

JULY 21

THE STING



SINCE 1972



Time Flies!

And So Do the Stingrays!

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Last day of practice for non-Conference swimmers

Tuesday

Tri-County Invite in Cross Plains

Warmups at 4:30 PM
Meet begins at 5:30 PM

Thursday

Spaghetti Dinner

6:00 PM at Legion Hall
Volunteers still needed!

Saturday

Tri-County Conference at Sun

Individual Preliminaries
Morning warmups begin at 7:40 AM
Meet begins at 8:00
Afternoon warmups begin around 11:30

Sunday

Tri-County Conference at Sun

Individual Finals and Relays
Morning warmups begin at 7:40 AM
Meet begins at 8:00
Afternoon warmups begin around 11:30

After Conference Party!

Approximately 7:00 at Coach's Club

Next Tuesday (7/29)

Awards Banquet

Pool Shelter at 6:00
Last names A-L bring main and salad
Last names M-Z bring main and dessert

most importantly remember that you are swimmers for the Cross Plains Stingrays! Make us and our village proud. Do this, and we'll have a great time at Sun's beautiful outdoor pool and enjoy a great weekend of friends, family, and swimming! Go Sting!

-Stingray Coaches

COACH'S CORNER

I cannot tell you how impressed we were by all of you at our meet in Sauk on Saturday! Without a doubt, it was one of our best meets in years! We had so many swimmers achieving best times that our heads were spinning by the end of the meet. Two particular best times are worthy of note: Makenna Licking achieved an all time best for the entire team, breaking the 11-12 Girls 50 back record with a time of 34.81! Hannah Aegerter also set a new Stingray record in the 50 fly, breaking the previous time by nearly two seconds and setting a new time of 30.78! Stingray times were dropping precipitously, with swimmers Sam Larsen, Jaden Pape, Shae-Lynn Kruchten, Kylie Parish, Samantha Andryk, Jake Hollfelder, Rachel Roberson, and Erin Jenkins leading the way! These are but a few of the literally hundreds of events where we saw improvement this weekend. We are so proud of all of you. Watching you all display your swimming prowess was so much fun. And what a great time of the year to do it! We're so close to the end of the season, and this is just the right

time to be at your peak! We'll maintain this high through our taper and be well prepared for our meets at the Invite here in Cross Plains, and Conference in Sun Prairie! Conference is going to be the closest it has been in years, and we will need to have a very good two days of swimming to come away with a win. With that in mind, there are a few things that you must remember this week. First, get a good night's sleep every night! Next, eat well and stay hydrated with water! Nothing is better than tap water this week; it's delicious, cheap, and the best way to keep you hydrated and cool over the course of this hot week. Finally, start mentally preparing yourself for our big meet. While it will be very close, I'm sure that with smart choices this week coupled with motivated and prepared swims this weekend, we'll find success! Win or lose, we expect all Stingrays to act with the grace and sportsmanship that we always expect from our team. Congratulations are due to all of your teammates and competitors after every race. Wish everyone good luck, and

Tri-County Conference Information

Tri-County Conference is a very different meet from our dual meets. It is a two day event consisting of preliminary races and final races. Prelims are on Saturday and are only individual events. These races are qualifying races for finals Sunday. The top 8 times on Saturday qualify for the top 8 heat Sunday, and the next 8 times qualify for the Consolation Heat. The last 8 do not qualify. It is thus important to swim well on Saturday to qualify for Sunday, especially since Consolation Heat swimmers can place no better than 9th place on Sunday, even if they beat the times of the top 8 heat. Finals events are swum on Sunday. These events are the ones that count for points and places. They include those individuals who qualified on Saturday and all relays.

There are two warmups at Conference. The morning warmup is at 7:40 AM. Please only attend this warmup if you are in morning events. (Free, Back, IM, and Medley Relays on Sunday). The afternoon warmup will start after the IM (probably around 11:30) and should only be attended by those swimming in afternoon events (Breast, Long Free, Fly, and Free Relays on Sunday).

Please note that there is heavy construction in Waunakee making the usual route from Cross Plains impassable. All of our families will need to take an alternate route. Also, seating for watching races is limited at the Sun pool and they have asked all spectators to use the stands for single-event viewing only.

Most importantly, get excited! This is our biggest meet of the year, and one of the most fun! Go Sting!



Modified Practice This Week

This week 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, Monday is the last day of practice for non-Conference swimmers, though they should still attend all of the special events coming up including the Spaghetti Dinner, the After Conference Party, and the Awards Banquet!

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

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

8 & Unders: 9:00 - 9:50

Tri-County Invite Information

We are so excited to be hosting the Tri-County Invite in Cross Plains this year! We have all of our volunteer slots filled and we're ready to go! Thank you to all of those families who signed up for those shifts. We're looking forward to a really fun meet with lots of great swimming, food, sportsmanship, awards, and more! Warmups begin at 4:30 and the meet will start at 5:30. We expect to run the meet until it is over, so get ready for a fun night of swimming at the Cross Plains Pool!

Please try to leave the parking lot open for our visiting teams. Walk or bike from home or park in the neighborhoods surrounding the pool if possible. While the weather for the meet does look questionable, we will do everything we can to run the meet, as we will be unable to reschedule in the event of a cancellation.

Spaghetti Dinner

The Stingray carbo-loading tradition is on Thursday at 6:00 PM at Legion Hall. We hope that all swimmers, regardless of which meet was their final event will be able to attend the dinner! We're still looking for volunteers, so if you have yet to take a shift, please be sure to sign up as soon as possible! Signups can be found on the website. Bets are already being hedged for the Coach's Spaghetti Eating Contest! None of the previous victors will be in attendance this year, so a new victor will be crowned! That new challenger will emerge from the sauce splattered table to claim spaghetti glory on Thursday! Find out who at the annual Spaghetti Dinner!



Awards Night and Parent Relays!

The Stingray Awards Night is 6:00 PM on the Tuesday after Conference. See the schedule above for your potluck assignments. The formal event involves a potluck dinner, board elections, lots of awards, speeches, thank yous, and celebrating another great season with the Stingrays! A pool party will take place for Stingrays after the formal event, so don't forget your suit! In addition this year, we'll be holding parent relays during the pool party! So parents, start organizing your relay teams and get some training in before Tuesday! We'll have a signup sheet available that night during dinner so the coaches can seed the relays. There's a lot of Stingray parents in the Parks and Rec Master's Team this year, so we expect some record-breaking relays! Go Stingray Parents!

Sauk Ribbons Issues

We heard at practice this morning that quite a few of our swimmers had incorrect ribbons from our meet against Sauk on Saturday. If your ribbons are mistaken and you would like them replaced with the correct ones, please email Coach Kris, and he will get you the correct ribbons at the Award Banquet next Tuesday.

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.

Second Chance Tie-Dye

There will be a second chance to tie-dye clothing on Wednesday from 7:30 to 10:30 before or after your practices! The event will be first come first serve until the dyes run out. Bring tied items as is customary for the tie-dye events. For instructions on washing and finishing the tie-dyed items, please check the event page on the Stingrays website. Direct any questions to our master of tie-dying, Stacy Bohachek. Get some brightly colored gear for Conference on Wednesday! Go Sting!



Healthy Choices

Please make sure that you are making healthy choices as you prepare for the meet this week. Keep sugars and fats to a minimum and make sure you are getting enough carbohydrates and proteins. Stay hydrated; drink lots of water and stay out of the heat this week! Go to sleep early to ensure that you are well rested. A good meet this weekend starts with your decisions today. Live smart now and you'll swim smart later!

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



THANK YOU SENIORS!



ASHLEY



SAMANTHA



EMILY



ELIZABETH



LAUREN



LEX



KARLEY