

JUNE 15

# THE STING



SINCE 1972



## Headlong into Summer!

Stingrays Fly into the Regular Season

### UPCOMING EVENTS

Extra details can be found on pages 2-3

#### Monday

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

Sign-up Online

#### Tuesday

**Noah's Ark Forms Due**

**Team Building Tuesday**

Raspberry Park, 3:00 - 4:30 PM

**New Night Practice 8:00 - 9:30 PM**

11 and up

Bring shoes and clothes to run

#### Wednesday

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

Sign-up Online

#### Thursday

**Noah's Ark Trip!**

Bus Arrives at Pool: 9:30 AM

Bus Returns to Pool about 5:30 PM

**New Night Practice 8:00 - 9:30 PM**

11 and up

Bring shoes and clothes to run

#### Friday

**Picture Day**

Pictures at 8:00 AM

Wear team suit

13 and over practice as usual

12 and under practice cancelled, but will

practice starts and turns after pictures if

time

#### Saturday

**Home Meet vs. Wisconsin Dells**

Warmups begin at 7:10 AM

Meet begins at 8:00 AM

Theme: Jurassic World

**Meet sign-in deadline for home meet vs. Mazomanie**

### COACH'S CORNER

Another great meet as we head into the regular season, Stingrays! We saw lots of time drops from last year which is great to see this early in the season. An especially huge congrats to Makenna Licking, Nicole McCue, Lauren Jensen, and Hannah Aegerter! These four swimmers took down an all-time Stingray record in our very first regulation meet, with their 13-14 Girls Free Relay clocking in an impressive 2:01.41! What an accomplishment. And with so much time left in the season, we're sure that they'll continue to improve that time as the season continues! Congratulations are also deserved for the many Stingrays who achieved best times this weekend! This week's biggest improvement came from Sophia Eisele who dropped nearly 49 seconds in her 25 Free! Wow! While we were quite happy with our consistent time drops across the meet, we were less pleased with the number of DQs this week. If you were DQed on Saturday, remember that this is a learning experience for you. Make sure you find out why you were DQed and

talk with your coaches so that they can help you to improve and prevent future disqualifications. As we head into our next home meet on Saturday, talk with your coaches about an event in which you'd like to drop time; we'll help to make it happen! Now that we're into the regular season, we're in for a very exciting week: afternoon stroke clinics, the new evening practices, and Team Building Tuesdays all start this week, not to mention our Noah's Ark trip and Picture Day! I highly encourage all of our swimmers young and old to take part in all of these events outside of normal practices. They are designed with all ages in mind, and we'd love to see you there. This amazing community all stems from you; you get out of it what you put into it. So come on out to these events and live your Stingray life to its fullest! Finally, we wanted to give a quick reminder to patronize your local Cross Plains businesses as they weather the construction, particularly our Stingray Sponsors! Go Sting!

-Stingray Coaches



## Home Meet Volunteers

As we are a parent-run organization, we need everyone's help to run a successful meet, and we still need six more times for the home meet against the Dells this Saturday! We ask that each family volunteer for one job at each home meet. If you have not signed up for a shift yet, please take one of these timer shifts. Sign up for jobs is done online and can easily be completed at the same time that you sign your swimmer into the meet. Should you be released from your job as there are enough volunteers in that area, please find Marnie Cowling and ask if you can help somewhere else. If special circumstances prevent you from fulfilling your commitment please contact the Stingray Board.

## Buddy Program

We've been pleased to see a great response for the Buddy Program this year! We've seen growing friendships, lots of cute little gifts, lots of cheering, and more! (See Buddies Emma and Addie in the photo on the left!) Remember to keep getting to know your buddy, cheering them on during their races, and having a great time getting to know a couple other members of our Stingray family! Signs to color will be available for swimmers in the couple of days before the meet, and will be stacked next to the folders. Please feel free to take one, or if there's none left, feel free to draw your own!

## Team Building Tuesdays

Team Building Tuesdays (TBT) was started by Stingray Coaches in 2013 in order to encourage team bonding among swimmers of all ages across our large team, and to promote a healthy, active, and outdoors lifestyle among the youth of Cross Plains. The coaches volunteer their time to organize games of all sorts at parks across town, and over the last two years it's become one of our most popular outside-of-practice programs, averaging between 40 and 60 kids each week! Team Building Tuesdays is held in a new park every week allowing kids to get to know different parks in the village, and giving a new set of kids a chance to play in their local neighborhood. Plus it is held at a different time each week so that kids with busy schedules should be able to find a couple weeks they can participate. You'll find location and time each week in the newsletter. It's also a great way to hang out with your Buddy! And of course, it's a ton of fun for all swimmers from high school to preschool! Any weather cancellations will be sent out by email in the same manner as practice cancellations. Shoes are needed for TBT. The first TBT will be this week at Raspberry Park at 3:00 PM! We will be playing capture the flag. So come on out for some fun times with friends new and old!

## Stroke Clinics

The Stingray coaches are available for limited space stroke clinics every Monday and Wednesday from 5:00-5:45. These stroke clinics give swimmers the opportunity to work carefully on technique and specific improvements to their strokes, starts, turns, and exchanges with a much lower swimmer to coach ratio. Most weeks have one coach for every three swimmers, and are thus a great way to quickly improve. Interested swimmers need to sign-up online under the "Team Functions" tab on the website. There are 15 spaces available for 10 & Unders and a further 15 spaces available for 11 and Ups. Please only sign-up for one clinic per week to allow other swimmers the opportunity as space is limited. Signups will go up on each Sunday and are first come first serve. Questions? Contact Coach Kris.

## NEW Night Practice Information

New this year, we will be offering two night practices each week on Tuesdays and Thursdays for our three older age groups! Please note that these practices are not stroke clinics, but are regular practices which will include an hour of sets in the pool and half an hour of dryland and strength work. All swimmers participating in this new night practice should come to the pool with tennis shoes and clothing with which they can participate in running and strength work. These night practices will give our busy swimmers more options of practice times, and can be used in place of or in addition to our regular morning practices.

### Practice Time:

**11 and up** 8:00 - 9:30, Tuesdays and Thursdays



## Noah's Ark Trip

The Stingray's annual trip to Noah's Ark Waterpark in the Dells is June 18th! For \$26, swimmers get admission, lunch, and the bus. Sign-up using the permission slip that was emailed this week, or pick up a hard copy at the pool. All swimmers under 12 must have a chaperone, and the sign-up deadline is this Tuesday! Questions? Contact Kathy Virnig at [jvirnig@tds.net](mailto:jvirnig@tds.net) or 798-0613.

## Picture Day

Picture Day will take the place of the 12 & Under practices on Friday, June 19th. Pictures will start at 8 AM and will include team, age group, and individual photos. Order forms for these photos can be found in your folders. Please be sure to send your swimmer to picture day wearing their team suit!

The 13-14s and the 15-18s will have a regular practice that day, during their normal morning practice time. They will participate in pictures after their practice has been completed. Younger age groups will not have a regular practice on Picture Day. However, if there is extra time after pictures, interested 12 and under swimmers may stay for an optional practice of starts and turns from whenever pictures end until 9:50. Please note that this starts and turns practice will only occur if the coaches believe there to be sufficient time for an effective session. While we expect there to be enough time for the session based on previous years, final decisions regarding this practice will be left to the discretion of the coaches. Please find the schedule for Picture Day below.

### Picture Day Schedule:

**6:00 - 7:45:** 13 and Over Practice

**8:00 - pictures finished:** Pictures

**End of pictures - 9:50:** 12 and Under Starts and Turns if time

## 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](http://www.crossplainsstingrays.com) under the "Coaches" tab.



## Meet Signups

Meet signups are available on the website for all dual meets. Swimmers must be signed in or out one week in advance of each meet. This allows our coaches to create effective lineups with minimum errors for each meet. Mazomanie signups are due on Saturday. Thank you!

## 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

## 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

