30.53 and touching out her Sun competition by 0.05! Great swims didn't end there; Olivia Wissink cut seven seconds to win an outside sweep in her 50 Free! Also in the 50, Erick Grelle, Victoria Trantow, and Ian Richardson all cut significant time. Other great swims included Sydney Krause's stellar backstroke, Grace Anderson's 4 second drop in the 25 free, Kevin Grelle's 5 second drop in the 100IM, Kendra Calvin's 8 second drop in the 200 Free, and Elaina Phaneuf's breaststroke. To win this meet, we needed all of our swimmers to race their hardest, and you certainly all did so! Great job! Plus, outside the pool, we were really impressed and pleased to see so many Stingrays cheering on their teammates as they swam. We hope to continue to see such spirit at our ... (Continued on page 2)

UPCOMING EVENTS

Extra Details can be found on Page 2

Monday

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

Stroke Clinic 5:00-5:45

Sign-up Online

Tuesday

Meet Sign in Deadline

Team Building Tuesdays

Legion Park at 10:15 AM

Wednesday

Stroke Clinic 5:00-5:45

Sign-up Online

Thursday

Duct Tape Day!

This week's theme is the miracle product of duct tape! Bring a roll on Thursday for some duct tape themed pool games and costume creation for Saturday!

Noah's Ark Trip

Sign up by the end of the day on Monday!

Saturday

Meet at Mt. Horeb

EARLY START

-Meet starts at 7:30

-Stingray Warmups at 7:00; be behind the blocks by 6:55.

Flyover starts in effect

13-18 Buddies: Get in touch with Coach Teryn or Coach Kris at the meet to get connected with your 8 & Under buddy. Signs to colour for your buddy will be available on Tuesday.

Spring Green Meet Sign in Deadline

Early due to Wednesday meet

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. Be sure to sign in for Mt. Horeb by Tuesday, and for Spring Green by Saturday as next week's meet falls on a Wednesday. While you're at it, finish the rest up, and don't worry about it for the rest of the season!

Team Building Tuesdays

Team Building Tuesdays is a brand 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.

Our first Team Building Tuesday was a great success; with around 40 swimmers in attendance, we had a great time playing kickball and ultimate! The next adventure will occur on June 18 from 10:15 to around 11:30 at American Legion Park. We will be playing some games of soccer and capture the flag. 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!



Noah's Ark Trip

The Stingrays are going to Noah's Ark Waterpark on Thursday, June 20. Permissions slips along with \$27 is due by the end of the day on Monday. The payment covers the bus, waterpark ticket, and lunch. Bus leaves at 9:45AM from the pool, returning at 6PM. Come on out for this super fun Stingray tradition!

Questions? Contact Molly Pape:
798-0747 or kmpape@charter.net

For more information about the team, or to get in touch with coaches or the board, go to www.crossplainsstingrays.com for up-to-date info and contacts.

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 Monday 8-10AM). Talk to coach Kris in order to get yourself a time slot.

... (continued from page 1) ... upcoming meets! All of the coaches are so proud of your swimming and your spirit at the Sun meet. We knew that the meet would be close, but that if all of our swimmers swam their best, kept positive attitudes, and had a lot of fun we'd emerge the victors! You did not disappoint. Great job, Stingrays! Let's keep it up as we head to Mount Horeb at the end of the week! This will be another very competitive meet, so keep focused and attentive in practice this week. We'll keep working on lessening DQs, promoting spirit and sportsmanship, and having a lot of fun! Try out Team Building Tuesday this week, have a blast at Noah's Ark on Thursday, and bring a roll of Duct Tape for some games at Thursday's practice! We're having such a successful start to the season. Let's keep it up in the weeks to come! Go Sting!
-Stingray Coaches

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). These older swimmers will get to know their younger "buddy," cheer them on at their races, and serve as a role model.

Unfortunately in the annual chaos that is Picture Day, we didn't get a chance to get our older buddies to meet the younger ones. While some may have met them at the swim meet, we will try and ensure that everyone meets their buddies at some point in the next week or so. Please be patient, as our Buddy Program organizers will be in Spain and West Virginia respectively until next week.

Questions about the Buddy Program? Direct them to Coach Kris until our 8 and Under helpers and Buddy Program organizers, Emily Douglas and Haley Joyce, return next week.

Missing a Ribbon?

Especially at away meets, we sometime do not receive all of the ribbons that we should. For ribbon issues, talk to Jennifer Gutzmer, and she will get the ribbons your swimmer needs.

Sun Pool Record Holders

The Stingrays broke 11 of Sun Prairie's pool records this week! They are as follows:

Girls 11-12 Medley Relay

Nicole McCue, Grace LaBoda, Hannah Aegerter, Megan Bauerle

Boys 15-18 50 Free

Jackson Uselman

Boys 11-12 50 Breast

Jay Sullivan

Girls 11-12 100 Free

Hannah Aegerter

Boys 13-14 200 Free

Jacob Aegerter

Girls 11-12 50 Fly

Hannah Aegerter

Boys 13-14 50 Fly

Jacob Aegerter

Men 15-18 50 Fly

Jackson Uselman

Girls 11-12 Free Relay

Makenna Licking, Nicole McCue, Ashlyn Phaneuf, Megan Bauerle

Boys 13-14 Free Relay

Erick Grelle, Max Hollfelder, John Virnig, Jacob Aegerter

Boys 15-18 Free Relay

Jack McGovern, Derek Pettit, Nick Calderon, Jackson Uselman



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!

Concussion Forms

Please get your Concussion Forms turned in as soon as possible to the Van Buren folder at the pool. We would like to have all of the forms turned in by Friday, June 21. Be sure to read carefully about these potentially serious injuries.

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

