

JUNE 29

# THE STING



SINCE 1972



## Our Stingray Family!

Building Friendships since 1972

### COACH'S CORNER

We are so proud of the swimming we saw Saturday! Our improvements were nothing short of staggering, and all of your coaches left the meet feeling so good about where we are at! We had 107 of 130 swimmers achieve best times this weekend, and with 12.5 total minutes dropped by the team, we averaged a six second drop in time per person! Wow! This is exactly where we want to be. A special congratulations goes out to Hannah Aegerter and Makenna Licking who in the same heat both broke an 11 year old record in the 13-14 Girls 50 Free! Beating the previous record of 28.90, Makenna swam a 28.89, and Hannah set the new Stingray best of 28.50! Not only was this record one of the oldest on the board, but it was also previously held by former Stingray coach Kirsten Rhude! Congratulations to both girls on the great swims, and to Hannah on the new record! These were just two of the countless incredible swims we had this weekend. A lot of you tried "off" events and we were impressed by the skill with which you executed some strokes that

you don't usually swim. Stingrays, we are looking good! Your coaches are very proud of your accomplishments; keep it up! Looking forward to this week, please note the different schedule due to the night meet and the 4th of July holiday. Try to rest up, especially in the earlier part of the week, since our meet is on Wednesday. This week will be a bit of a break for all Stingrays, so use it to relax and recuperate to allow yourself to return reinvigorated and ready for a challenging end to the season. After Wednesday, we'll only have three meets left, and they'll be the most competitive of the entire season. So be ready to come back next week ready to work hard and put those final touches on this season! And as always, have a lot of fun with special events this week, with sleeping in, and with swimming the summer away with your friends! Finally, don't forget to cheer on the US Women's Soccer Team as they play Germany in the World Cup Semifinals on Tuesday night! Come to Coach's to cheer them on with the team! Go Team USA and Go Sting! -Stingray Coaches

## UPCOMING EVENTS

Extra details can be found on pages 2-3

### Monday

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

### Tuesday

**Team Building Tuesday (Part 1!)**

American Legion Park, 2:00 - 3:30 PM

**TBT (Part 2!): Women's World Cup Semifinal 6:00 - 7:30 PM!**

Cheer on Team USA at Coach's Club!

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

### Wednesday

**Modified Practice Schedule for 9&Ups on meet day:**

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

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

**No Stroke Clinic due to meet**

**Evening Home Meet vs. Baraboo**

Warmups begin at 4:10 PM

Meet begins at 5:00 PM

### Thursday

**Pirates vs. Ninjas Day!**

**(Normal practices cancelled)**

If you'd still like some morning fun after a late night meet, all swimmers regardless of age are can come to an optional morning of games from 8:00 - 9:30 AM

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

### Friday

**Optional Stroke Clinics (Normal practices cancelled due to holiday)**

Take the day off for the 4th of July, or come to a stroke clinic (sign-up online)

### Saturday

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



## Spaghetti Dinner

The Spaghetti Dinner, our annual carbo-loading and social evening is coming up soon! Note that due to parent feedback, the dinner is happening substantially earlier in the season than previous years and will be held on Thursday, July 9th. Sign-ups are now open on the website to donate food or volunteer to work the event. Families also must sign up to attend the event itself; the form can be found online under the Team Functions tab. Click on "[Spaghetti Dinner - Legion](#)" for the sign-up form.

## National Anthem

Got musical talent? Whether you're a singer or an instrumentalist, perform solo or with others, we are looking for volunteers to perform the Star Spangled Banner at our last home meet. If you're interested, contact the board.

## Shoes for Practice

There are a number of practices that the coaches would like swimmers to come with tennis shoes in order to give the kids some more strenuous strength workouts. Note that this does not apply to 8&Us. All other age groups should be sure to wear socks and shoes to practice on the following days:

### 11-12s, 13-14s, 15-18s:

Monday and Wednesday mornings  
Tuesday and Thursday evenings

### 9-10s:

Tuesdays and Wednesdays

This week is also slightly special as we'd like all swimmers to bring shoes on Thursday, and nobody will need to bring them on Wednesday due to the shortened practices.

## Modified Practice Schedule

Please note this week's schedule with the night meet and the 4th of July holiday.

**Wednesday:** To give swimmers a chance to rest up before the meet, practices have been shortened (see schedule above).

**Thursday:** To give swimmers a rest after the late night meet, practice is cancelled. A game day will be held at 8:00 AM for all swimmers if they are still willing to wake up and spend a morning of fun at the pool!

**Friday:** To honor the holiday, practice is cancelled. However, an optional, limited stroke clinic will be offered for interested swimmers. Sign up will be online starting Monday evening. For more info on these clinics see page 3. Everyone else can sleep in and enjoy their 4th of July weekend!

## Two Team Building Tuesdays this Week!

This week's TBT will be held at Legion Park from 2:00-3:30. We'll be playing kickball! We're also excited to host another TBT later for the entire family to cheer on the US Women's Soccer Team as they take on Germany in the World Cup Semifinal! Bring the family down to Coach's Club to eat dinner, to support our local businesses during the construction, and most importantly to cheer on Team USA with Team Stingrays! The game starts at 6:00 and is expected to run until 7:30, just in time for the older kids' night practice! Go Team USA!

## Conference T-Shirt Order

Conference shirt orders are taking place [online](#) this year. Orders are due to Middleton Sports and Fitness by midnight on July 9th. If you'd like to tie-dye your Conference Shirt on our tie-dye day on July 17th, be sure to order the white shirt. Shirts will be available at Conference for purchase, but only in green and their pre-made tie-dye.



## Independence Day Stroke Clinics

Friday's practices are cancelled due to the 4th of July. However, we know while many families want the long weekend, some others are still interested in swimming. With that in mind, if you do not have plans for Independence Day and want to swim in the morning, the coaches will be offering limited sign-up, one hour stroke clinics for any swimmers interested. These clinics will be limited to 15 swimmers each, and will be split by age group. While some age groups have multiple sections, please only sign up for one slot per swimmer as space is limited. Sign-ups for these clinics will be available on the website starting Monday evening.

These clinics are entirely optional, as we expect most swimmers will be enjoying the holiday, savoring a morning to sleep in, or embarking on a vacation for the long weekend. However, if you enjoy spending your holidays perfecting technique early in the morning at the pool, these stroke clinics are for you! If you have any questions about these clinics, please contact Coach Kris.

**11 - 18:** 7:00 - 8:00 AM

**9 - 12:** 8:00 - 9:00 AM

**8 & Under:** 9:00 - 9:50 AM



## Volunteers Needed for 2016 Stingray Board!

Your Stingrays need you! Please consider being part of the 2016 Stingray Board. Positions are elected by the team at large during the Awards Banquet on July 28. While all positions are open to new candidates, we are specifically in need of candidates for vice president. In most seasons, the vice president(s) succeeds the president(s) the following season, and become the past president(s) the next year. Nominations will be accepted until the time of the election. If you have questions about serving on the board, please feel free to contact current board members (listed right), any former board members, or the head coach. 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!

## 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. Signups for our home meet with Sauk are due on Saturday. Thank you! Please watch next week for Conference and Invite signup information!

## Show Your Stingray Pride!

Show your Stingray pride wherever you go! Stingray window stickers and mugs will be for sale at concessions at our remaining two home meets while supplies last! \$5 each, or two of any combo for \$8!

## 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

