

# The Sting!



## Week of June 7th, 2010

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### Stingrays Down Dolphins in the Dells

Unlike last year's bone chilling season opener, this year's kick off meet was down right pleasant. Unfortunately for the Dells Dolphins, the Stingrays made things down right uncomfortable coming away with a 568-75 victory. The defending Tri-County champions showed that they've got quantity, quality, and depth sweeping 28 of the 58 individual events 1,2,3, and they added 19 of 20 relays. There were eleven Stingrays who were 4 event winners: Jacob Aegerter, Anna Bauerle, Kristin Hartung, Ethan Lengfeld, Karley Licking, Makenna Licking, Clint Murray, Christian Purtell, Heather Thole, Derek Uselman, and Jackson Uselman.

### Dells Meet Photos

Here's a link to photos from the Dells meet:

<http://photo1.walgreens.com/walgreens/share/p=26451275774986140/l=1231228003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SALB>

### June 12 - Home Meet Vs. Mazomanie

Stingray warm-ups start at 7:10am. As each team only gets 20 minutes of warm-up time, swimmers should be "on deck" and ready to swim when warm-ups begin.

### Picture Day

#### Friday, June 18<sup>th</sup> 8am

Pictures are scheduled for Friday, June 18th - starting at 8am. Families should look for their copy of the flyer/order form from Visual Images Photography in their folders this week. Due to the size of the team a photo of the entire team is unfortunately impossible. The photographer will be taking individual/family photos as well as age group photos (boys and girls for each age group together). If an older swimmer needs to leave for work, please let Jon or Tami Roll know so we can pass that information on to the photographer.

### Coach's Corner

What an outstanding first meet! We had many first time swimmers compete in the meet and you would never know it by how well everyone swam. In addition to swimming well, we also displayed very good sportsmanship too. It was nice to see swimmers congratulating each other after races by shaking hands and giving high-fives and also cheering one another on when races were close. It appears we have picked up right where we left off from last season so lets keep up the good work!

Like we mentioned last night, practices for the 8&U and 9-10's will be from 3:15pm to 4:15pm and the 11 and over swimmers will now practice from 4:15pm to 5:30pm. It is important that swimmers continue to come to as many practices as possible this week. At practice this week we will continue to build endurance, improve stroke technique and work on starts and turns. Please also be sure to sign-in or out for the meet versus Mazomanie this weekend by Tuesday. If you have any questions, please ask one of the coaches before or after practice or email one of us at any time.

Once again, great job this weekend Stingrays and have a great last week of school!

-Stingray Coaches

### 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 proceeding Tuesday. The sign in/out form listing all swimmers and meets is available in the pool office.

### **Thank You for Pie Sale Support**

We would like to thank everyone who helped out at the pie sale and those who brought pies to sell! We had great help from our volunteers – everyone was cheerful and willing to help. We would also like to thank Culver's of Cross Plains for our custard and the American Legion for the use of the tables. Thanks to the Chamber of Commerce for putting on the chicken barbeque! We had good weather for the event and sold around 120 pies and two buckets of custard. Thanks to all for your purchase and support of the Cross Plains Stingrays!

### **Brat Stand Success**

Thanks to many helping hands and plenty of hungry people, the May 29<sup>th</sup> Stingrays Brat Stand fundraiser made a profit of \$808.15!! We noticed a jump in sales any time there were plenty of kids on Main Street wooing customers to stop by and eat a brat for a good cause. Great job, kids! A big thank you to Kris Rhude for his Pied Piper skills (and for keeping the kids safe) near the street.

Many thanks to each of you who volunteered your time to work a shift or just stopped by to eat lunch at the brat stand. We extend a special thank you to the Cole family, Darci Kruchten and Rowan Bright for their clean-up duty efforts.

See you all at the pool soon! GO STINGRAYS!  
~ Frank & Julie LaBoda

### **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](mailto:jvirnig@tds.net) or Ladd Pettit at [lpettit@chorus.net](mailto:lpettit@chorus.net).

### **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>

### **Meet Schedule**

Sat. June 12 Mazomanie  
Sat. June 19 @ Baraboo  
Sat. June 26 Sauk Prairie  
Wed. July 3 Sun Prairie  
Sat. July 10 Mount Horeb  
Sat. July 17 @ Spring Green  
Sat. July 24 Conference Prelims @ Baraboo  
Sun. July 25 Conference Finals @ Baraboo

### **2010 Practice Schedule**

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

**Tuesday, June 1<sup>st</sup>–Friday, June 11<sup>th</sup>**

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

4:15-5:30 pm (11 & over)

#### **Daily Summer Practice Schedule:**

**Monday, June 14<sup>th</sup> – 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

### **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](http://www.crossplainsstingrays.com), for up-to-date information throughout the season.

### **Got Newsletter Ideas?**

If you have something to pass along that would be of interest or benefit to the team, we'd like to hear from you. Please contact Ralph or Sandy Peterson ([starpets@chorus.net](mailto:starpets@chorus.net) or 798-0371) with any ideas, suggestions, or comments regarding the newsletter. The weekly deadline for content submission is 5pm Sunday, and the swim team board reviews a draft of each week's newsletter before distribution to the team.