

The sting!



Week of June 14th, 2010

Stingrays Find Little Bite in Barracudas, Win 533.5-124.5

In their first home meet of the season, the Stingrays tangled with the Mazomanie Barracudas and came away victorious. Although the weather threatened, it was the Rays that really lit things up. It may be easy to dismiss the score as, for the second week in a row, Cross Plains held a significant numbers advantage over their opponent. However, back swimming in their home pool, it became clear that there are good things going on. In only week two of the season, four team records were broken and another twelve records were threatened by being within one-second of being matched. Karley Licking set a new CP mark in the Girls 13-14 50 Back with a time of 34.31. Jackson Uselman holds the new Boys 13-14 200 Free record with a time of 2:11.99. And finally, Makenna Licking not only broke her own Girls 8&U 50 Free record by more than 2 seconds, but she also broke the 22-year-old Girls 8&U 25 Free record previously held by Rebecca Schwartz. The warm-ups are over, however, as the Stingrays suit up and travel to Baraboo next weekend. The 2003-2007 Tri-County Conference champion Riptide are surely waiting for their opportunity to get back on top. Go Stingrays!

Coaches' Corner

Congratulations, Stingrays, on a fabulous first home swim meet of the season! There were many exciting things to celebrate this weekend. We had an abundance of personal best times, and many swimmers successfully completing new events for the first time. We also had significantly fewer disqualifications this weekend despite having many more swimmers competing in more challenging events. One of the greatest things to see this weekend was the excellent sportsmanship that was demonstrated! We are always so pleased to see our swimmers cheering on their teammates and competitors, wishing good luck and good job to fellow swimmers, and waiting for all competitors to finish their races in the water before exiting the pool. We are also

excited to share that we had multiple team records broken already this season!

We are encouraging the swimmers to approach their coaches before and after their races to remind them of important things and to provide feedback and encouragement. We saw a little bit more of that this weekend, and we will continue to encourage the swimmers to remember to do this in the future.

We are looking forward to getting in our routine of normal morning practices. The additional time and space in the water will really help each swimmer start gaining endurance and refining strokes and other skills. Please make it a priority to get to practice each morning, and notify your swimmer's coach if your swimmer is unable to attend practice. With regular practices starting, please send your swimmers to the appropriate practice in accordance with their age. Your swimmer must practice with the age group that they will be competing with for the summer. It is important for the swimmers to practice with the age group they will be competing with, and practices have been planned according to the specific swimmers attending. Remember that each swimmer must make a minimum of three practices each week to qualify for the swim meet that weekend. Also, please sign in for the meets by Tuesday at the end of practice each week. You should indicate whether your swimmer will or will not be swimming in the meet, and the event choices will be left up to the coaches. At times, the coaches will ask for swimmer input, and other times, the coaches would like to determine each swimmer's events with specific reasoning.

Great job this weekend on hosting an excellent meet! We look forward to the rest of the practices and meets ahead! Keep up the good work, Stingrays!
-Stingray Coaches

Picture Day

Friday, June 18th 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.

June 19 – Away Meet Vs. Baraboo

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.

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.

2010 Coaching Assignments

8 and Under: Rachael
9-10: Kris
11-12: Kirsten
13-14: Vanessa
15-18: Shane

Head Coach Email Addresses

The email addresses of the head coaches are:

Shane Ryan

shaneryan5@hotmail.com

Rachael Friedland Ryan

rachaelfriedland@hotmail.com

Mazo Meet Photos

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

<http://photo1.walgreens.com/walgreens/share/p=736131276475993345/l=1254240003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SALB>

Mt. Olympus

On Thursday June 24th the Stingrays are heading up to Mt Olympus! We talked to Shane and he agreed to let practice out a little early so we can be on the bus and on the road by 10:00. We are planning on returning about 6:00. The cost for admission to the park, the bus (yes we are getting 2 buses this year), and a lunch provided by Mt. Olympus is \$24 per person (child or adult). The lunch is a hot dog, chips, and a soda. The permission slips will be in the pool office next to the team baskets. I have to know final numbers by Monday, June 21st. Any child 10 and under will be required to have a chaperone. Please make the checks payable to Cross Plains Stingrays and place the check and the signed permission slip in the Virnig folder. If you have any questions, concerns, or suggestions please contact Kathy Virnig at jvirnig@tds.net or 798-0613 or Marnie Cowling at tcowling@chorus.net. Hope to see you at Mt Olympus!

2010 Meet And Special Event Calendar

A complete list of meets and special events can be found on the Stingray website at: <http://www.crossplainstingrays.com/calendar>

Meet Schedule

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

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

Stingray Website

Be sure to check the Stingrays official web site, www.crossplainsstingrays.com, for up-to-date information throughout the season.

Stingray Board

President: Ladd & Laurie Pettit
798-3715, lpettit@chorus.net
Vice President: Mike & Kay Calvin
798-1041, mkalvin@yahoo.com
Secretary: Jennifer Gutzmer
798-3275, jgutzmer@tds.net
Treasurer: Jodi Wells
798-2169, jodiwells@charter.net
Past President: Todd & Jackie Licking
798-1696, licking@tds.net

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 Coaches

Head Coach, 15-18 Coach: Shane Ryan
shaneryan5@hotmail.com
Head Coach, 8&U Coach: Rachael Friedland
Ryan rachaelfriedland@hotmail.com
Assistant Coach, 13-14 Coach: Vanessa Palmert
Assistant Coach, 11-12 Coach: Kirsten Rhude
Assistant Coach, 9-10 Coach: Kris Rhude