

JUNE 16

THE STING



SINCE 1972



Test the Limits and Break Through!

The Cold Never Bothered Us Anyway!

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

Raspberry Park from 2:00 - 4:00

Wednesday

Stroke Clinic 5:00 - 5:45

Sign-up Online

Thursday

PBS Day!

A game day brought to you by Viewers Like You!

Noah's Ark Trip!

Bus leaves pool at 9:45, returns at 5:30

Friday

Tie Dye Day!

Before or after practice (7:00 - 10:30)

Saturday

Home Meet vs. Spring Green

Warmups begin at 7:10 AM

Meet begins at 8:00 AM

Meet sign-in deadline for Dells



COACH'S CORNER

Stingrays, congratulations on yet another successful meet as we enter into the regular season! The water may have been frozen during our after school practices and meets, but the cold never bothered us anyway! You proved that on Saturday! We had tons of best times, lots of palpable improvements from practice, and even two brand new all time team records! Congratulations to Hannah Aegerter who broke the 13-14 50 back record as a 13 year old, setting a new time of 33.52! Congrats as well to Jay Sullivan, who in the 11-12 breast took down one of the older records on the board, breaking a record from 2002 with a new time of 39.32! Nice job, Hannah and Jay. We had great swims coming from all corners of the team on Saturday and your coaches are very proud of all of the achievements you've made in our first two weeks. Now, we've got a week of a lot of fun ahead of us! With the first Team Building Tuesday of the year, PBS Day, the Noah's Ark trip, Tie Dye Day, and our meet against Spring Green, there are lots of great activities for all of you

to participate in (in addition to practice of course)! So get out there, and have some fun while we continue to train and improve! Finally, we'd like to recognize two long time Stingray swimmers who swam their final meet with us on Saturday. Erin McShane (pictured above) has swam for the Stingrays for seven great seasons, and has been a huge part of the team since moving to Cross Plains when she was ten. Erin and her parents Dennis and Amelia are moving to Arkansas. Brianna Osborne (pictured at right) also swam in her final meet before moving to Tennessee. Brianna and her parents Karen and Michael have been a part of the team since Brianna was eight. The McShanes and the Osbornes will be greatly missed by the Stingrays and we are very sad to see them go, though we wish them all the best with their moves and the beginnings of a new chapter in their lives! Thanks to both families for their years of commitment to the team. Go Sting!

-Stingray Coaches

Buddy Program

The buddy program is a way for the oldest and youngest members of our team to get to know each other over the season! Every 8 & Under has been paired with an older swimmer. These pairs will get to know each other and cheer each other on at races. Older swimmers will serve as a role model for the younger swimmers, and younger swimmers will be a fun new friend for the older swimmers! We believe that all of our buddies have now connected! If you have yet to meet your buddy, please get in touch with a coach immediately and they will get your pair together.

This week, we want to encourage our buddy to find out: what is your buddy's favourite class in school? We also will have signs available for all of our buddies to decorate for each other for the meet. If you have any questions about the Buddy Program please contact Coaches Teryn, Haley, and Lauren.



Meet Volunteers

As we are a parent-run organization, we need everyone's help to run a successful meet. We ask that each family volunteer for one job at each home meet. Some jobs, like timing, may be split between family members. Many families do extra volunteering throughout the season and may work two or even three jobs per meet. This does not go unnoticed, but we still need everyone to pitch in. 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 Michelle Phaneuf and ask if you can help somewhere else. If special circumstances prevent you from fulfilling your commitment please contact the Bohacheks or the Grelles.

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 so that coaches can create effective, error-free lineups. We have been having trouble getting everyone to meet these deadlines so please try your best to remember for the rest of the season. Wisconsin Dells signups are due on Saturday. Thank you!

Team Building Tuesdays

Team Building Tuesdays is an initiative begun last year to bring members of the team together through social sport opportunities outside of the pool. The program gives kids on our large team a chance to get to know one another, get out into the community, and promotes the healthy Stingray lifestyle by getting outside to exercise and have fun! The team organizes fun pick up games at various parks around the villages and at various times on Tuesday. By changing the time and location each week, we hope that everyone on the team will be able to attend at least few of these Tuesdays, though we highly encourage everyone to make all of them if they can! This does mean that you will need to stay tuned to the newsletter and announcements in practice to keep track of when and where the fun and games will be happening that week!

This is an optional, fun addition to the team, which is a great time for all ages, from our youngest to our oldest swimmers—in fact, it's a great way to spend some time with your buddy! Come join us!

This week's Team Building Tuesday will be at Raspberry Park—the village park in the neighborhood behind St. Francis—from 2:00 to 4:00 in the afternoon. The team plans to play some games of ultimate frisbee! Come out for a fun afternoon!



Morning Practice Information

Summer practices have begun and will continue until the end of the season. These practices occur in three overlapping sessions divided by age group. Stroke clinics occurring in the afternoon on Mondays and Wednesdays have also begun.

Practice Times:

13 and up 6:00 - 7:45

9 to 12 7:15 - 9:00

8 and under 8:45 - 9:50

Stroke Clinics: 5:00 - 5:45 (Mondays and Wednesdays)



Personal Best Ribbons

Personal best ribbons will be handed out for our home meets—minus our first meet of the season—to 12 and under swimmers who are not receiving ribbons for placing in their events. These ribbons will be delivered in folders as usual, however, as these ribbons take extra calculations and are done by the busy coaches (unless a volunteer would like to take it on...!) please be patient as they will take a little longer to appear in your folders. Each swimmer can only receive one personal best ribbon per meet, even if they achieve multiple personal bests. For those swimmers who are placing in their events, while we equally value their improvements, they will not receive additional ribbons to the ones they are already receiving for placing in their events. Their personal improvement can still be tracked by the new addition of personal results to the website! If you have any questions about these ribbons please contact the coaches or board.

Results on Team Unify

New this year, you can now track your swimmer's results on Team Unify, the team's website host. To access your swimmer's results, first log into your account. Next, click the "My Account" button in the tabs on the left hand of the page. In the drop down menu, click "My Meet Results" to access results from 2014.

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.

Tie Dye Day!

Bring your own 100% cotton clothes to tie dye with the help of the Grim family, and our resident chemistry and dye expert, Stacey Bohachek! Swimmers can tie dye either before or after their practice, though they should remember that their clothes need to soak at least 15 minutes before dying. Parent and babysitter help is necessary for a successful tie dye day, so please consider volunteering if you are available Friday. The MHS Chemistry department's tie dye doesn't fade and looks great, so don't miss out!

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 Calvin

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