

JUNE 23

# THE STING



SINCE 1972



## Super Stingrays

Prepare for a Heroic Week!

## 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**

Legion Park from 1:00 - 3:00

### Wednesday

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

Sign-up Online

### **Meet sign-in deadline for Mazo**

Please note early deadline due to Wednesday night meet

### Thursday

**Superhero Day!**

### Saturday

**Away Meet at Wisconsin Dells**

Warmups begin at 7:30 AM

Meet begins at 8:00 AM



## COACH'S CORNER

What a fun and exciting week to be a Stingray! We had to literally weather some storms throughout the week, but it was a great week to be at the pool! Whether it was playing ultimate at TBT, performing science experiments at our PBS Game Day, riding the slides at Noah's Ark, or tie-dyeing t-shirts blue and yellow, we had a busy week as a team! And that's not even mentioning our practices or our meet! Speaking of, congrats on another excellent day of racing. We were so happy to see continued spirit and sportsmanship in addition to our huge improvements in just a few weeks. From our new swimmers completing their events legally for the first time, to our veteran athletes cutting a half second from their best time, we've been so impressed by our swimmers across the board. Great job! We'd especially like to honor seven very special swimmers who swam their last home meet for us this weekend: Ashley Aegerter, Samantha Andryk, Emily Douglas, Lauren Fralka, Elizabeth Ihrig, Karley Licking, and Lex Peterson. All have been incredibly

dedicated members of the team, and have been Stingrays for most of their lives. We are so proud to have a group of seniors who have achieved so much in their careers both as swimmers and as teammates. Adding up all of their time together, these seven swimmers have been members of the team for 75 years! Seniors, thank you so much for your years of dedication, teamwork, and fun! We'll miss you a lot, but we know that you'll find success in all of your coming adventures. Congrats! Finally, Stingrays, as we approach the halfway point in our season, remember to focus on racing yourself during the meets. Race the clock, no matter who is racing around you. Measure your success by continued improvement, and work hard in practice to achieve this! We are a great team, with a lot of success, but continuing this tradition relies on you always putting in your best and making the effort to improve each week! We know you have so far, and we're sure you will continue to do so. Go Sting!

-Stingray Coaches

## Conference and Invite Volunteers

Our two big end of the season meets are only a month away! As such, we need volunteers for both meets! Every family should plan to volunteer for at least one of these events. Conference volunteer slots are available on the website now, so please sign up if you are available! We are hosting the Tri-County Invite this year, which is another large meet, so we will be looking for a lot of volunteers for this event. Volunteer slots will be opening on the website soon for the Invite. Stay tuned!

## Science!

We had a very fun game day on Thursday with the help of Stacey Bohachek who created a fun Bill Nye-style science experiment for the kids to try! Thank you Stacey for helping organize this activity, and Lori Neumann for helping run the activity!



## EARLY Meet Sign-in Deadline

Due to our Wednesday meet against Mazomanie, the meet sign-in deadline for next week's swim meet is **this Wednesday**. Please ensure that your swimmer(s) are signed in or out on time. Meet signups are available for all dual meets, so while you are there, if possible complete the sign-ins for the rest of our meets. We are still having trouble getting everyone to meet these deadlines so please try your best to remember for the rest of the season. Thanks!

## Shoes for Practice

For practice on Monday and Wednesday, the coaches would like all swimmers in the 9 - 12 group to wear a pair of tennis shoes to practice. These groups will be doing a small amount of running during their dryland workouts before practice. The coaches plan to start these dryland sets this Wednesday, so please remember to send your kids with shoes on, ready to go!

## Stroke Clinic Sign-ups

Our stroke clinics are a very popular service for the team, but in our first week we had a number of swimmers signed up who did not attend. If you have signed up your swimmer and circumstances change making you unable to attend, please take your name off the attendance list as soon as possible so that another swimmer can take your place. 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 Legion Park from 1:00 to 3:00 in the afternoon. The team plans to play some great games which will involve running so wear shoes! Bring a friend, and come out for a fun afternoon!



## Conference Clothing and Family Ads

Conference clothing is on sale and is available for purchase at the link below. You will find instructions on how to navigate the online store within the link. The site also contains instructions on how to purchase some other team specific items, as well as large ground graphics to wish specific swimmers or groups of swimmers good luck on their races! These displays will be used as decoration during the meet and attached to the sidewalks as part of a "Walk of Fame," but purchasers will be able to take them home when the meet is done. If interested in these, consider getting a combined star! It may be fun for groups of families to buy a graphic together, such as families from the same neighborhood, with swimmers in the same age group, or with groups of friends. This not only would showcase our close community, but would also cut down on the cost for any one individual family.

Conference is the largest fundraiser for Tri-County teams and the funds raised at the meet keep the teams going for the next seven years, so please take a look at Sun Prairie's Conference store to support our neighbors at Sun!

[http://www.tricounty2014.org/apparel\\_spirit\\_items.php](http://www.tricounty2014.org/apparel_spirit_items.php)



## Tie Dye Thank You!

Thanks to all the parents and helpers who made tie-dye a great success. Special thanks to Shannon Shields who donated some extra shirts and Melissa Hinz who stayed and helped for most of the morning. We will have a second chance tie-dye the week of conference if anyone wants to dye their conference shirt or other items.

## Buddy Program

This week, we want to encourage our buddy to find out: what is their favorite superhero? 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.

## 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.

## From the Bohacheks

Belated thanks for all the support and kind words over the past few weeks. The board made a memorial in Al's name, and the family's charity for this memorial is the Rosemary Garfoot Public Library. We wanted to thank the library for their support of our team, and Doug's mom was a children's librarian before retirement, so she thought it a perfect tribute to Al's memory to be able to support our hometown library.

## 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

