

The sting!



Week of June 27th, 2011

Stingrays Rack Up Pool Sharks

It was another super meet for the Stingrays last Saturday as they posted a 480.5 to 181.5 victory over the Pool Sharks from Sauk Prairie. Adding to the experience was some near perfect weather, another great anthem (this time from Jacob Trepczyk on electric guitar), and the always savory Stingray concessions.

This week, the 15-18 Girls 200 Medley Relay team of Karley Licking, Ashley Aegerter, Sophie Tallard-Sklare, and Morgan Hormig set a new team mark with a time of 2:12.37. In addition, Hannah Aegerter continued to set records adding the Girls 9-10 50 Free record with a time of 32.90 and breaking the Girls 9-10 100 IM record for the third time this year with a time of 1:22.28. Six Stingrays led their team with four first places finishes: Lauryn Abozeid, Ashley Aegerter, Grace LaBoda, Lucas Roberson, Amy Sullivan, and Derek Uselman.

Next Saturday, the Stingrays will travel to Sun Prairie which will likely be the largest Tri-County dual this season. The Piranhas always present a big challenge so it won't be surprising if this one is still up for grabs heading into the Free Relays. Go Stingrays!



Coach's Corner

Outstanding meet this weekend Stingrays! Despite swimming a lot of off events and many swimmers trying new events for the first time, we had another strong performance with a lot of personal best times. Let's hope that the weather is better this week so we are able to get a full week of practice in before our toughest stretch of the season. Sun Prairie and Mt. Horeb will be our toughest competition this year, and we swim them back to back. With that being said, please make sure you sign-in or out for the Sun Prairie Meet if you have not done so already. If you can make it this weekend for even half of the meet please do so. We would like as many swimmers at the meet as possible to keep our win streak alive!

At this point in the season, we can really see a lot of improvement in all age groups. Swimmers are able to keep their technique together longer and finish races stronger. This week we hope to work on starts and turns and hope that the weather cooperates. We will also keep working hard in dryland and continue to get ripped. Please remember that the 13 and over swimmers will run on Wednesday for dryland so bring your running shoes! Hopefully this time it won't be raining and so slippery so some of us don't wipe out...

Keep up the great work swimmers and thank you to all the parents for continuing to run great meets and get your swimmers to practice. Have a great week!

July 2nd – Away Meet Vs. Sun Prairie Early Start: 7:00 Warm-Ups, 7:30 Meet Start

Beware of the Piranhas! Stingray warm-ups start at **7:00 am**. As each team only gets 20 minutes of warm-up time, swimmers should be "on deck" and ready to swim when warm-ups begin.

No Practices on July 4th

There will be no morning or evening practices on Monday, July 4th. Have a great holiday!

2011 Conference T-Shirts

Order Deadline July 2nd

Wisconsin Dells is the host team for the 2011 Tri-County Conference swim meet on July 30-31, and they are taking orders for T-Shirts with the meet logo. Order forms and an example of the logo were emailed last week. In an effort to "go Green", we are not putting an order sheet in everyone's folder. There will be some copies available at the pool. Please print out an order form if you want to place an order. Include your check and completed order form in an envelope and return it to the NEUMANN family folder at the pool. Please make checks payable to Cross Plains Stingrays. Plans will be made the week before Conference to tie-dye the white shirts.

Please direct any questions to Shawn or Lori Neumann at _4neumannfamily@gmail.com

2011 Conference Senior Profiles

Submission Deadline July 5th

All seniors should have received an email with a copy of the Senior Profile form attached. Senior Profiles appear in the Conference Program and are due to Dan Marisch by July 5. (There are no exceptions on the due date!) You may email your Senior Profile to Dan at dan@ad-lit.com. If you are able to scan a photo and e-mail it with your profile please do so. Photos can be mailed to Dan Marsich, PO Box 600, Wisconsin Dells, WI 53965. Please put your name on the back of your photo!

2011 Conference Meet - Timer Signup

Sign Up Deadline July 5th

Each team in the Tri-County Conference meet is required to provide four timers in both the AM and PM shifts on Saturday and Sunday of Conference. This is a great seat to see some tremendous swimmers. Signup on our i-volunteer site <http://crossplainsstingrays.i-volunteeronline.com/timers>.

Meet Schedule

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

Volunteer Signups

Thank you to all who have worked at least one job during each home meet. When you signed up your child to be a Stingray, you committed yourself to the club and volunteering. Each family is required to provide at least one adult volunteer at each home meet in which it has a child swimming. If you have a child swimming in one of the remaining two home meets and haven't already signed up to work, please sign up at <http://crossplainsstingrays.i-volunteeronline.com> soon. Likewise, you can sign up to bring your one time meet concession item. To get an email with your volunteer selections, click on the Re-Send Confirmation Link. Thanks so much for your support.

Stingray Theme of the Week - Mario

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!

Sun Prairie ~ Mario Week

Mt. Horeb ~ Spy Week

Spring Green ~ Winter Wonderland Week

Wisconsin Dells ~ The Amazing Race Week

We hope to see some crazy costumes this Saturday!

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.

Meet Pictures

Hello Stingray families! After each home meet, you'll be sent an email with a link to a Walgreen's online photo album to share all the pictures that Jon Roll and Lori Neumann took. Here is a link to the album for the Baraboo meet: <http://photo1.walgreens.com/walgreens/share/p=473231308863320670/l=2216127003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SANR>.

This album is now yours so feel free to order any pictures you like. If you are new to the Walgreen's website, you'll need to create a username and password. Feel free to contact Lori if you have questions @ 798-0419 or 4neumannfamily@gmail.com.

Link to Stingray picture day album:

<http://photo1.walgreens.com/walgreens/share/p=15231308863433762/l=2216129003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SANR>.

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>.

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>

Stingray Website

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