

The sting!



Week of July 18th, 2011

Stingrays Bounce Spring Green 449-213

Congratulations to the Stingrays on another great conference dual meet victory! With only one dual meet remaining, the Stingrays are closing in on another perfect dual meet season.

One of the highlights of this week's meet was the Boys 9-10 200 Medley Relay team of Kevin Grelle, Maxwell Schlicht, Forrest Peterson, and Mathew Gutzmer. They set the team record with a time of 2:50.25. Other meet highlights were the contributions of Hannah Aegerter, Karley Licking, Makenna Licking, Tryn Peterson, Maxwell Schlicht, and Jackson Uselman who all ended the day with four first place finishes.

Special thanks to 10 year old Felicity Cole for singing this week's National Anthem. Next weekend, the Stingrays welcome Wisconsin Dells to Cross Plains for the final dual meet of the year.

Coach's Corner

Well done, Stingrays! With our swimming, sportsmanship, and wintery spirit we froze Spring Green in their tracks. We got on our mittens, skiing gear, and even a snowdrift; still, I think more swimmers left this hot and humid meet with sunburn than frostbite! But once again, even the scorching summer sun couldn't hold the Stingrays back! With great swims from all ages, we have much to be proud of. From clear victories such as a new relay record and impressive drops in time, to more subtle achievements such as a new friend from Spring Green met behind the blocks, and a flip turn attempted for the first time, this meet was another success.

Next week is our final dual meet of the season. So let's continue to focus on our swimming, sportsmanship, and spirit but also think about our volunteers. Parents work each and every meet to make it possible. So please take the time this weekend to thank one of the many people who are making the meet possible for you.



They toil tirelessly and deserve your appreciation. Specifically be sure to be courteous at the Clerk of Course. There are legions of swimmers queuing for the relays and they are difficult to organize. So keep your voices down, listen carefully to parents and coaches, and stay out of the area unless you are being seated. By doing this, you are giving those parents a wordless thanks.

Sadly, this meet will also be the final regular season meet for some Stingrays. As only three swimmers can be taken to Conference per event, not all swimmers will be able to attend. Never fear, however, Sun Prairie is again graciously hosting a meet earlier in the week for all Tri-County swimmers not attending Conference. Many swimmers have a wonderful time at this fun meet. Please attend if you are able!

Finally, be sure to note the Stroke Clinic changes indicated in this newsletter. We are so proud to have a 'problem' of too much interest in technique improvement. Hopefully this new setup will allow for even more growth. Keep it up Stingrays! We're proud of you. Keep Conference on your mind, for it's on the horizon. Go Sting!

July 23rd – Home Meet Vs. Wisconsin Dells

Come swim with the other 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 – The Amazing Race

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!

We hope to see some crazy costumes this Saturday!

Volunteer Signups

This is it... the last home meet of the 2011 season! Thank you to everyone that has volunteered your time to make our meets run successfully this year. And an even bigger thank you to those families that have stepped up and worked at every home meet in which your child participated. Your commitment is greatly appreciated. For this final home meet, there are still a few job openings left to be filled in Concessions, Timing, Clerk of Course, Post Meet Cleanup, and at the Scorer's Table. If you haven't yet volunteered for this meet, please take a moment to sign up at <http://crossplainsstingrays.i-volunteeronline.com/wiscdells>.

2011 Tri-County Conference Meet Information

For those looking for information regarding the conference meet, a link to the 2011 conference information packet on the Tri-County website has been added to the Stingray website (<http://www.crossplainsstingrays.com/links-1>). This document is the whole packet, but for those who are interested in information about how the meet is run, pages 4-7 contain many details regarding how the meet is set up and run.

Stingray Stroke Clinics

Wow Stingrays! We're impressed! The Stingrays have been so dedicated to their swimming and improvement that stroke clinics have been filling up every week and we still have swimmers clamoring for more! It's great to see our swimmers so passionate about their own improvement and craving more individual assistance. Thank you for your enthusiasm! This eagerness has not gone unnoticed. Thus, we are going to add two more stroke clinics per week for the remainder of the season. The new afternoon practice schedule is as follows:

10 and Unders: Mondays and Wednesdays
from 5:00 to 5:45 PM

11 and Up: Mondays and Wednesdays from
8:30 to 9:30 PM

Signup sheets will be available at the pool in the Sign-In Binder as usual. Be sure to sign up for the correct age group's clinic, and please remember that **swimmers may only participate in one stroke clinic per week** to give other swimmers the opportunity to get individual technique assistance. We would also request that there are no add-ins beyond the 15 swimmer limit on the signup sheet. Stroke clinics are meant to give individual assistance to Stingrays, which is more difficult for the coaches to provide if there are extra swimmers. If a clinic signup is full, please try another date, or talk to Kris or Derek. Thank you; this will help us give Stingrays the personalized instruction that such enthusiastic athletes deserve.

Hopefully this new nighttime practice for the older kids will increase availability for stroke clinics for all age groups, and satisfy the energy that the Stingrays clearly have for their own swimming! We look forward to coaching you at these clinics as the season draws to a close and the 2011 Tri-County Conference Swim Meet nears. Go Sting!

Spaghetti Dinner

American Legion Shelter, Thursday July 28th

The Spaghetti Dinner is just around the corner on Thursday, July 28th! By now you have received the forms and more than likely have heard that the volunteer portion for the dinner is on line at <http://crossplainsstingrays.i-volunteeronline.com>. Please sign up as soon as possible to help with our planning and to help us feel more comfortable about getting enough people to volunteer :). We changed things up a bit this year so that no one needs to bring anything except themselves, unless someone chooses a food item instead of one of the designated shifts.

And as stated before, it's always a blast to watch the Coaches' Spaghetti Eating Contest, and see the pictures taken by Jon Roll and Lori Neumann on DVD to music. And don't forget the corn rows all the girls seem to fashion with excitement for the upcoming conference meet.

Cost will be \$4.00 per person or \$14.00 per family - which includes a great homemade dinner prepared by Brenda Joyce and help from the volunteers, spaghetti with sauce is with meat and vegetarian style, and this year there will be lettuce salad and fresh fruit!

A big thank you to all for being a FABULOUS TEAM and an early THANK YOU for volunteering!!!!

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.

Tri-County Invitational

Sun Prairie Aquatic Center, Tuesday July 26th

For new families and first year swimmers, July 30 and 31 is the Tri-County Conference Meet at Baraboo. Each team is limited to 3 entries per individual event, thus there are swimmers on our team that will not qualify for the conference meet. Sun Prairie is hosting an invitational meet for swimmers not selected to swim in an individual event at the conference meet. It's a great way to finish the season! The details for the invitational are included below. Conference meet entries will be made by the coaches on or after the July 23 meet.

Date and Time

Tuesday, July 26th

Warm-up times will depend on teams in attendance, but likely from 5-5:30

Meet will start at 5:30. We will swim until it is too dark to continue. The meet will not be rescheduled due to inclement weather

Location

Family Aquatic Center, Sun Prairie

Eligibility

This meet is open to all Tri-County swimmers who are not scheduled to swim an individual event at the Tri-County Conference Meet. So, if a swimmer is only swimming a relay at conference, they are eligible to swim at the invitational.

Events

We plan on swimming all of the individual events. All events will be timed finals with swimmers seeded slowest to fastest based on seed times. No Relays.

Awards

Medals will be awarded for first through third place in each individual event. Ribbons will be awarded for fourth through eighth place for each individual event. We plan on doing something for heat winners as well.

Scoring

There will be no team scores. This meet is an opportunity for all those swimmers who are not swimming at Conference to celebrate their achievements.

Entries

Each swimmer will be limited to 3 individual entries. Use the normal HyTek meet entries, just do not include any relays.

Volunteers

Obviously it takes a lot of people to run a meet of this size. We would appreciate help (timers, runners,...) from the families of all the swimmers in the meet, regardless of team affiliation.

Food Drive

We will not be charging any type of admission fee for the meet for swimmers or spectators. Families are encouraged to bring donations of non-perishable items for the Sun Prairie Emergency Food Pantry. We will collect the donations and deliver them to the food pantry.

Heat Sheets

We plan on having heat sheets available for purchase (\$2)

T-Shirt Tie Dye Dates Changing

We found out that we won't be able to get the conference t-shirts in time to tie-dye this week. As soon as new dates have been determined, they will be emailed to the team.

Stingray Breakfast Dropped

Due to a strong response in last year's survey, we took a look at our activities around conference. We received many responses from parents that there are too many activities around the time of conference. As a result of the feedback, we will not be holding the Stingray Breakfast on Friday before conference. Thanks for your understanding and support

After Conference Party!

After a long day at the conference meet on Sunday, the last thing you want to worry about is dinner for the family! No need to worry, we are planning our After Conference Party at Coaches Club. All you can eat pizza and soda will be served immediately after conference at Coaches Club in Cross Plains. Cost of this event is to be determined. More information will follow next week.

Sting Awards Picnic - Tuesday, August 2nd 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.

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>.

Stingray Website

Be sure to check the Stingrays official web site, www.crossplainsstingrays.com, for up-to-date information throughout the season.

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 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 Mon and Wed 10 & Under Only

8:30-9:30pm Mon and Wed 11 & Over Only

Sign-up required. Stroke practice limited to 15 swimmers per practice. Limit one Stroke practice per week per swimmer.

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>