

# The Sting!



**Week of July 25<sup>th</sup>, 2011**

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## **Stingrays Beat Dells, Finish Season 7-0**

In their final dual meet of the season, the Stingrays defeated the Wisconsin Dells Dolphins 570-90. With the win, the Stingrays end the year with a perfect 7-0 dual meet record to become the out-right Tri-County dual meet champions.

As is Stingray tradition, the Stingrays bid farewell to their seniors swimming in their last home meet. Congratulations and thanks go out to Brian Andryk, Nicholas Dodsworth, Joe Joyce, Sara O'Donnell, and Heather Thole.

Two more Stingray records were broken this weekend bringing the season total to 22 in all. Hannah Aegerter's time of 38.15 set a new mark in the Girls 9-10 50 Backstroke. In addition, the Girls 9-10 200 Freestyle Relay team of Makenna Licking, Nicole McCue, Grace LaBoda, and Hannah Aegerter broke the existing record of 2:25.50 with a time of 2:22.65.

Aside from the records, there were 11 swimmers with 4 first place finishes: Brian Andryk, Hannah Aegerter, Jacob Aegerter, Elena Jensen, Grace LaBoda, Karley Licking, Makenna Licking, Derek Pettit, Sophie Tallard-Sklare, Victoria Trantow, and Derek Uselman.

With their final dual meet behind them, the Stingrays will now focus their attention on preparations for next weekend's Tri-County conference meet in Baraboo.

## **Coach's Corner**

Congratulations, Stingrays, on another successful meet and week of practice! The coaches saw good effort from many corners at practice, and our "Amazing Race" around the village was a wonderful display of Stingray pride and unity. I hope that you all found a new friend during the race; I know you showed Cross Plains how fun and close our team is. A big thank you to the Cross Plains Pool staff members who made the race safe and fun for all of the swimmers.

Theirs was the impossible task of keeping everyone together, involved, and safe and they did a wonderful job! Congratulations to all teams on their finishes!

At the meet, we saw some incredible swims and heard some kind words. Again and again, coaches were floored by dropping times, impressive improvements in technique, and good sportsmanship. It was a great way to finish out our year, and a great way to finish Cross Plains Stingray careers for a group of wonderful seniors. Congratulations seniors! Good luck in all of your future endeavors and thank you for your many years of service to our team. You will be missed.

As you all know, it is now the final week of Stingrays: Conference Week! Unfortunately, this means that Tuesday's practice is the final practice for many swimmers. The coaches ask that only Conference swimmers attend Wednesday to Friday to give extra space to the tapering kids. However, this is a big week for every swimmer on the Stingrays whether they will swim in the meet or not. There are many events coming up for the end of the year, including Tie-Dye, Spaghetti Dinner, the After Conference Party, and the Awards Picnic. We encourage ALL swimmers, no matter their Conference status to attend these exciting events. We are one team and we are looking forward to celebrating together!

Stingrays! Get excited for Conference! We are defending a three year title and will need to work hard to make it four. So if you are swimming, be sure to attend practice every day, try your best, and keep a positive attitude. If you are not swimming, we encourage you to come to Conference and cheer on your teammates! We can use all of the Stingray Spirit we can get. Most importantly: have fun! It's going to be a great week and a riveting final meet. Enjoy it! Get psyched; get pumped; and get ready! GO STING!

## 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!

## Practice Time Change: 13-18 Age Group

An extra half an hour of sleep!! Practice time for the 13-18 Age group is moved to 6:30 AM this week!! The end time remains the same. All other age groups start and end times remain the same.

## Spaghetti Dinner

### American Legion Shelter, Thursday July 28<sup>th</sup>

We have received a few phone calls asking if it is too late to enroll for the Spaghetti Dinner & the answer is NO! Please don't hesitate to sign up - the Spaghetti Dinner file is still up and running at the pool. We will take forms through Wednesday night. The deadline indicated was to get an estimate/head count for purchasing the Spaghetti. Please also know that you may pay at the door if you find yourself flying by the seat of your pants on Thursday. Again, it is July 28<sup>th</sup> at 6:00 p.m. @ Cross Plains Legion :)

And for those who haven't volunteered already - we are still in need of volunteers! It is crucial to get as many slots full to make everything run smoothly. If you could please take a look on-line on the website that would be GREAT! We could especially use help in the Prep/Cooking area. Believe it or not last year that was the most FUN.

<http://crossplainsstingrays.i-volunteeronline.com/spaghetti>

Please also know that if you lost the form - just include a check (\$4.00 single/\$14.00 family and indicate in the memo the number of people attending.

Thankfully,

The Sting Spaghetti Crew

## Help Assist Wisconsin Dells at the Conference Meet

Wisconsin Dells is one of our smaller teams and is hosting Conference this year. Having hosted in 2009, many of us understand the large effort that goes into hosting the event. Wisconsin Dells is seeking volunteers to help run the conference meet. Specifically they are in need of: Concessions any shift, AM or PM, Saturday or Sunday. Please contact [Jill Diehl](mailto:jdiehl@copacabanaresort.com) at [jdiehl@copacabanaresort.com](mailto:jdiehl@copacabanaresort.com) if you are willing to help.

## **Tri-County Invitational**

### **Sun Prairie Aquatic Center, Tuesday July 26<sup>th</sup>**

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)

## **The Twelve Days of Conference**

In preparation for the upcoming Conference meet, two of our 9-10 Stingray swimmers have created a song entitled "The Twelve Days of Conference" which goes to the tune "The Twelve Days of Christmas." And here it is!

On the twelfth day of Conference my swim coach gave to me:

twelve tents are staying  
eleven meter pools  
ten umbrellas hanging  
nine blocks are staying  
eight towels hanging  
seven bags are laying  
six children freezing  
five Gatorades  
four power bars  
three goggles  
two bobbing caps  
and a swimmer swimming fastily.

Thank you Jay Sullivan and Forrest Peterson for your Stingray pride and creativity!

## **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 warm summer afternoon cheering on the Stingrays, who wants to cook after the conference meet? Not me! Come and join us for the After Conference Party at Coaches Club in Cross Plains. We have expanded the menu this year keeping the buffet style intact. In addition to pizza, chicken tenders, chicken wings, veggie tray, fruit plate and chips and salsa will be served. **Food will be served buffet style from 6 PM to 9 PM.** Soft drinks and gratuity included, \$10 for adults, \$8 for kids 8 and under.

Check your folder for the RSVP form or download and print it from the website [click here](#). Wrist bands will be handed out at the door. Please ask the wait staff once you arrive.

Interested in enjoying the camaraderie but not interested in the buffet? Come and join in the party! Feel free to purchase drinks and food on your own. Join the fun!!

**Please return your RSVP by 5 PM Thursday, July 28 to the After Conference Party folder OR the give to Mike or Kay at the Spaghetti Dinner on Thursday. All RSVPs must be received Thursday, July 28.**

## Sting Awards Picnic - Tuesday, August 2<sup>nd</sup> 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](http://www.crossplainsstingrays.com), for up-to-date information throughout the season.

## 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>

## 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 Spring Green meet:

<http://photo1.walgreens.com/walgreens/share/p=955211311302078984/l=2275603003/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](mailto: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 30 Conference Prelims @ Baraboo  
Sun. July 31 Conference Finals @ Baraboo

## Practice Time Change: 13-18 Age Group

An extra half an hour of sleep!! Practice time for the 13-18 Age group is moved to 6:30 AM this week!! The end time remains the same. All other age groups start and end times remain the same.

## 2011 Practice Times

### Daily Practice

6:30-7:45 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.