

July 11th

# THE STING

SINCE 1972



## Catch the Fever

CP Sting vs. Sun Prairie Piranhas Saturday 7/16

### Coach's Corner

Hi Stingrays!

The meet at Sauk Prairie this past weekend was at a new level of awesome. All of the Stingrays dropped a combined 563.26 seconds!! That is 9:23.26 minutes of dropped time. That number shows how hard you are all working in practice and how capable you are of swimming super fast. With so many personal bests across the board this weekend, I would like to give a shout out to those who dropped more than 20 seconds in their race. These people are Bryce Pape (25 Free), James Miller (50 Free), Annika Van Buren (100 Free), Ali Thompson (200 Free) and Cara Biodrowski (50 Fly). Congratulations to all swimmers who swam personal best times on Saturday!! Another congratulations to those who broke records on Saturday. Jacob Aegerter and Caden Van Buren both broke two records while Owen Roenneburg, Parker Van Buren, Nick Hinz and Forrest Peterson broke their Free Relay record again!!

Looking forward to this next week, please start/continue to fuel your body correctly for the Sun Prairie meet. This means no sweets or candy! As an athlete you need to feed your body right if you want to see the results. Parents, please feed your swimmer lots of fruits, veggies and carbs. Especially with these really warm days it is vital to stay hydrated and have a water bottle with you at all times. This week at practice put a focus on the details, when you are swimming think about your flip-turns, underwaters and stroke technique. The small differences will help you push past the competition! Push yourself to improve and you will see the results this weekend. Remember that your events for this weekend are about what the team needs you to swim, maybe not exactly what you might pick for yourself. Eat healthy and stay safe this week Stingrays and get excited for our meet on Saturday!

-Kendra and the coaches

### Upcoming Events

Extra details can be found on pages 2-3

#### Tuesday (7/12):

**Team Building Tuesday**

See more info on pg. 3

#### Saturday (7/16):

**Meet vs. Sun Prairie @ HOME**

**& Buddy Poster Display**

See more info on pg. 2

#### Sunday (7/17)

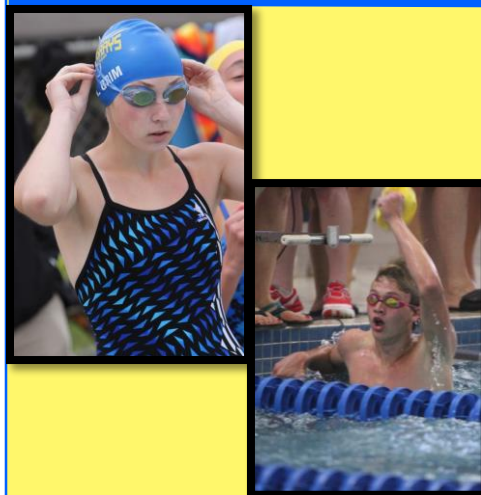
**Brat Sale**

See more info on pg. 2

#### Thursday (7/28):

**Annual Spaghetti Dinner**

See more info on pg. 3



**Check out the Seniors of the Week:**

**Jacob Aegerter  
&**

**Autumn Grim**

See more on pg. 2

## Meet Information

Warm-ups for the Sun Prairie meet are being moved up to 6:40 due to the meet being expected to run longer than usual, so please arrive before hand to be behind the block and ready to hop in the water right at 6:40.

Because Sun Prairie and Cross Plains are two of the biggest teams in the conference, the meet on Saturday may run longer than usual, so plan to stay for the whole meet! The Piranhas are also our biggest meet of the year, so make sure to be eating healthy and resting up during this week so you're ready to swim fast on Saturday!

**Make sure to sign your swimmers in or out for the rest of the meets for the remainder of the season.** This gives the coaches more of a heads up when putting events together.

Unless there is thunder heard or lightning seen, dual meets will continue through most weather. If a meet is cancelled, an email will be sent out to all families, so if you haven't heard anything from the team the morning of, the meet is still on!

Before each race, swimmers must report to the designated Clerk of Course at the host pool where volunteers will order them in accordance to heat and lane. Please listen to the announcers calling for your events to report to the Clerk of Course.

Swimmers are encouraged to wear a team suit if possible to all dual meets along with a stingrays swim cap if they prefer. Please avoid wearing caps from other teams at meets. As the theme for this week's meet is blue and yellow, swimmers are encouraged to show their Stingray pride and wear all their Stingray gear.

Most importantly, meets are about having fun and getting out and racing! So have fun cheering for others, hanging out with your friends, and racing friendly competition. It's always a beautiful day to swim fast!

## Brat Sale

This upcoming Sunday (7/17) Stingrays are having a Brat Sale to help raise money for the team. If you are interested in volunteering to sell food and advertise the event, make sure to click on the 'Events' tab on the website homepage and find the Brat Sale event for more info.

If you are unable to volunteer, you can still help out by buying food from the sale! The sale will be located in the parking lot of Piggly Wiggly, so be sure to stop by between 11am and 3pm to help support the team!



## Buddy Poster Display for Sun Prairie

For the upcoming meet against Sun Prairie, we would like to raise the energy level and get everyone excited and ready to swim fast! To help boost team spirit, we are going to hang up this week's buddy poster up on the pool deck during the meet. Posters will be set out early this week and buddies are asked to color their posters and add in encouraging notes/ words to their buddy on the posters before Saturday. Please put completed posters in the Roll family folder at the pool, or be sure to bring your buddy poster to the meet to hang up! Don't forget to be cheering for and talking to your buddies during every meet!

## Seniors of the Week:

### JACOB AEGERTER & AUTUMN GRIM

#### Autumn Grim

Autumn has been swimming on Stingrays for 12 years, and her best Stingray memory is "the time we beat Baraboo and pushed all the coaches in the pool." Throughout her swimming career, her role model has been her mother "because she shows me what hard work and selflessness is."



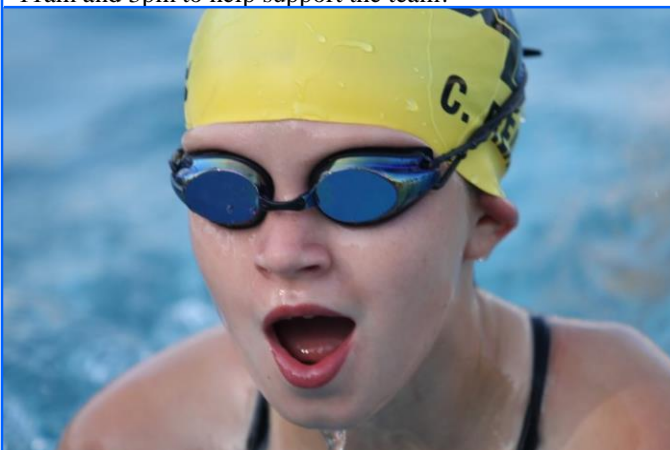
Next year, Autumn is going to Rensselaer Polytechnic Institute to study mechanical or aerospace engineering. Her words of wisdom for younger swimmers are: "Don't quit because of the earlier practices when you're older, it's worth it."

#### Jacob Aegerter

Jacob has been swimming on Stingrays for 13 years, and his best Stingray memory is "when we jumped into the pool when we beat Baraboo for the first time in many years." Jacob's role model has been his sister Ashely, "because of her hard work and passion for swimming and everything she does."



Next year, Jacob is attending and swimming for UW-Stevens Point, studying paper science and engineering. His words of wisdom for younger swimmers are: "Continue to swim for the Stingrays because you will always have fun, have a ton of memories, and every day is a wonderful day on the Stingrays."





Show your Stingray pride and participate in our dual meet theme for this week:



### 2016 Meet Schedule:

6/11 @Spring Green Dolphins  
6/18 @ Wisconsin Dells Dolphins  
6/25 HOME vs. Mazomanie Barracudas  
6/29 EVENING MEET @ Baraboo Riptide  
7/9 @ Sauk Prairie Pool Sharks  
7/16 HOME vs. Sun Prairie Piranhas  
7/23 HOME vs. Mt Horeb Gators  
7/26 Invitational Meet @ Mt Horeb time TBD  
7/30 Conference Meet @ Baraboo High School Pool (9am)  
& 7/31 hosted by Spring Green

### 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.

Contact the Presidents: [xpstingpresident@gmail.com](mailto:xpstingpresident@gmail.com)

Contact the Vice-Presidents: [xpstingvp@gmail.com](mailto:xpstingvp@gmail.com)

### Team Building Tuesday

Team Building Tuesdays are pretty much exactly what the name implies: every Tuesday afternoon during the season Stingrays will be encouraged to go to an optional team-building, fun-and-games event at a park in Cross Plains. TBTs are by no means required, but they are a great way to get everyone –from 8&unders to 15-18s- together to have fun and build friendships outside of the pool. This Tuesday, July 12<sup>th</sup>, TBT will be at the Legion from 3-4 pm. Make sure to bring shoes you can run around in, a water bottle to stay hydrated and a smile!

### End of Season Countdown

**17** Days until Mount Horeb Invitational Meet

**20** Days until Tri-County Conference Meet

### Volunteers Needed!

Volunteers are still needed for functions even as we near the end of the season. **The upcoming Brat Sale on July 17<sup>th</sup> is a way to raise money for the team, and volunteers are much appreciated to help advertise and sell food at the event.**

The annual Spaghetti Dinner is also coming up and volunteers are also needed to help serve and make food. There are also still a few spots open for the coaches breakfasts, so if any of these opportunities interest you, be sure to click on the 'Events' tab on the home page and find the job sign up for every upcoming event. Thank you!

### Healthy Choices

Please make sure that you are making healthy choices as you continue through the upcoming season and all the meets of summer. Keep sugars and fats to a minimum and make sure you are getting enough carbohydrates and proteins. Stay hydrated; drink lots of water and stay out of the heat as meets draw near. Go to sleep early to ensure that you are well rested. A successful season starts with your decisions today. Live smart now and you'll swim smart later!

### 2016 Stingray Board

**Co-Presidents:** Melissa Hinz & Julie Blaha

[xpstingpresident@gmail.com](mailto:xpstingpresident@gmail.com)

**Co-Vice Presidents:** Becky Flad & Angie Grim- [xpstingvp@gmail.com](mailto:xpstingvp@gmail.com)

**Secretary:** Sandy Stoecker

**Treasurer:** Rhonda Gessler

**Past Presidents:** Amy and Rick Grelle

### 2016 Stingray Coaches

**Kendra Kalvin**

Head Coach and 9 - 10s

**Jackson Uselman**

Technical Assistant Coach 15 - 18s

**Emily Douglas**

Assistant Coach 13-14s

**Karley Licking**

Assistant Coach 11 - 12s

**Lauren Kalvin**

Assistant Coach 8&unders

**Samantha Roll**

Administrative Assistant Coach

**Jacob Aegerter, Erick Grelle, Seth**

**Gutzmer, Ethan Lengfeld, Tryn**

**Peterson, and Samantha Roll**

Helper Coaches

