

The sting!



Week of July 12th, 2010

Coaches' Corner

Great work this weekend Stingrays! Our last home meet of the season was certainly a success! We had many great swims, and tons of personal best times. There were 8 team records broken, and many very close and exciting races. Though our DQs were less than average, we still have far too many. Stingray Coaches hope to see even fewer DQs at our last dual meet of the season with Spring Green. We will be spending time at practice sharpening sloppy starts, turns, and technique in hopes of eliminating these problems.

The highlight of our meet was saying goodbye to our seniors. All of our seniors and their families have been with our team for many years, and have a special relationship with so many of our younger swimmers on the team. They have been great friends and role models to the swimmers on our team. We will miss them greatly and wish them the best of luck in their future endeavors. Maybe in future seasons we will see them back as coaches!

As our season begins to wind down, we want to remind everyone that though not all swimmers can have the opportunity to swim in the Conference championship meet, we want all of the swimmers on our team to participate in all of the Conference and end of the season events, and hope the whole team can plan to attend the Conference meet. Some of the events include team tie-dying, the Spaghetti Dinner (featuring the Stingray Coaches Spaghetti Eating Contest), and the Stingray Breakfast, among other things. Conference lineups will be announced by Monday, July 19th. The last week of swim practice will be reserved for swimmers participating in the Conference meet only. As the Conference meet approaches, the Stingray Coaches would like to remind all swimmers to make good choices to keep their bodies safe and healthy for the upcoming championship meet.

Congratulations, Stingrays, on a fabulous swim meet this weekend! Stingray Coaches are looking forward to our last dual meet of the season and are excited for the Conference championship meet!

-Stingray Coaches

Stingrays Chomp Gators 511-151

In a meet that could have been billed as the up and comer versus the current champion, the Stingrays hosted the Gators of Mount Horeb and took care of business 511 to 151. Cross Plains is now only one win away from another perfect dual meet season.

Being the last home meet, Cross Plains tradition saw that the out going Seniors were recognized before their final individual swims. Congratulations go out to this year's Seniors Morgan Hormig, Brianna Kruchten, Alexis Mahaffey, David Stanisch, and Derek Uselman.

The record keepers were kept busy yet again this week as there were five more individual records broken as well as three relay records. The new Stingray records are as follows:

Hannah Aegerter	Girls 9-10 100 IM 1:26.93
Hannah Aegerter	Girls 9-10 100 Free 1:15.46
Karley Licking	Girls 13-14 50 Breast 36.06
Makenna Licking	Girls 8&U 25 Back 19.96
Jackson Uselman	Boys 13-14 50 Free 26.51
Anna Bauerle, Emily Vosburg, Hannah Aegerter, Victoria Trantow	Girls 9-10 200 Medley Relay 2:43.62
Karley Licking, Ashley Aegerter, Samantha Andryk, Hattie Wells	Girls 13-14 200 Medley Relay 2:17.93
Victoria Trantow, Allison Schwenn, Hannah Aegerter, Anna Bauerle	Girls 9-10 200 Freestyle Relay 2:25.50

It was another big week for improvement. This week's best are as follows:

10 & Under

Acker, Brianna	24.39 %	50 Free
LaBoda, Lane	23.74 %	25 Fly
Grim, Amber	23.70 %	50 Free

11 & Up

Walser, Brook	16.44 %	50 Free
Turley, Liam	12.41 %	200 Free
Sarbacker, Justin	8.55 %	50 Free

This week there were nine Stingrays with four first place finishes: Hannah Aegerter, Jacob Aegerter, Anna Bauerle, Mathew Gutzmer, Karley Licking, Clint Murray, Samantha Roll, Derek Uselman, and Jackson Uselman.

July 17th – Away Meet At Spring Green

Swimming with the Dolphins! Stingray warm-ups start at 7:30am. 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 proceeding Tuesday. The sign in/out form listing all swimmers and meets is available in the pool office.

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>

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.

Meet Schedule

Sat. July 17	@ Spring Green
Sat. July 24	Conference Prelims @ Baraboo
Sun. July 25	Conference Finals @ Baraboo

Tie Dye! – Tuesday, July 20th

After Practice, Cross Plains Pool Shelter

The annual Stingray tie-dye has been scheduled for the morning of Tuesday July 20th. To save time, shirts will be soaked and labeled during practice such that the dyeing can be begin immediately after practice. To facilitate this, swimmers are being asked to follow the these directions:

- 1.) Tie up shirt at home.
- 2.) Put tied up shirt in a ziplock bag with swimmer's name on it along with \$2.00 to cover the cost of the dye and materials.
- 3.) Bring bagged shirt to practice on the 20th and place in box near the pool entrance.
- 4.) Pick up soaked shirt under the pool shelter after practice.
- 5.) Create a tie-dye work of art.

Parent volunteer assistance will be greatly appreciated. For more information contact Tera Hollfelder (thollfelder@tds.net), Sarah Statz (skstatz@charter.net), or Stacey Bohachek (sbohachek@yahoo.com).

Sun Prairie Invitational -Tuesday, July 20th

From the Sun Prairie web site: "Swimmers from all of the conference teams are invited to swim at the Sun Prairie Invitational if they are not swimming at conference. Parents of swimmers in attendance will be asked to help run the meet." More info will be posted as it becomes available.

Spaghetti Dinner – Thursday, July 22nd 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.

Stingray Breakfast – Friday, July 23rd

After Practice, Cross Plains Pool Shelter

Conference is just around the corner, and that means it's time for the annual Stingray Breakfast. This year's breakfast will be held on Friday, July 23rd. It is designed, along with the spaghetti dinner, to load our swimmers with carbs before the big day. All Stingray team members are invited to attend, whether swimming at conference or not. Families who signed up to help with the breakfast will be contacted beginning on Tuesday the 13th.

Sting Awards Picnic - Tuesday, July 27th

6:00 pm, Cross Plains Pool Shelter

Come celebrate another successful season! All families are asked to provide a main dish to pass. Families with last names beginning A-M should also bring a salad. Families with last names beginning N-Z, please bring a dessert. Everyone is asked to provide your own family's plates, utensils, beverages, blanket, and/or tablecloth.

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, for up-to-date information throughout the season.

Stingray Board

President: Ladd & Laurie Pettit

798-3715, lpettit@chorus.net

Vice President: Mike & Kay Calvin

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Secretary: Jennifer Gutzmer

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Treasurer: Jodi Wells

798-2169, jodiwells@charter.net

Past President: Todd & Jackie Licking

798-1696, licking@tds.net

Stingray Coaches

Head Coach, 15-18 Coach: Shane Ryan

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Head Coach, 8&U Coach: Rachael Friedland Ryan

rachaelfriedland@hotmail.com

Assistant Coach, 13-14 Coach: Vanessa Palmert

Assistant Coach, 11-12 Coach: Kirsten Rhude

Assistant Coach, 9-10 Coach: Kris Rhude