

The Sting!



Week of June 28th, 2010

Stingrays Sink Pool Sharks

As we hit the midpoint of the dual meet season, the Stingrays cued up a fantastic morning of swimming in Cross Plains defeating the Pool Sharks from Sauk Prairie 493 to 169. Back in a 25 meter pool for only the second time this year, it was finally easy to see all of the hard work paying off. Saturday's meet brought numerous great swims and personal bests. Some of the more outstanding improvements were made by:

10 & Under

Faith Czosek	50 Free	34.66%
Noah Hogan	25 Free	26.71%
Scarlett Wankerl	25 Fly	21.69%

11 & Up

Ethan Lengfeld	50 Fly	7.28%
Molly LaBoda	50 Breast	6.33%
Lauren Kalvin	50 Back	5.22%
Lucas Roberson	50 Breast	5.22%

Of particular note are the seven individual team records that were broken by five (!) different swimmers. The new team record holders are as follows:

Ashley Aegerter - Girls 13-14 50 Breast 37.21
Anna Bauerle - Girls 9-10 50 Fly 38.28
Karley Licking - Girls 13-14 100 IM 1:12.37
Karley Licking - Girls 13-14 200 Free 2:16.93
Makenna Licking - Girls 8&U 25 Fly 18.89
Jackson Uselman - Boys 13-14 50 Free 26.67
Jackson Uselman - Boys 13-14 200 Free 2:11.22

In addition to the record holders, there were seven Stingrays with four first place finishes in the meet: Jacob Aegerter, Brian Andryk, Anna Bauerle, Kristin Hartung, Karley Licking, Derek Uselman, Jackson Uselman, and Chris Wills.

Monday, July 5th Practice Schedule

8:00-9:00 am (11 & over)
9:00-9:45 am (10 & under)

Coaches' Corner

Way to go, Stingrays! Congratulations on another great meet! We had another Saturday full of some great swims and excellent sportsmanship! We had an additional 7 team records broken this weekend, and we are very close to breaking many more. Unfortunately, we had more disqualifications this weekend than we have had in any meet this season. Though we had a difficult week with practices because the weather was uncooperative, we need to remain focused on our swims.

As many of you know, our next few meets will be filled with stiff competition and tight races. Please make it a priority this week and for the remainder of the season to get to every practice possible. We need to refresh our skills and keep building our endurance so we can finish out the season strong!

We are glad to see so many swimmers approaching their coaches before and after their races. This is a great way to be reminded of things to focus on while you swim, and an excellent way to receive immediate feedback on your race. Keep it up!

Please remember to sign in or out for the remainder of the season by the end of practice on the Tuesday of the meet. As you know, the sign in book is located at the front of the pool office. The coaches begin putting together lineups on Tuesday after practice, and must have all of the entries entered into the computer by Wednesday evening.

Great job, Stingrays! Keep up the good work!

-Stingray Coaches



Sauk Prairie Meet Photos

Here's a link to photos from the Sauk Prairie meet:

<http://photo1.walgreens.com/walgreens/share/p=649271277695353418/l=1291888003/g=3623542/cobrandOid=1009/otsc=SYE/otsi=SALB>

A Note from the Photographers

If you would like specific pictures of your child swimming, please find Jon Roll before or during a meet and circle your child's name on his heat sheet, and he will do his best to get a shot.

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.

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>

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>

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.

July 3rd – Home Meet Vs. Sun Prairie – Early Start!

Here come the Piranhas! In order to accommodate a complete meet between two of the largest teams in the conference, the Sun Prairie meet will be moved back one half hour. Stingray warm-ups will start at **6:40am** with the meet starting at 7:30am.

Meet Schedule

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

Monday, July 5th Practice Schedule

8:00-9:00 am (11 & over)

9:00-9:45 am (10 & under)

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

Conference T-Shirts – July 4th Deadline

It is time to order your sportswear for this year's "Under the Big Top" Conference Meet. Look for an email with the necessary order form.

Completed order forms and a check made out to the Cross Plains Stingrays need to be returned to the Gutzmer folder **NO LATER than SUNDAY, JULY 4. There will be NO exceptions.**

We will once again be tie-dyeing our t-shirts so please order a WHITE t-shirt if you want to tie-dye!

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
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Stingray Coaches

Head Coach, 15-18 Coach: Shane Ryan
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Assistant Coach, 13-14 Coach: Vanessa Palmert
Assistant Coach, 11-12 Coach: Kirsten Rhude
Assistant Coach, 9-10 Coach: Kris Rhude