

JUNE 10

# THE STING



SINCE 1972



## BACK ON THE BLOCKS

THE 2013 SEASON BEGINS

### COACH'S CORNER

Congratulations on an excellent first meet of the season, Stingrays! We swam past the Sauk Prairie Pool Sharks in winning fashion and had a lot of fun along the way. In our very first meet of the season, three team records were smashed! The 11-12 girls had a field day with their section of the board, as the Medley Relay of Nicole McCue, Makenna Licking, Hannah Aegerter, and Grace LaBoda put their names on the books. Hannah followed up the relay with two more record breaking swims; the first was her own IM record from last year, but the second was a 21 year old 100 freestyle record, set back in 1992! WOW! We also want to give a special commendation to all of our brand new swimmers! We have new Stingrays in every single age group, and they all did wonderfully at their first meet. Thanks also to our parents, veterans and newcomers, who helped us run a smooth first home meet of the year. Like many first meets, however,

we had some silly mistakes and more DQs than we would like to see. Be sure to be especially cognizant of your swimming in practice this week to improve on last weeks results and ensure that you are ready to execute a perfect race against Sun on Saturday. Sun Prairie is our biggest competition in the Tri-County League. We cannot stress enough the importance of this week of practice in preparation for the meet. We expect the results to be neck-and-neck, especially at Sun's pool, so we will need all hands on deck to ensure a Stingray victory. Please make sure to SIGN-IN by Tuesday, and do not sign out unless it is truly impossible for you to be there. We're sure that with focus, determination, hard work, and a lot of fun in practice this week, we will pull out another win! So get focused, get swimming, and get psyched! Go Sting!!!

-Stingray Coaches

### UPCOMING EVENTS

Extra Details can be found on Page 2

#### Monday

**Massage therapy for 13-18s (8-9 AM)**

#### Tuesday

**Meet Sign in Deadline**

**Team Building Tuesdays**

Legion Park at 3:00 PM

#### Wednesday

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

Sign-up Online

#### Thursday

**Board Game Day!**

This week's theme is board games! Break out your cards, dice, and multicolored monopoly money, and get ready for some board game themed pool games! (And start thinking about your costume for Saturday!)

#### Friday

**Picture Day**

**Meet your Buddy Day**

8 and Unders officially meet their buddies (an older 14-18 year old swimmer) immediately after pictures.

#### Saturday

**Meet at Sun Prairie**

**Board Game Movie at Coffeeshop!**

Synching up with this week's theme of board games... head down to Crossroads at 8:15 PM for an outdoor showing of the movie Jumanji! What better way to relax after the meet than heading down for a good film, a good drink, and especially good company with your fellow Stingrays?

## Contacting Coaches

Looking to contact your child's age group coach or a head coach? Go to the "Coaches" tab on the top-left corner of our website [www.crossplainsstingrays.com](http://www.crossplainsstingrays.com) and click the "Email" button under your coach's name. Alternatively, you can always leave a note in that coach's folder at the pool, or talk to them before or after practice.

### 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.

8 and Unders will officially meet their 14 - 18s buddies on Picture Day when both groups will be at the pool together.

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

### Picture Day

Picture Day is this Friday beginning at 8AM! All swimmers should come to practice at their normal time. Swimmers above the age of 13 will have a full practice in the pool. 9 - 12s should arrive at the normal time dressed to exercise as they will be doing a dryland workout, though they will not enter the pool. 8 and unders' practice will be taken up by pictures.

Please remember that all swimmers are expected to wear their team suits for the pictures.



### Muscles tight after practice?

Diana Postle has once again graciously offered to volunteer her time to give massage therapy for the 13 - 18s after their practice (usually on Wednesdays). 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

### 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. The activities, location, and time of the program may change from week to week, but a few things will be constant: swimmers of all ages will get to know one another, swimmers will continue learning a healthy lifestyle even outside the pool, and we'll all have a lot of fun! The program is entirely optional, and there is no need to sign up, just show up on the appointed date and time!

Our first Team Building Tuesday will occur this week on June 9 from 3:00 to around 4:30 at American Legion Park. We will be playing some games of kickball and ultimate frisbee. 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!

### 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