

# The sting!



## Week of July 5th, 2010

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### Stingrays Jolt Piranhas 429-233

With Sun Prairie on the schedule, there were plenty of expectations for a super-sized, high-flying meet. No one was disappointed. There were plenty of highly contested events, and it would appear that the atmosphere and competition brought out the best in the Stingrays. As if last week's seven record breaking performances weren't enough, Saturday's meet produced another ten. In some years not long ago, ten records would have been great for an entire season. Records aside, there was individual achievement aplenty on Saturday as indicated by these eye-popping leaps in time improvement:

#### 10 & Under

Utter, Abby	33.57 %	25 Back
Woodall, RYanne	31.72 %	25 Free
Mefford, Samuel	26.83 %	25 Free

#### 11 & Up

Lee, Jackson	10.14 %	50 Fly
Phillips, Corinne	9.09 %	50 Breast
Roberson, Lucas	6.87 %	50 Breast

The new team record holders are as follows:

Hannah Aegerter - Girls 9-10 50 Fly 36.87  
Jacob Aegerter - Boys 11-12 100 IM 1:19.31  
Karley Licking - Girls 13-14 50 Back 33.56  
Makenna Licking - Girls 8&U 25 Back 20.81  
Makenna Licking - Girls 8&U 50 Free 36.71  
Makenna Licking - Girls 8&U 25 Fly 17.81  
Christian Purtell - Boys 8&U 25 Back 20.12  
Jackson Uselman - Boys 13-14 100 IM 1:08.53  
Jackson Uselman - Boys 13-14 50 Fly 28.96  
Chris Wills - Boys 13-14 50 Breast 35.53

There were five Stingrays with four first place finishes in Saturday's meet: Hannah Aegerter, Karley Licking, Kristin Hartung, Clint Murray, and Jackson Uselman.

### Coaches' Corner

Great job this weekend Stingrays! We started and ended the meet against Sun Prairie with a bang! This weekend we had a number of standout swims and broke 10 team records. We also had a ton of personal best times across the board from all age groups and made a lot of improvements in technique and race strategies. We also reduced our DQs from over 50 at the last meet to only 23 this weekend, which is something we had talked about all week. Our hard work is certainly starting to pay off and it is fantastic to see that we are continuing to improve as the season goes on.

This week we plan to focus on some details to gain even more strength and speed as we prepare for yet another tough opponent. We want to make sure swimmers come to as many practices as they can the next couple of weeks as we head into the tail end of the season and prepare for Conference. Also, thank you everyone for all the great teamwork this weekend in running yet another awesome home meet and getting the meet done in a timely fashion (ahead of schedule in fact!). GO STING!

-Stingray Coaches

### July 10<sup>th</sup> – Home Meet Vs. Mount Horeb

The Gators are coming to town! 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.

### 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 preceding Tuesday. The sign in/out form listing all swimmers and meets is available in the pool office.

## Outstanding Improvements

Here are the top individual improvements from the Sun Prairie meet:

### 5-6

Utter, Abby	33.57 %	25 Back
Woodall, Ryanne	31.72 %	25 Free
Olson, Alexandra	24.52 %	25 Free

### 7-8

Mefford, Samuel	26.83 %	25 Free
Czosek, Faith	25.01 %	50 Free
Purtell, Christian	24.50 %	25 Back

### 9-10

Kaufman, Brodie	13.46 %	50 Free
Postle, Teresa Marie	14.22 %	50 Free
Aegerter, Hannah	7.52 %	50 Fly

### 11-12

Phillips, Corinne	9.09 %	50 Breast
Johnson-Schunk, Danny	6.16 %	50 Breast
Grelle, Erick	5.92 %	50 Fly

### 13-14

Lee, Jackson	10.14 %	50 Fly
Roberson, Lucas	6.87 %	50 Breast
Peterson, Lex	6.79 %	200 Free

### 15-18

Kalvin, Kendra	6.40 %	50 Fly
Green, Nick	3.81 %	100 IM
Austin, Theresa	3.36 %	200 Free

## 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>

## Spaghetti Dinner – Thursday, July 22<sup>nd</sup>

### 6:00 pm, American Legion Park Shelter

Don't miss the Coaches Spaghetti Eating Contest! This year's dinner will be moving outside of the Legion Hall under the adjacent park shelter. Due to the limited number of tables, please plan on bringing along blankets and chairs. The cost is \$3 per person or \$12 per family. Please look for the registration forms in your Stingray folder.

## 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>

## Meet Schedule

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](http://www.crossplainsstingrays.com), for up-to-date information throughout the season.

### **Stingray Board**

President: Ladd & Laurie Pettit  
798-3715, [lpettit@chorus.net](mailto:lpettit@chorus.net)

Vice President: Mike & Kay Calvin  
798-1041, [mkalvin@yahoo.com](mailto:mkalvin@yahoo.com)

Secretary: Jennifer Gutzmer  
798-3275, [jgutzmer@tds.net](mailto:jgutzmer@tds.net)

Treasurer: Jodi Wells  
798-2169, [jodiwells@charter.net](mailto:jodiwells@charter.net)

Past President: Todd & Jackie Licking  
798-1696, [licking@tds.net](mailto:licking@tds.net)

### **Stingray Coaches**

Head Coach, 15-18 Coach: Shane Ryan  
[shaneryan5@hotmail.com](mailto:shaneryan5@hotmail.com)

Head Coach, 8&U Coach: Rachael Friedland Ryan  
[rachaelfriedland@hotmail.com](mailto:rachaelfriedland@hotmail.com)

Assistant Coach, 13-14 Coach: Vanessa Palmert

Assistant Coach, 11-12 Coach: Kirsten Rhude

Assistant Coach, 9-10 Coach: Kris Rhude