

JULY 1

# THE STING



SINCE 1972



## A Study in Blue and Yellow

Stingray Swimming a Masterpiece!

### UPCOMING EVENTS

Extra Details can be found on Page 2

#### Monday

**Massage therapy for 9-18s (8-10 AM)**

Talk to Coach Kris to reserve a spot

**Stroke Clinic 5:00-5:45**

Sign-up Online

#### Tuesday

**Team Building Tuesdays**

Raspberry Park at 3:00

**Meet Sign-in Deadline**

#### Wednesday

**Stroke Clinic 5:00-5:45**

Sign-up Online

**Buddy Meeting 8:00 AM**

For all buddies (old and young)

#### Thursday

**Practice CANCELLED**

Enjoy the holiday! Happy 4th of July!

#### Saturday

**Home Meet against Wisconsin Dells**

Warm-ups at 7AM

Theme: Star Wars!

performance. Keep it up over the next few weeks! Some of the upcoming meets will have less competition, but we want everyone to keep up the strong effort they have shown in the last few close meets! Keep trying for the personal bests for your own improvement, for Conference times, for records, and to show off your swimming skill! We're in all 50 meter regulation pools from here on in, so everything counts! Keep on giving your all in practice and meets and we'll have a great July! We're halfway through! Don't lose focus and keep up the great work! We are all so proud of you! -Stingray Coaches

### COACH'S CORNER

As we said on Wednesday, this week's meets were brought to you by the letters X and P, and the number 1! We had two excellent meets for which all of our swimmers deserve commendation! Our 493 - 156 win against Spring Green and our 419 - 243 win against Mt. Horeb are testaments to the skills, improvements, and hard work of all of our Stingrays! At our meet against Spring Green, the 11-12 girls continued in their pattern of breaking the Medley record every week, setting a new time of 2:21.53 with a relay of Nicole McCue, Makenna Licking, Hannah Aegerter, and Megan Bauerle. Hannah Aegerter also broke a four day old 50 Free record with an awesome new time of 30.18! We were also really impressed by our swimmers who got personal bests for a second meet in a row! There were far too many to mention in this corner, but a few really stood out. Tayla Gattenby improved nearly two seconds from her personal best last week in her IM, a feat matched by Erin Jenkins in her Fly. Ethan Lengfeld cut nearly a second and a half in his 50 Breast from week to

week. Alaina Riley and Porter Blaha had especially awesome swims; both improved their times by over ten seconds in just one week in the 25 Free and 25 Back respectively! These successes were continued in our meet against Mt. Horeb. We were so proud of your performance on Sunday! One of our greatest improvements came in the huge decrease in the number of DQs. Especially in our younger age groups, we were so happy to see legal strokes across the board as all of our swimmers continue to improve! Some really great swims came from Ryan Roenneburg, Sydney Knutowski, Kaitlyn Peters, Jon Roll, Grace Czosek, and Erin McShane. We were also super proud to see how many swimmers were cheering at the end of their friends' lanes at the meet! Anna Bauerle, Sam Gessler, Colin and Riley Kalsbeek, Owen Roenneburg, Haven Wankerl, Eli Duzan, Sam Roll, and many more were showing great spirit throughout the day! Thank you! And congratulations to everyone! It was a tough week of multiple meets, and we were all so pleased with your

## Meet Sign Ins

All meets are now available to sign in or out. Please take the time to sign your swimmers in or out of as many meets as possible. By signing in early, your coaches are able to design awesome workouts, fun games, strategic lineups and more, instead of tracking down uncommitted swimmers. Especially remember this week to sign in or out of our make-up meet against Mt. Horeb. The sheet is available online now.

### Team Building Tuesdays

Last week we had a great time creating Stingray arts and crafts! The next adventure will occur on July 2 at Raspberry Park at 3:00 in the afternoon. We will be playing kickball and capture the flag. We encourage swimmers from all age groups to come join in the games, meet some other Stingrays, and have a ton of fun. See you on Team Building Tuesday!

### Buddy Program Event

As you know, this year we are bringing back the buddy program. Unfortunately the program is off to a slow start, but that is changing this week! This Wednesday, July 3rd, we would appreciate it if you could attend a buddy meeting during 9-12 practice at 8:00AM at the pool shelter. Through this meeting, all of our buddies will be able to connect officially. Each week, we have decided to provide an idea for a small buddy gift. We encourage all older and younger buddies to participate.

July 6, Dells: Sign+favorite candy  
July 13, Mazo: Sign+homemade treat  
July 20, Baraboo: Sign+personal note

See you all on Wednesday!  
Haley Joyce  
Karley Licking  
Emily Douglas

### For the Calendar...

#### July 19: Tie Dye Day

After practice on Friday. Details to follow. Conference clothing will also be available that day. Rubber bands will be available for folding at practice if you are tie-dyeing a Conference shirt.

#### July 20: Alumni Day

See more information below. Invite former team members and get the organizers info and memorabilia from the last 40 years of the team!

#### July 25: Spaghetti Dinner

Sign-ups and forms will be available this week. Volunteers are necessary to have a successful event. It's a very fun team building event, so please sign up as soon as possible for a shift! Thank you!



### After Conference Party Survey

Online surveys will be out soon to solicit feedback regarding the After Conference Party. You will receive the survey via email, and it will be due on Sunday. Please take the time to have your voice heard!

For more information about the team, or to get in touch with coaches or the board, go to [www.crossplainsstingrays.com](http://www.crossplainsstingrays.com) for up-to-date info and contacts.

### Home Meet Job Sign Up

Job sign-ups for the July 6th home meet open this week. Every family with a swimmer committed to the meet needs to sign up for a job. Many hands make light work! Please be sure to sign up as soon as possible so volunteer organizers can prepare in advance. Concessions requirements consist of bringing a required item to one meet throughout the season unless you have bought out. You may bring more but it is not required. We are only a few spots away from filling our required volunteer slots for the Dells meet! Help us fill those last spots! Thanks for your continued volunteering and support!

### Conference Team Info

Unfortunately, our Conference Team is limited to only 3 swimmers per individual event and 12 swimmers for relays—all relays take place on Sunday. With a large team such as ours, not all swimmers will make the Conference team. There is a sign-in sheet for Conference on the website under "Team Functions." This is for availability purposes and does not guarantee your swimmer a spot in the meet. The Conference team will be announced the Monday before Conference. Unfortunately, we cannot tell any families with absolute certainty whether their swimmer will be part of this group until that date, but if you need advice to plan the rest of the summer, feel free to contact your age group coaches to get a general idea. Non-Conference swimmers can (and should!) participate in the super fun Sun Prairie Invite on July 23. It is a great time, with lots of awards, and fun swimming. More info to come on both of these events!



## XP Stingray Alumni Day

On July 20, the Stingrays are going to host our first alumni day to celebrate over 40 years of Cross Plains swimming! We will be inviting alumni to meet and cheer on our current team at our meet against Baraboo, followed by some alumni races, a potluck lunch, and a short program. Current swimmers will be volunteering to run the event and to officiate, time, and start the races.

More information about this event to come. Stay tuned!

If you know any alumni, or if you are an alumni, please make sure to invite any former team members to this event, and let them know that we are looking for help! If you have any great stories from days of the team gone-by, have old Stingray memorabilia or photos you are willing to share, or want to get involved in the planning of this event, please contact Coach Kris, and connect with us via the information below.

### Connecting with the alumni organization:

On Facebook: Cross Plains Stingrays Alumni

By Email: [xpstingraysalumni@gmail.com](mailto:xpstingraysalumni@gmail.com)

We are very excited to welcome back 40 years of alumni swimmers to the pool for our last home meet, and the more contact we have with alumni the better the event will be! So get out there and get in touch with our alumni!



### Thank you to our Conference Volunteers!

Thank you to all of our wonderful families who signed up for a job at Conference! Without your dedication our hosts could not run a successful meet. We appreciate your support. Thank you!

### Muscles tight?

Diana Postle has once again graciously offered to volunteer her time to give massage therapy for the 9 - 18s after their practice (day may vary each week, this week is Monday 8-10AM). Talk to coach Kris in order to get yourself a time slot.

### Stingray Board

**Presidents:** Doug and Stacey Bohachek  
**Vice-Presidents:** Vacant  
**Secretary:** Kristi Van Buren  
**Treasurer:** Julie Kalsbeek  
**Past Presidents:** Shawn and Lori Neumann

A HUGE thanks to our mystery family that picked up the tab on our victory curds at the Grumpy Troll after our meet on Sunday! We can't tell you how much we appreciated it!



### Stingray Coaches

**Luke Lengfeld**  
Head Coach 13 - 18s  
**Kristofer Rhude**  
Head Coach 12 - under  
**Brian Andryk**  
Assistant Coach 13 - 14s  
**Sophie Tallard and Kendra Kalvin**  
Assistant Coach 9 - 10s  
**Teryn Buchanan**  
Assistant Coach 8 - under  
**Emily Roll**  
Senior Helper Coach  
**Emily Douglas and Haley Joyce**  
8 and Under Helpers