

The Sting!



Week of July 19th, 2010

Stingrays Dip Dolphins 467-167

In the final dual meet of the year, the Stingrays defeated the Spring Green Dolphins 467 to 195 to finish the season with a perfect 7-0 record.

This season the Stingrays have made an all out assault on the team record book. Headed into this past weekend's meet, the Rays had posted 29 team best swims. On Saturday, the Rays added nine more to their total. The new Stingray records are as follows:

Ashley Aegerter	Girls 13-14 50 Fly	31.62
Jacob Aegerter	Boys 11-12 50 Fly	33.65
Anna Bauerle	Girls 9-10 50 Free	34.16
Karley Licking	Girls 13-14 100 IM	1:10.84
Jackson Uselman	Boys 13-14 50 Free	26.12
Jackson Uselman	Boys 13-14 200 Free	2:06.81
Jackson Uselman	Boys 13-14 50 Fly	28.90
Chris Wills	Boys 13-14 50 Breast	35.43
Hattie Wells, Ashley Aegerter, Samantha Andryk, Karley Licking	Girls 13-14 200 Freestyle Relay	2:01.78

Despite being in their best condition of the season, the Stingrays didn't stop making huge leaps in time improvement. This week's best are as follows:

10 & Under

Purtell, Christian	42.53 %	25 Fly
Van Buren, Blake	30.68 %	25 Fly
Olson, Savannah	21.24 %	25 Back

11 & Up

Sarbacker, Justin	11.41 %	50 Breast
Stoppeworth, Camden	9.44 %	50 Free
Thompson, Ali	7.83 %	50 Breast

This week there were six Stingrays with four first place finishes: Hannah Aegerter, Jacob Aegerter, Karley Licking, Makenna Licking, Derek Uselman, and Jackson Uselman.

Good luck to all Conference and Sun Prairie Invite swimmers!



Sign refurbished and painted courtesy of Teryn Buchanan

Coaches' Corner

Congratulations on going undefeated this season. Great job! It was evident that everyone was prepared to do his or her best because we achieved 215 best times at Spring Green. Not only did we swim well we also displayed great sportsmanship. What a way to end the season Stingrays! We are all very proud of your achievements and the hard work and dedication put forth by everyone on the team. It was a season full of fun and great memories. Now on to Conference!

We will have a shortened practice schedule this week so we can rest for Conference and the Sun Prairie Invite. Below is the practice schedule. Enjoy the extra rest, as it is well deserved! We will send more information about Conference via email this week about what to expect, times to be there and more.

Conference Practice Schedule

13-14 & 15-18	6:30-7:45 am
9-10 & 11-12	7:45-8:45 am
8&U	8:45-9:45 am

Once again great job this year! It has been a pleasure coaching all of you!

-Stingray Coaches

Mount Horeb Meet Photos

Here's a link to photos from the Mount Horeb meet:

http://photo1.walgreens.com/walgreens/thumbnaillshare/AlbumID=3865358003/a=22325790_3623542/

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.

Tie-Dye! – Tuesday, July 20th

After Practice, Cross Plains Pool Shelter

With the conference shirts arriving on Monday, 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 dying can be begin immediately after practice.

Steps to a Successful Tie-dye Conference Shirt

- 1.) Tie up your conference shirt or any other shirt you plan on tie-dyeing.
- 2.) Bring it in a Ziploc bag with your name on the bag and \$2.00.
- 3.) Place it in the box outside the pool house when you come to practice.
- 4.) After practice, find your shirt (it will be soaking in a bucket with a string tied on it that has your name on it).
- 5.) Tie-dye your shirt.
- 6.) Take your shirt home and leave it in the Ziploc bag for a full 24hrs.
- 7.) Keeping fabric tied up, and wearing gloves, put fabric in sink and flood with cold running water. A lot of loose dye will flow out of the fabric. This is normal.
- 8.) Rinse with running water until you've rinsed most loose dye out of the fabric.
- 9.) Untie the fabric, increase the rinse water temperature to warm, and continue to rinse fabric until you get sick of rinsing.
- 10.) Wash fabric separately in a washing machine with fabric detergent until all loose dye is removed and the rinse cycle water is clear.

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

Warm-ups are scheduled for 5:00. The meet starts at 5:30.

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. We are looking for someone to help in the kitchen and for an additional person to shadow in the kitchen for next year. If you are interested please call Brenda Joyce at 203-6509. If you haven't already signed up for dinner it is not too late! Please don't hesitate to pay at the door but remember to bring a salad. The cost is \$3 per person or \$12 per family.

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.

After Conference Pizza Party – Sunday, July 25th

6:00~6:30 pm, Coaches Club, Cross Plains

All swim team families are invited to a pizza party and social at Coaches Club in Cross Plains following the conclusion of the conference meet. Depending on how the meet goes, the start time will be around 6:00 or 6:30.

The cost will be \$6 per person. This is for all the pizza (single topping or cheese only) and soda (Pepsi products and root beer via pitchers) you can eat and drink. All adult beverages are **not included** in the \$6 but are available to purchase separately.

Please RSVP Ladd Pettit via email at lpettit@chorus.net. Ladd would like to get a head count and all money collected by July 22nd. Checks should be made payable to the Cross Plains Stingrays and should be placed in the Pettit folder along with your names by 5pm on 07/22.

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.

Team Yoshi, Victorious!

Not to be overshadowed by this past weekend's swim meet, here are final results from Friday's Mario game:

- Team Yoshi - 11
- Team Mario - 8
- Team Peach - 4
- Team Toad - 3
- Team Bowser - 1

Congratulations to all participants!

Stingray Board

President: Ladd & Laurie Pettit
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Secretary: Jennifer Gutzmer
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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