

The sting!



Week of July 4th, 2011

Stingrays Turn Back Piranhas

Living up to its billing, this year's Cross Plains-Sun Prairie meet proved to be the slugfest many expected. Sun Prairie certainly took their best shot, but in the closest meet of the season, the Stingrays edged out the Piranhas 358-304. With the meet tied after the Medleys, Cross Plains posted a lead in the Freestyle that they would slowly add to and never relinquish. Heading into the Free Relays, however, the meet was not a done deal and the Piranhas still had a shot at taking the meet. With a final surge, the Stingrays turned back the Piranhas taking 7 out of the 10 Free Relays to secure the win.

Not only did the Stingrays take it to the Piranhas this weekend, but they took it to their own record book. With a pool full of competition to heat things up, 7 individual and 2 relay records were broken. Setting new team records were:

Ashley Aegerter	Girls 15-18 50 Breast	36.09
Ashley Aegerter	Girls 15-18 200 Free	2:11.84
Hannah Aegerter	Girls 9-10 50 Fly	36.37
Jacob Aegerter	Boys 11-12 50 Free	29.54
Jacob Aegerter	Boys 11-12 50 Back	35.20
Tryn Peterson	Girls 11-12 50 Back	36.26
Maxwell Schlicht	Boys 9-10 50 Breast	44.89

Boys 11-12 200 Medley Relay 2:27.23

John Virnig, Noah Roberson,
Jacob Aegerter, Erick Grelle

Girls 15-18 200 Medley Relay 2:10.05

Karley Licking, Ashley Aegerter,
Sophie Tallard-Sklare, Morgan Hormig

Despite the strong showing from Sun Prairie, there were also 5 Stingrays with four first places finishes: Hannah Aegerter, Jacob Aegerter, Karley Licking, Derek Uselman, and John Virnig.

Next weekend will be another big meet as the Stingrays visit last year's Tri-County Conference Meet runner-up, the Mount Horeb Gators.



Coach's Corner

Stingrays, great job on pulling out a victory in a close meet! This was by far the closest meet we have had in a number of years. Sun Prairie gave us some great competition, and it was an exciting meet. Despite missing a lot of swimmers due to the holiday weekend, our team was still able to come together to step it up and perform. We had a number of outstanding performances where we had upsets, come from behind victories, and tight races where we came out on top. We really pulled ahead at the end when we dominated the Freestyle Relays. Great job swimmers!

Next week, we face another tough opponent so our hope is to have more swimmers at the meet. Please attend if you are able to! We will continue to work hard at practice as we come into the last half of the season. Our ultimate goal, as always, is performing well at Conference so make sure you come to practice on a regular basis. Keep up the great work everyone, and we will see you at the pool.

Go Sting!

July 9th – Away Meet Vs. Mount Horeb

Early Start: 7:00 Warm-Ups, 7:30 Meet Start

Headin' into the swamp to face the Gators! 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.

Stingray Theme of the Week - Spies

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!

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 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!

STILL NEEDED: 2011 Conference Meet - Timer Signup

Sign Up Deadline July 5th

Reminder: We have half of our slots filled for timing at the conference meet. 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. Saturday morning is full, there are slots available Saturday afternoon and both sessions on Sunday. Signup on our i-volunteer site

<http://crossplainsstingrays.i-volunteeronline.com/timers>.

T-Shirt Tie Dye Coming Up!

Cross Plains Pool Shelter, July 21st and 22nd

We are planning on doing the tie-dyeing Thursday and Friday, July 21st & 22nd, the week before the conference meet. On Thursday, July 21 after each practice, there will be tables set up for the Stingrays to rubberband or tie their shirts. After the shirts are tied and labeled, they will go in a bucket to soak in fixer overnight. On Friday, July 22 after their practice, the swimmers can then apply the tie-dye. Early indications are the cost to cover the tie-dye and supplies will be \$2 per item tie-dyed. More info to follow. Hold the dates!

Spaghetti Dinner

American Legion Shelter, Thursday July 28th

The Spaghetti Dinner is just around the corner - July 28th! This year, as always, we will have the Coaches' Spaghetti Eating Contest, and once again, thanks to the pictures taken by Jon Roll and Lori Neumann, we will watch a DVD of pictures of our swimmers taken throughout the year.

The Spaghetti Dinner registration forms will be in folders on July 14. Cost will be \$4.00 per person or \$14.00 per family. However, since our team is large this year and so helpful, we will have volunteer positions available on line at <http://crossplainsstingrays.i-volunteeronline.com/spaghetti>. Please only choose one position from a list of duties - whether that is bringing a food item or helping with the dinner itself.

Dinner will include spaghetti with sauce, both meat and vegetarian will be offered, lettuce salad, fruit, and cake. Plates, utensils and drinks are provided. No family food contributions are required other than those listed on the volunteer list. This year, instead of bringing dessert or salad to pass, please sign up for any one of the items online.

A big thank you to all for being a FABULOUS TEAM!!!!

And please don't hesitate to call Tina Eder at 798-3214, Brenda Joyce at 843-7980, or Michelle Phaneuf at 237-6410 with any questions or concerns.

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.

Picture Day Photos in Folders at the Pool

Pictures from the June 18 Picture Day ordered from VIP Photos have been placed in the folders at the pool. Please remind your swimmers to be careful stuffing the pictures beneath swim suits or wet towels!! Please contact VIP directly if you have questions/problems with your order.

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 Sauk Prairie meet:

<http://photo1.walgreens.com/walgreens/share/p=48011309566394371/l=2233217003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SANR>.

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.

Stingray Picture Day Photo Album

Here is a link to Walgreen's photo album from Stingray picture day:

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

Meet Schedule

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. Stoke 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>.

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.