

# The Sting!



**Week of June 20<sup>th</sup>, 2011**

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## **Stingrays Wash Away Riptide**

Congratulations to the Stingrays for their week two 476-186 victory over Baraboo! Whether it was the excitement of swimming in their home pool for the first time this season, a little more reasonable weather, or possibly just competing against an old rival, the Stingrays really seemed to get it going this week. Leading the charge were 10 swimmers with four first places finishes: Brianna Acker, Hannah Aegerter, Anna Bauerle, Kristin Hartung, Elena Jensen, Karley Licking, Makenna Licking, Maxwell Schlicht, Derek Uselman, and Jackson Uselman. In addition, six new team records were set in the process. Headed for the record board are:

Hannah Aegerter	Girls 9-10 100 IM 1:22.47
Hannah Aegerter	Girls 9-10 100 Free 1:13.23
Jacob Aegerter	Boys 11-12 100 IM 1:15.72
Jacob Aegerter	Boys 11-12 50 Fly 31.97
Karley Licking	Girls 15-18 50 Back 32.75
Makenna Licking	Girls 9-10 50 Free 34.10

While the swimmers and coaches get all the credit for what happens in the pool, meets like this wouldn't be possible without all of the great Stingray parent volunteers. It was the first meet of the year with two of the largest teams in the league, and everything moved along flawlessly. A special thank you goes out to Melissa Hinz for her part in keeping another great Stingray tradition – a live performance of the National Anthem – going strong.

## **June 25<sup>th</sup> – Home Meet Vs. Sauk Prairie**

Swim with the Pool Sharks! 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.

## **Coach's Corner**

Great job this weekend Stingrays! After seeing such a dominating performance it was apparent that everyone came prepared and ready to compete. One group that really stood out and improved a lot was the 8 & under age group. Our little swimmers dropped a lot of time and made a lot of improvement. Keep up the great work! Swimmers also did a good job of coming to ask the coaches for feedback before and after races. We would like swimmers to continue to try to touch base with coaches before and after races so we can keep giving everyone tips to help them improve.

This week we will start our Monday and Wednesday evening Stroke Work Practices from 5:00-5:45pm. Swimmers interested in getting more technique help are encouraged to sign-up. The sign-up for practice is posted within the meet sign-up binder and is limited to 15 swimmers each practice. Sign-up is on a first-come-first-serve basis and we will not take more than 15 swimmers so that we can focus on giving as much individual attention as possible. We would like to give as many swimmers the opportunity to sign-up so please only sign-up once per week. If you have any questions, please let us know.

Next weekend we have our second home meet of the season and face off with the Sauk Prairie Pool Sharks. Sauk always offers great competition so it should be a fun meet. See everyone at practice on Monday.

Go STING!

## **In Memory of...**

A 16 year old Sun Prairie swimmer, Jay Haroldson, collapsed and died after swim team practice last Thursday. Jay was a cancer survivor and in his Coach's words "a positive, dedicated athlete". The Stingrays, along with other Tri-County teams, will be making a team donation of \$30 in Jay's memory for a planting at the Sun Prairie Aquatic Center.

## **Noah's Ark**

**Friday, June 24<sup>th</sup>**

**Note date change.** The Stingrays are going to Noah's Ark again this year on Friday, June 24th. We will be taking a bus from practice at 9:45 and returning about 6:00. The cost this year for the entrance into Noah's Ark, a hot dog lunch, and the bus ride is \$25 per person. Any child 10 and under is required to have a chaperon. I will have sign up slips at the pool starting Monday, June 13<sup>th</sup>, but they are also available on the team web site. The permission slips and money need to be turned in to the Virnig folder no later than Wednesday, June 22<sup>nd</sup> right after practice. If you have signed up but are no longer able to have your child go, please contact Kathy Virnig at 798-0613 or [jvirnig@tds.net](mailto:jvirnig@tds.net).

## **Theme Weeks Unveiled**

Stingrays! Help us to show off our Cross Plains Stingray spirit at each meet by participating in our theme weeks! Dress up for the meets, learn some themed trivia to share with your coaches and teammates, look up some themed jokes, participate in Game Day, or perform some other thematic antics! The possibilities are endless and we want you to take the theme and run with it! To help you prepare, here is the plan for the remainder of our meets. This is a great way to show pride in our team, to display Stingray spirit, and most of all, to have a lot of fun!

Sauk ~ Movie Week

Sun ~ Mario Week

Mt. Horeb ~ Spy Week

Spring Green ~ Winter Wonderland Week

Dells ~ The Amazing Race Week

We hope to see some crazy costumes this Saturday!

## **Concessions Update**

Thanks for all of your help making Saturday's meet a *great* start to our concessions fundraising!!!! We have 3 more meets to go to raise the rest of our money for next year. That said, I also know there haven't been enough slots to fill for everyone to fulfill their donation requirements. Therefore we have now added (based on what we saw Sat.) more items for people to bring to the next 3 meets. Please go to the i-volunteer site ASAP and grab what works for your schedule - this is first come first served for sign-ups!!! Also remember if you don't end up bringing something to fulfill your donation requirement you will be expected to buyout instead (\$30.00). Read carefully through the item(s) you have signed up to bring - how it should be delivered, the size or amount of what we need, etc. If you are bringing a baked good, please be sure to tape on the pan/plate what the ingredients are and if they have allergy items (i.e. nuts). Also make sure fruit is washed, cut, etc. And if you are bringing a pan/dish that you wish returned make SURE you leave your name on it and then pick it up yourself at the end of the meet.

Finally, don't forget to shop the concessions - OFTEN! This is the way we keep all of our fees down for participating on the swim team :)

If you have any questions don't hesitate to contact me via email. Thanks again so much & GO STINGRAYS!!!

Lisa Cole

[lisa@planetcole.org](mailto:lisa@planetcole.org)

## **Meet Schedule**

Sat. June 25 Sauk Prairie

Sat. July 2 @Sun Prairie

Sat. July 9 @Mount Horeb

Sat. July 16 Spring Green

Sat. July 23 Wisconsin Dells

Sat. July 30 Conference Prelims @ Baraboo

Sun. July 31 Conference Finals @ Baraboo

## **2011 Practice Times**

### **Daily Practice**

6:00-7:45 am (13 & over)

7:30-9:00 am (9 to 12)

8:45-9:45 am (8 & under)

### **Stroke Work**

5:00-5:45pm Monday/Wednesdays

Sign-up required. Stroke practice limited to 15 swimmers per practice. Limit one Stroke practice per week per swimmer.

### **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. Look for it at:

<http://www.crossplainsstingrays.com/faqs-2>.

## **Volunteer Signups**

Need to volunteer or check what you volunteered for? See the Stingray website or go to <http://crossplainsstingrays.i-volunteeronline.com>. Click on the Re-Send Confirmation Link to get an email with what you have volunteered for.

## **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.

## **2011 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>