

JULY 22

THE STING



SINCE 1972



Alumni in Action

Once a Stingray, Always a Stingray!

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

Last Day of Practice for Non-Conference Swimmers

Pool Improvement Meeting

With Coaches, Managers, and Parks Director
Pool Shelter 6:00 PM

Tuesday

Sun Prairie Invitational

Warm-ups: 5:00 PM
Meet starts 5:30 PM

Thursday

Spaghetti Dinner

Legion Hall 6:00 PM
Get your forms in by Tuesday!

Saturday

Tri-County Conference (Prelims)

Morning Warmups: 8:00 AM
Afternoon Warmups: After the IM (around 11:30...)

Sunday

Tri-County Conference (Finals)

Morning Warmups: 8:00 AM
Afternoon Warmups: After the IM (around 11:30...)

After Conference Party

Coach's Club
Get your forms in by Wednesday!

Next Tuesday

Awards Banquet

Pool Shelter 6:00 PM

COACH'S CORNER

What a way to finish the dual meet season! After a great dual meet against Baraboo by our current swimmers, our alumni showed their stuff in the pool with great style! It's nice to know that we've still got it after all these years! It was also so wonderful to welcome 14 new alumni to our ranks! Congrats and thank you to all of our seniors who have been with us for so many years! Welcome to the club of alumni! A good portion of our alumni still hold some records on those boards, but our swimmers displayed this weekend that they're all in jeopardy! No less than six records went down! The Aegerter family had a great day, breaking four individual records. Hannah rebroke her Back and IM records by 1 and 2 whole seconds respectively. Jacob broke a 4 year old record in the IM with a time of 1:07.06, and Ashley rebroke her Breast record with a time of 36.07! The other individual came from Makenna Licking who broke her Breast record, setting a new time of 38.41. Finally, Nicole McCue, Megan Bauerle, Makenna Licking, and Hannah Aegerter broke a

one year old 11-12 Free Relay record with a time of 2:06.32! Congrats all! Hopefully they'll all come back to an alumni meet years from now to see how many they still have! For now though, we all need to turn our attention to our two big end of the year meets. Info about the meets can be found below, but we want to tell everyone that this is your moment! This is your chance to show everyone all of the progress that you have made throughout the season! Get psyched! Let's be sure that everyone makes smart decisions this week by eating well, drinking lots of water, and getting their sleep! Your races start today! Good preparation during the week will result in good races Tuesday and this weekend. We have a good chance of keeping ourselves at the top of the Conference, but we will only be successful if we make good decisions, continue to practice hard, and have a ton of fun with it! On that note, remember all of our fun events coming up (see right panel)! It's the most wonderful time of the year! Go Sting! -Stingray Coaches

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 basically a qualifier for 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. Plus, Consolation Heat swimmers can place no better than 9th place, 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 8:00 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 be careful to follow all parking rules as tickets will be written liberally for those who are illegally parked at the Baraboo Pool. There is road construction along the way to Baraboo, so be sure to give yourself enough time to arrive for warmups. Finally for parents' information, the sprinkler which is usually put out at Baraboo will NOT be put out this year.

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



Sun Invite Information

The Sun Invite for Non-Conference swimmers is an incredibly fun event, and we're so glad to have so many swimmers participating! Our warmups start at 5:00 PM and the meet will begin 30 minutes later. The meet will be run until it is finished provided that it doesn't get too late. Awards are given out down to 8th place, and we're going to have some very exciting races! Please note that no relays are swam at this meet; if you are swimming in the meet, you will be placed in only three individuals. Go Sting!

Spaghetti Dinner

The Stingray carbo-loading tradition is on Thursday at 6:00 PM at Legion Hall. Please remember to turn in your forms and payment by Tuesday. We're still looking for volunteers, especially for clean up, so be sure to sign up for a shift! Signups can be found on the website. Bets are already being hedged for the Spaghetti Eating Contest! Will Luke keep his title? Brian is breathing down his neck! Or can the underdogs like Kris and Teryn give the big dogs a run for their money? Or perhaps a new challenger will emerge from the sauce splattered table to claim Spaghetti glory! Find out Thursday!

Notes on Practice for this Week (Week of July 22)

The final four days of practice are for Conference swimmers only, including those who are only swimming relays. 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. 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



Stingrays' Alumni Day a Great Success!

The Stingrays' first Alumni Day was a ton of fun! With around 50 alumni swimmers, parents, and officials in attendance, we had a great showing! There were racers in the water from every decade of the team: 70s, 80s, 90s, 00s, and 10s! While the power relay of Brian Andryk, Kris Rhude, Corey Conohan, and Jack McGovern took home first place in the pool, other relays like the strong showing by Jeff Grim, Rick Grelle, Dan Purtell, and Chris Flad (pictured to the left) really stole the show! Congratulations to all of our alumni racers! What a great time swimming and catching up!

Our esteemed alumni really enjoyed the event, and I hope that you all did as well! Based on the positive response that we have been receiving, we are planning on making alumni events such as this a more regular occurrence!

Much appreciation goes out to key people who helped make this event a success! Huge thanks to Mike Axon, who gave us the pool time, allowing us to keep the pool into open swim time and use the shelter into the afternoon. Thanks to Coach Teryn who was in charge of the food for lunch and Coach Emily R who provided the photos for everyone to browse! Thank you Justin Pernitz and Endurance House for donating the prizes for the relay winners, and Frank LaBoda for the excellent announcing and organization during the races. Finally thanks to all of our swimmer volunteers! Many of you helped with timing and lunch. Special commendation to Erin McShane who organized the grill crew! I know the alumni really appreciated all of your hard work. Because of everyone's efforts, it was a grand success!



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!

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! Drink lots of water, and go to sleep early to ensure that you are well rested! Live smart and you'll swim smart!

Awards Night

The Stingray Awards Night is the Tuesday after Conference. Stay tuned to your email for food assignments. The evening involves a potluck dinner, Board elections, lots of awards, speeches, and a pool party after the formal event, so don't forget your suit!

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





NICK



JACK



TERESA



CONNOR



JACKSON



KENDRA



EMILY



KYLA



EMILY



NICOLE



SOPHIE



MEGAN



HATTIE



MOLLY

THANK YOU SENIORS!