

JULY 15

# THE STING



SINCE 1972



## Swimming the Stingray

Cross Plains Flying through the Water!

### COACH'S CORNER

Great job on yet another successful meet, Stingrays! We were so proud of your accomplishments this weekend. Special commendation goes to Makenna Licking, who broke her sister's 50 Breast record in a time of 38.94! Congratulations Makenna! Another awesome swim came from Grace LaBoda who swam with perfect technique to a second place finish in her 100 Free. Lainie Laszewski celebrated her eighth birthday in style by cutting six seconds off her 50 Free time. Nicole Bednarz cut 19 seconds (11%) off of her 200 Free time, and Jacob Aegerter cut three seconds off of his! Kyle Pape also really impressed us with his 19 second drop in the 25 Back! Anna Bauerle also had a great swim in her 50 Fly. We've also continued to be so pleased with everyone's team spirit and cheering! Great job to all! As the season winds down, we are starting to think about Conference. We started working on the lineups today, and will continue until Saturday evening. It is not too late to impress your coaches and get a spot on that Conference team! Be sure that you

are giving your maximum effort in practice and at the meet against Baraboo. The results from this week will influence the Conference team. That said, we also want to impress upon everyone that some of our hardest working swimmers may not make the team. If you don't make it, this does not mean that you didn't try your best or didn't work hard enough. We have an extremely gifted group of swimmers and a very large team, so only a small percentage of Stingrays can go to the meet. Please realize that we are all so proud of you, no matter where you end up. Plus, those not swimming an individual at Conference can swim the Sun Invite! It's a great meet and is super fun! It's an exciting time of the season! Back to this week, it's going to be rough weather wise, so stay indoors, drink lots of water, and wear sunscreen! Plus, get ready for lots of fun! We have our last Team Building Tuesday, a 'classic' game day, and Alumni Day on Saturday! So rest up, stay safe, swim hard, and have a lot of fun! Go Sting! -Stingray Coaches

### 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**

Pool at 3:00

##### **Meet Sign-in Deadline for all remaining meets**

Dual vs. Baraboo

Sun Invite

Conference

#### Wednesday

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

Sign-up Online

#### Thursday

##### **Classic Game Day (Pirate Week)!**

In honour of Alumni Week, we're having classic pool games and Pirate Day: the original game day!

#### Friday

##### **Tie-Dye Day**

After practice. Bring 100% cotton clothing and create your spirit clothing for Conference or the Sun Invite!

#### Saturday

##### **Home Meet against Baraboo**

Warm-ups at 7:10 AM

Theme: Pirates!

##### **Alumni Day**

For all current and former swimmers and their parents! More info below. Alumni races and lunch to occur immediately after the meet.

## ALL Meet Sign-ins Due on Tuesday!

All meets are now available to sign in or out on the website. This includes Conference and the Sun Invite. While there is no guarantee your swimmer will qualify for either event, please do sign them in or out for availability purposes. The coaches will place the swimmers in whichever meet they qualify for—note that some may qualify for both. The sheets are available online now. To participate in our final three meets, you must sign in or out by Tuesday evening. Thank you!

### Team Building Tuesdays

Last week we had a great time playing kickball and freezetag! The next adventure will occur on July 16 at 3:00 at the pool. We will be playing pool games to try and keep cool in this heat wave! Afterwards, we'll have some popsicles at the shelter to celebrate our last TBT! We encourage swimmers from all age groups to come meet other Stingrays, have tons of fun, and eat some treats!

Unfortunately, with Conference approaching and our taper beginning, this will be our final Team Building Tuesday of the season. We had a great time getting outside, being active, and having lots of fun with everyone! While we'll be done with these fun and games for this season, we have been very pleased by the turnout and feedback for the program, so we look forward to continuing it in future years!

### Home Meet Job Sign Up

Job sign-ups for this Saturday's July 20th home meet close on Wednesday. If you have not signed up by this time you will be contacted and assigned a job. Every family with a swimmer committed to the meet needs to sign up. Please do so as soon as possible so volunteer organizers can prepare. We still have spots to fill, especially timers, so please take a shift if you have not already done so. Thanks for your continued support!



### For the Calendar...

#### July 19: Tie Dye Day

After practice on Friday. Bring 100% cotton clothing. All supplies other than clothing will be available that day. Conference clothing will also be available that day. For more info, go to the Tie-dye tab on the website.

#### 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 are on the website. Sign up early to get your choice of jobs and assist in planning! It's a very fun team building event; please sign up ASAP for a shift! Thank you!

### Pool Improvement Ideas?

There will be a "Pool Improvement Meeting" on Monday, July 22nd at 6:00 PM at the pool shelter with the Stingray board, coaches, and CP Parks Director. Please come to be part of the discussion, participate in the online survey to be mailed later this week, or both!

### Notes on Practice for Next Week (Week of July 22)

All swimmers should attend practice on Monday when the Conference team and the Sun Invite team will be announced. The final four days of practice are for Conference swimmers only. This allows these swimmers to have the lane space and coaches' attention to best prepare them for Conference. Regardless, the coaches and board want all of our swimmers and families to know that they are welcome and encouraged to attend all of the special events next week, including the Spaghetti Dinner, the After Conference Party and the Awards Banquet. We are so proud of all of our swimmers!

A modified practice schedule will be in effect all week (including Monday). Please arrive on time. The schedule is as follows:

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

**9-12s:** 7:45 - 9

**8&Unders:** 8:45 - 9:50

**No Stroke Clinics**

### 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 next Monday. 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. Any questions about either event, please do not hesitate to contact one of the coaches.

## XP Stingray Alumni Day

This Saturday, 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.

All current and former swimmers and their parents are invited. Current swimmers will be running the alumni meet as well as grilling and serving food. Swimmers will find out their job assignments at practice this week. Current parents should come to enjoy lunch and good company!

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 help out at the 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!



## Volunteers Needed for 2014 Stingray Board!

Your Stingrays need you! Please consider being part of the 2014 Stingray Board. If you have questions, please feel free to contact current board members (listed below), or any former board members. Positions are elected by the team at large at the Awards Picnic at the end of the year. While all positions are open to new candidates, we are specifically in need of candidates for vice president. 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!

### Tarp/Tent Setup at Home Meets

The Village mows the areas around the pool on Fridays. Please do not set up anything around the pool before a home meet until 5:00 PM at the earliest on Friday. You can always try a new spot if you don't get your usual! Thank you.

### Buddy Program Reminder

Remember the suggestion for Buddies this week!

July 20, Baraboo: Sign+personal note

### Stingray Board

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



### 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