

The sting!



Week of June 21st, 2010

Stingrays Roll Back Tide

Last Saturday, the Stingrays took their first big step towards defending their conference dual meet title in defeating perennial Tri-County power Baraboo 468-194. The Riptide, last year's conference meet runner up, is the first team the Stingrays have faced this year with enough swimmers to compete with the Stingrays on a truly level playing field. The Stingrays were up to the challenge. From the start of their spirited team cheer to the touch at the end of the final relay, it seemed that the Rays were in control. Cross Plains won 8 of the 10 medley relays to start the meet and ended the meet taking 8 of the 10 free relays. When the waves had finally settled in the pool, Cross Plains had won all ten age groups from the 8 and under Girls to the 15-18 Boys. It was a complete team victory. Of particular note was the performance of the 13-14 Girls who collected 67 out of a possible 68 points allowing Baraboo a lone 3rd place finish. There were six Stingrays with four first place finishes in the meet: Ashley Aegerter, Hannah Aegerter, Karley Licking, Makenna Licking, Derek Uselman, and Jackson Uselman. Good luck to the Stingrays as they face Sauk Prairie next Saturday at the Cross Plains Municipal Pool.

Coaches' Corner

Fantastic job this weekend, Stingrays! Though Baraboo historically tends to be some of our most challenging competition in the league, you would have hardly known it!

One of the most exciting things to see was the excellent sportsmanship demonstrated by all swimmers. We were very happy to our swimmers of all ages cheering for each other. The sportsmanship towards our competition was also very apparent. Seeing the swimmer's wish good luck and good job to all the swimmers on both teams, as well as being respectful in the clerk of course and on the pool deck, was very rewarding for the coaches to see.



There was also a lot of excitement in the pool. The Stingrays won 59 of the 78 events, and won 16 out of the 20 relays! Many of the relays and individual races were very close, and some even came down to hundredths of a second of difference, with 2 ties! There were many 4-event winners, and almost every swimmer swam at least one personal best time, with many of our swimmers dropping huge chunks of time.

It was great to see the swimmers remembering to approach their coaches before and after their races. Remember to continue doing this. This week and upcoming weekend we are going to focus on making friends with swimmers outside of our age group. Please take a minute each day at practice to introduce yourself to swimmers in different age groups you don't know. At the meet this weekend, we hope that each swimmer will spend a bit of their time cheering for their teammates in different age groups. Though our team is larger than it has ever been, there is no reason why the younger and older swimmers shouldn't know who everyone on the team is.

Great job this weekend, Stingrays! Keep up the hard work this week at practice!

-Stingray Coaches

June 26th– Home Meet Vs. Sauk Prairie

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.

Baraboo Meet Photos

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

<http://photo1.walgreens.com/walgreens/share/p=636211277170096229/l=1276462003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SALB>

Boys' and Girls' Age Group Photos

Here's a link to boys' and girls' age group photos from picture day:

<http://photo1.walgreens.com/walgreens/share/p=189211277170192562/l=1276464003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SALB>

Picture Day Follow Up

Thanks to everyone who showed up for individual and age group pictures. The boys' and girls' age group pictures taken by Jon Roll will be available to order along with this week's Baraboo meet photos. The VIP photograph orders will be ready sometime in July. If there are any questions about your order, please contact Jon and Tammy Roll.

Mt. Olympus – Deadline Passed

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 end of practice, June 22nd. 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!

Stingwear Reorder

If you didn't get a chance to order the shirt, jacket, sweatshirt, etc. the first time around, you can order now. We will be taking orders the rest of the week online. Go to:

<http://www.middletonfitness.com/browse.cfm/cross-plains-stingrays/2,891.html>

Place your order and we will get it to you as soon as we can. Thanks.

Tera Hollfelder & Kerry Stoppleworth

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 26 Sauk Prairie
Sat. 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 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

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