

JULY 13

THE STING



SINCE 1972



With New "Little Stingrays..."

Our Cross Plains Family Grows a Bit Bigger!

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Stroke Clinic 5:00 - 5:45 PM

Tuesday

Team Building Tuesday

Legion Park, 1:00 - 2:30

Walk to Crossroads Coffeehouse to celebrate our last TBT of 2015! 2:30 - 3:30

Night Practice 8:00 - 9:30 PM

Wednesday

Stroke Clinic 5:00 - 5:45 PM

Thursday

Night Practice 8:00 - 9:30 PM

Friday

Tie Dye Day!

Before or after practice

Saturday

Away Meet at Sun Prairie

Warmups begin at 7:00 AM

Meet begins at 7:30 AM

Theme: Scooby Doo!

COACH'S CORNER

What an exciting morning we had for our last home meet of the 2015 season! We had great swimming across our age groups capped off by a new record breaking swim in the Boys 15-18 Free Relay. Harrison Bielski, Max Hollfelder, Joshua Reddemann, and Jacob Aegerter set a new Stingray best of 1:43.52! Congratulations, boys, and great job to all of our swimmers who swam hard and got new best times as we head towards the end of the season! We especially want to congratulate our seven seniors who swam their last meet in the Cross Plains Pool on Saturday. Thank you Haley Joyce, Lauren Kalvin, Jackson Lee, Derek Pettit, Joshua Reddemann, Max Stenklyft, and Amy Sullivan. Between you, you represent over 60 years of Stingray swimming and we're proud to count you as our graduates! On the other side of the age spectrum, congratulations to Adam Bernd, Addison Haack, Bryce Pape, and Isaac Richardson (pictured above) who swam their first meet as Stingrays this weekend! These swimmers just completed four weeks of the "Little

Stingrays" program which prepares our community's younger children for the challenges of competitive swimming! It was so exciting to watch these new Stingrays swim in their first Cross Plains event; congratulations kids, and welcome to the team! And now we finally come to the final two weeks of the season. The whole year has been building up to this point and its time to make smart decisions both in and out of the pool. Eat healthy, get full nights of sleep, and stay hydrated through these hot days. With our two toughest meets coming up—Sun Prairie and Conference—we're going to need everyone in top shape and at the pinnacle of their swimming performance. We expect the Sun Prairie meet to be one of the closest we've had in years, and we want to see best time after best time, not only because of this, but also to get those last minute Conference times! Swim fast, swim hard, and have fun at our team events from TBT to Tie-Dye and more in our last regular week of the season! Go Sting! -Stingray Coaches



Meet Sign-ins

If you have not yet signed in your swimmer for our final three meets, please email Coach Kris and your swimmer's age group coach immediately to indicate their attendance. The deadline has passed and we need to know about all of our swimmers attendance now as all meet lineups are due in the second half of this week.

After Conference Party

The After Conference Party is a fun, low-key night of food, drink, and good company after our final meet at the end of July. We celebrate the end of our season and kick up our feet after a long two days at Conference! While the event is changing its venue to American Legion Hall, everything you've come to love about this event will remain the same. A pizza buffet will be available and water provided, in addition to a cash bar for soda and alcohol. The Legion has a fully stocked bar and is willing to accommodate special requests. Credit or debit cards will not be accepted. All are welcome even if you don't order pizza, but forms and payment to sign up for the buffet are coming soon and are due by noon, July 17th to the After Conference Party folder. A huge thank you to Tom and Stacy Bernd who are coordinating the event again this year! If you have any questions feel free to contact the Bernds via email at sbcocotele@gmail.com or phone at 798-1068.

Final Team Building Tuesday

It's hard to believe, but our final TBT is this week! To celebrate, we'll have our usual outdoor games, followed by a trip to Crossroads Coffeehouse to recoup with a good cold drink and to support one of our Platinum Sponsors during construction! Bring some cash if you want a drink! Thanks to all of this years TBTers, and we're looking forward to one last adventure at Legion Park and Crossroads for the last TBT of 2015!



Conference Team Info

Unfortunately, our Conference Team is limited to only 3 swimmers per individual event and 12 swimmers for relays. With a large team such as ours, not all swimmers will make the Conference Team. The Conference team will be announced the Monday before Conference. This will also be the last day of practice for any swimmers that are not swimming an individual or a relay at 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. Swimmers who do not make an individual event in Conference can (and should!) participate in the super fun Tri-County Invite on July 22 (see below). It is a great time, with lots of fun swimming, happy families, and a lot of awards! More info to come on both of these great events!

Tri-County Invite Info

As our Conference Team is limited to 3 swimmers per individual event and our team is relatively large, many of our swimmers will not be participating in an individual event at Conference. However, any swimmer not swimming in an individual event at Conference is eligible for the Tri-County Invite for their big end of the season meet! This is a great event, where the kids get to choose three individual events that they would like to race for their final meet of the season—there are no relays. All of the Tri-County teams are invited, there are lots of awards for the top 8 finishers (both medals and ribbons), and there's just a great atmosphere of sportsmanship, fun, and fast swimming! We hope all of our swimmers that don't make an individual event at Conference are able to come swim at the Invite which is being hosted by Sun Prairie this year.

Tie-Dye Day

Our 2015 Stingray Tie-Dye Day will be this Friday, July 17th! Bring your white cotton clothing to tie-dye along with a donation to cover the costs of the dye and other materials—\$2 per item is recommended. Please check out the [Tie-Dye event](#) on the website for full details and instructions on how to dye and wash. Remember that this fun event is for all swimmers but it is not an alternative to practice. Swimmers should tie-dye before or after their practice, and those who tie dye before practice need to make sure that they have enough time to complete their clothes before their workout begins.



End of Season Outlook (7/19 - 7/28)

Shortened practice schedule for taper (TBA)

Sunday: Announcement of Conference lineups

Monday: Last day of practice for non-Conference swimmers, Culver's Share Day

Tuesday: Tri-County Invitational at Sun Prairie

Saturday: Conference (Individual Preliminaries)

Sunday: Conference (Relays, Individual Finals)

Sunday Night: After Conference Party at Legion

Tuesday (7/28): Awards Banquet and Pool Party

Culver's Share Day

Cross Plains' Culver's is sharing a percentage of their entire day's profit with the Stingrays on Monday, July 20th! Stop in for lunch, dinner, or some frozen custard that day to support your Cross Plains Stingrays swim team! Thank you Culver's for your continued support!



Volunteers Needed for 2016 Stingray Board!

Your Stingrays need you! Please consider being part of the 2016 Stingray Board. Positions are elected by the team at large during the Awards Banquet on July 28. While all positions are open to new candidates, we are specifically in need of candidates for vice president. In most seasons, the vice president(s) succeeds the president(s) the following season, and become the past president(s) the next year. Nominations will be accepted until the time of the election. If you have questions about serving on the board, please feel free to contact current board members (listed right), any former board members, or the head coach. While there is certainly hard work involved, being a board member is a great way to give back to the team and to get to know lots of Stingray families! Thanks for considering!

Stingray Lost and Found

Lost:

Red and gray folding chair

Plastic pirate sword with gold duct tape

Found:

Cell phone

If you have a lost item, or are missing a found item, please contact Coach Kris to get the item back to their rightful owners. Thanks!

Stingray Board

Presidents: Amy and Rick Grelle

Vice-Presidents: Melissa Hinz & Julie Blaha

Secretary: Sandy Stoecker

Treasurer: Rhonda Gessler

Past Presidents: Doug and Stacey Bohachek

Got Questions? We've Got Answers!

Please feel free to contact the Stingray Board or Coaches with any questions or concerns. Contact information for every coach can be found at www.crossplainsstingrays.com under the "Coaches" tab.

Stingray Coaches

Kristofer Rhude

Head Coach and 13 - 14s

Brian Andryk

Assistant Coach 15 - 18s

Emily Roll

Assistant Coach 11 - 12s

Kendra Kalvin

Assistant Coach 9 - 10s

Emily Douglas

Assistant Coach 8 - under

Karley Licking

Junior Assistant Coach 12 - under

**Samantha Roll, Lauren Kalvin,
Erick Grelle, Seth Gutzmer, and
Amy Sullivan**

Helper Coaches

