

JULY 14

THE STING

SINCE 1972



Chasing Down Conference

Excitement Builds as Stingrays Approach the Finale!

COACH'S CORNER

From our runs to village parks, to swimming, to capture the flag, to a Mario Party, it's been a fun and busy week! With that in mind, while this is the first time in my memory that we've had a meet cancelled due to pool contamination, I hope you enjoyed the extra time off after our half-meet. Even though we didn't get too far into it, we still had a lot of swimmers who left everything in the pool and finished truly excellent races. Special recognition goes to Lauren Kalvin for her 50 back, Caden Van Buren for his very fast freestyle, and Sydney Knutowski for her back. The 8&U Boys A relay of Henry Bohachek, Zack Stoecker, Kyle Pape, and Tony Peters won a very exciting and close race in their Medley. Lily Mair, Olivia Wissink, and Valerie Niesen all also swam very well, showing great improvement from the previous week. For such a brief meet, we sure did have a lot of highlights from you all! Great job! As we move forward to our last dual meet of the season in Sauk, we'd really like to encourage you to set a goal for the week. For some of you, that

goal could be making the Conference team, or breaking a team record! For others, it could be achieving a personal best or putting your best effort into practice. Think about what would make you a better Stingray, and make a goal that can help you achieve it! This is a very important meet for everyone. Sauk is your final chance to cut time and gain a spot on the Conference team. Your coaches always expect maximum effort and sportsmanship but here in our last dual meet of the year, it's more important than ever! This is also the week in which you will start to feel practices getting noticeably easier as we begin to rest for Conference and the Invite. It's not just about practice, though! It's also about getting enough sleep, eating right, and making smart decisions with your free time. It's a great time of year to read a book, watch a movie, or relax with your teammates! So work hard in practice, and chill out at home. Need a recommendation? Ask your bookworm coaches! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Stroke Clinic 5:00 - 5:45

Sign-up Online

Tuesday

Team Building Tuesdays

Cross Plains Pool from 3:00 - 4:30

Wednesday

Massage Therapy

Available after practice

Stroke Clinic 5:00 - 5:45

Sign-up Online

Thursday

Pokémon Safari!

Wear shoes and comfortable clothes to run! While the 13 - 18s will still have most of their in-water practice (6:00 - 7:15) we'd like them to join the 9 - 12s at 7:15 for our exciting games around the village!

Saturday

Away Meet at Sauk

Warmups at 7:30

Meet begins at 8:00



Volunteers Needed!

There are still quite a few open volunteer spots that need to be filled for both the Invite and the Spaghetti Dinner. If you have not signed up for a volunteer shift at these two events, please take a moment to find a shift that you are able to take on. We can't run our events without our fabulous volunteers, so please take the time to do your part!



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 right). It is a great time, with lots of awards, and fun swimming, and is being hosted for the first time here in Cross Plains! More information about the events themselves will be forthcoming in the next newsletter and in further messages this week.

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. This group of swimmers is however 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! Our added bonus this year, is that we are hosting the meet for the first time! We are very excited to host all of our friends and neighbors from all around the Conference. All swimmers will learn if they are eligible for the Invite next Monday. We hope each of our swimmers that don't make an individual event at Conference are able to come swim at the Invite in Cross Plains!

Modified Practice Next Week

Next week, (July 21st - 25th) our practice schedule will be shortened to maintain our taper. The new times are below. Note there will be no stroke clinics for our last week of practice. All swimmers should come to practice on Monday. However, this will be the last day of practice for non-Conference swimmers. This allows the coaches to give Conference swimmers more space in the lanes and more personal attention before the big meet. Plus we want our Invite swimmers well rested for their big end of the year meet! If you are swimming in a relay or an individual at Conference, we expect to see you all week.

13 - 18s: 6:30 - 7:45

9 - 12s: 7:45 - 9:00

8 & Unders: 9:00 - 9:50

Meet Sign-ins

If you have not signed in or out of Conference or the Invite, you need to do so immediately. The coaches have already begun working on the entries for both of these meets and are not able to complete them without knowing who is available for each meet. Thanks!

End of the Season Outlook (7/21 - 7/29)

Save the date; stay tuned for more details!

Monday: Last day of practice for non-Conference swimmers

Tuesday: Invitational at Cross Plains

Thursday: Spaghetti Dinner at the American Legion

Saturday: Tri-County Conference (Individual Preliminaries)

Sunday: Tri-County Conference (Relays, Individual Finals)

Sunday Night: After Conference Party at Coach's

Tuesday (7/29): Awards Banquet at Pool Shelter



Thank You Shane, Carly, and Beata

A huge thanks to Olympic Gold Medalist Carly Piper, former head coach Shane Ryan, and top state and national high school swimmer Beata Nelson for coming out to give a stroke clinic for 26 Stingrays last week! We're very grateful to these three great athletes and coaches for coming out to motivate, inspire, and teach our kids! Thanks Shane, Carly, and Beata!



Massage Therapy

Diana Postle and Melissa Hinz will be providing massage therapy for our swimmers after practice once a week. They will set up near the shelter, and interested swimmers should head over after practice! Huge thanks to Diana for offering her services for yet another year, and to Melissa for joining her this year! Ourselves and our muscles are so grateful!

Buddy Program

Be sure to cheer on your buddies at our last dual meet and next week at our end of the season meets! We also will have meet signs available for all of our buddies to decorate for each other. If you have any questions about the Buddy Program please contact Coaches Teryn, Lauren, or Haley.

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.

Volunteers Needed for 2015 Stingray Board!

Your Stingrays need you! Please consider being part of the 2015 Stingray Board. Positions are elected by the team at large at the Awards Picnic on July 29. It has been helpful and common for board members to serve a term of three years, but one year terms are required by the bylaws. While all positions are open to new candidates, we are specifically in need of candidates for vice president. Nominations for any board positions should be sent to the Grelles. 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 below), 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!

Team Building Tuesdays

After a great season of fun and games at parks around the village, we're bringing TBT to a close this week so that our swimmers can rest up for our big meets next week. Huge thanks to all of our swimmers who came out this year; we had around 50 Stingrays and friends playing games and having a ton of fun each week, and had some of the most fun TBTs yet! Come by the pool for some fun pool games and treats at 3:00 this week to end the TBT season!

Stingray Board

Presidents: Doug and Stacey Bohachek

Vice-Presidents: Amy and Rick Grelle

Secretary: Kristi Van Buren

Treasurer: Julie Kalsbeek

Past Presidents: Shawn and Lori Neumann

Stingray Coaches

Kristofer Rhude

Head Coach and 11 - 12s

Brian Andryk

Assistant Coach 15 - 18s

Sophie Tallard

Assistant Coach 13 - 14s

Kendra Kalvin

Assistant Coach 9 - 10s

Teryn Buchanan

Assistant Coach 8 - under

Emily Roll

Junior Assistant Coach 12 - under

Emily Douglas

Junior Assistant Coach 8 - under

Samantha Roll and Riley Kalsbeek

8 & Under Helper Coaches

