

JUNE 30

# THE STING



SINCE 1972



## Smiling Stingrays at Six!

Merry Mornings!

## UPCOMING EVENTS

Extra details can be found on pages 2-3

### Monday

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

Sign-up Online

### Tuesday

**Massage Therapy 7:45 - 9:45**

Available after practice

### Team Building Tuesdays

Glacier Valley Park from 1:00 - 2:30

Coach's Club from 3:00 on for the USA vs. Belgium World Cup game!

### Wednesday

**Modified Practice Schedule for meet day:**

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

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

8 & U: 8:45 - 9:50

**No Stroke Clinic due to meet**

### Evening Meet at Mazomanie

Warmups begin at 5:00 PM

Meet begins at 5:30 PM

### Thursday

**Space Day! (Normal practices cancelled due to night meet)**

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

### 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 away meet at Baraboo**

## COACH'S CORNER

Mark the checkbox on another excellent meet Stingrays! We were very pleased at the end of a challenging meet where many of you swam in events you weren't used to, at a pool with difficult blocks and walls! We were especially proud of Olivia Wissink, Brianna Acker, Jake Hollfelder, Kristin Hartung, Mia Wissink, and Sloane Hanson. Each of these swimmers showed a lot of improvement at the Dells and swam consistently stellar events. They were nothing short of Super Stingrays! Great job, team! Looking forward to the rest of our season, we have three meets remaining in the regular season, and all of them are very important, starting with Mazomanie on Wednesday. Mazo and Sauk have the last two regulation 25 meter pools in the regular season before Conference. It is of the utmost importance that you put your maximum effort into these meets to try to achieve personal bests and qualify for spots in Conference. Only three swimmers can go in each Conference event, so these two meets are your chance to secure a spot! I know a lot of you are also going

for team records that you are very close to breaking. That's awesome, and we'll give you as many chances to do so as possible, but remember that you can only do so in a 25 meter pool. Next week's meet against Baraboo is also very important as they are one of the most competitive teams in the Conference and we'll need to give it our all! So keep up the effort in practice, and perform your absolute best at each of our remaining meets. Let's get some personal records, some team records, and prepare for the big event at the end of the month! Back to this week, please look over the practice schedule as it is a little bit strange starting on Wednesday due to the meet and the holiday. We'll still have a great week of swimming though, so come to practice prepared and ready to work! Finally, remember that night meets are different from our usual events. Don't forget to bring bug spray and some warmer clothes for when the sun goes down! We may need it by the end of the evening. Go Sting!

-Stingray Coaches

## Team Building Tuesdays (Not just for kids this week!)

This week's Team Building Tuesday will be at Glacier Valley Park (on Bourbon Road across from the fire station) from 1:00 to 2:30 in the afternoon. In honor of our nation's big game against Belgium, we'll be playing soccer!

After our soccer game, we'd love for families who are available to join us to walk, bike, or drive down to Coach's Club to watch the big game! Parents, babysitters, and friends should all come along to cheer on USA in the US's first game in the knockout rounds of the World Cup! The game starts at 3:00 and runs for at least 90 minutes. Let's bring out a big contingent of Stingrays to have some food and some fun cheering on our team! "I believe, I believe, I believe that we will win!"

## Modified Practice Schedule

Please note the strange practice schedule this week due to our night meet and the 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 a 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. Swimmers interested in participating in a stroke clinic can sign up online starting Monday evening. Everyone else can sleep in and enjoy the 4th of July!



## Shoes for Practice

For practice on Mondays and Wednesdays, 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. While this will usually be every Monday and Wednesday, they only need shoes on Monday this week due to a shortened practice Wednesday.

## Independence Day Stroke Clinics

Friday's practices are cancelled due to the 4th of July. However, we have heard a number of requests for a practice to be held and we did skip a stroke clinic on Wednesday. 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.

**13 - 18:** 6:00 - 7:00 AM  
Coaches: Kris and Brian

**11 - 18:** 7:00 - 8:00 AM  
Coaches: Kris and Brian

**9 - 12:** 8:00 - 9:00 AM  
Coaches: Kris, Brian, and Emily D

**8 & Under:** 9:00 - 9:50 AM  
Coaches: Kris, Brian, and Emily D



## Conference Gear Orders (Due July 6th)

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)

## Buddy Program

This week, we want to encourage our buddy to find out: what is their favorite sport other than swimming? We also will have meet signs available for all of our buddies to decorate for each other. If you have any questions about the Buddy Program please contact Coaches Teryn or Haley.



## Massage Therapy

Diana Postle and Melissa Hinz will be providing massage therapy for our swimmers after practice once a week. They will set up near the shelter, and interested swimmers should head over after practice! Huge thanks to Diana for offering her services for yet another year, and to Melissa for joining her this year! Ourselves and our muscles are so grateful!

## 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.

## Bob's Finished Work

For those of you who left before the end of the Spring Green meet, here's the finished work of our resident Bob-Ross-wannabe. He hopes you enjoyed the painting with him on Saturday! Remember: believe that you can do it, and you can do it! We don't make mistakes, we just have happy accidents!



## 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