

The sting!



Week of July 11th, 2011

Stingrays Land Gators

Like bayou fisherman looking to land the big one, the Stingrays traveled to Mount Horeb this week to face the Gators and their pool. They found what they were looking for and hauled in a 497-165 victory against one of the largest teams in the Tri-County league. Adding to this week's challenge was Mount Horeb's 35 meter pool. If you don't think that an extra 10 meters on each length of the pool adds any degree of difficulty, just ask the butterflyers and long freestylers.

Leading the Stingrays to victory were 8 swimmers with four first places finishes: Hannah Aegerter, Jacob Aegerter, Kevin Grelle, Makenna Licking, Samantha Roll, Maxwell Schlicht, Heather Thole, and Derek Uselman.

Next weekend, the Stingrays will return to Cross Plains (and regular start times) to host the Spring Green Dolphins.



Coach's Corner

Wow! Stingrays, we can now declare that our mission of sneaking over to Mt. Horeb to defeat the Gators has been executed with precision, and the mission was a success! In fact, we swam such a meet, that our surreptitious subterfuge seemed superfluous as there was nothing secretive about one of our largest victories yet. This success is attributed to everyone's massive efforts both in the pool and out. All of us coaches were so proud to see everyone pulling out all the stops in an extremely long pool and racing to the wall, even when that wall seemed kilometers away. We had swimmers push through the distance, push through illnesses, and push past some very fast opponents. We've been even more proud of the huge improvements displayed in our sportsmanship. It was easy to find Stingrays talking to the Gators next to them in the clerk of course, wishing them luck, and waiting in the water for both friends and strangers to finish their races. We may not have hidden our sportsmanship like a spy, but we were happy to see it in spite of the theme! It was also wonderful to see the great participation and spirit in the many undercover agents sneaking around deck, from Bond, to Rider, to a time traveling spy from the 1880s! Please continue this kindness and spirit in our final three meets!

The next two meets aren't the Conference rivals that the previous two have been, but please be aware that Tri-County Conference is on the horizon. It is so important that you continue to try your best in practice and at the meets. Your team is counting on you, and your hard work and effort does not and will not go unnoticed by your coaches who are putting together their Conference line-ups. So keep up the hard work, and get out your skis, snowshoes, mittens, and ice skates! We've heard it's going to be a cold one this week as the Cross Plains Stingrays celebrate a Winter Wonderland in July!

Go Sting!

July 16th – Home Meet Vs. Spring Green

Come swim with the Dolphins! Stingray warm-ups start at **7:10 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 – Winter Wonderland

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!

Spring Green ~ Winter Wonderland Week
Wisconsin Dells ~ The Amazing Race Week

We hope to see some crazy costumes this Saturday!

Stingrays Go Disney! - Stingray Movie Outing Sunday, July 17th

All Stingray swimmers and their families are invited to see the newest Disney film to come to theaters...Winnie the Pooh! We will be meeting outside of Marcus Point Ultrascreen Theater on Sunday, July 17th. All swimmers and families will all need to transport themselves to the theater. There will NOT be a bus from the pool.

All children under the age of 10 must attend with a designated adult chaperone. The times for the film have not been posted by the theater yet, but we plan on attending an afternoon showing. Keep an eye out for an email with the decided time later this week! The cost for a child ticket is \$6.75 and the cost for an adult ticket is \$7.50. Swimmers and family members of any age are welcome to attend! Come to hang out with your fellow swimmers and coaches, and to see a classic Disney film! We hope to see you there!

Volunteer Signups

We're down to our last two home meets, and there are still plenty of job openings to be filled. For next Saturday's meet, we are particularly in need of help with Clerk of Course, Concessions, and Swim House Duty. If you haven't already volunteered for this meet, or if a second adult in your family can help out, please take a moment to go to the volunteer website

<http://crossplainsstingrays.i-volunteeronline.com/> and sign up for one of these open positions. Our meets run great because of you, and your help is truly appreciated!

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 rubber band 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.

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>.

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 Schedule

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. Stroke 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.