

July 25th

THE STING

SINCE 1972



Second to None

Stingrays Catch the Fever for the last meets of the year

Coach's Corner

Hi Stingrays!

We had a pretty fun meet this past weekend, even though we couldn't finish all of the events because of the storm. Congrats to all of the people who swam best times or broke records! Caden Van Buren rounded out his quest of the boys 8 & under individual records with the final 25 back record being broken Saturday.

Looking forward to the rest of the season, we have the Tri Invite on Tuesday and the Spaghetti dinner Thursday. Eat lots of carbs at the Spaghetti dinner but then make sure that you are eating lots of fruits and vegetables throughout the week. Please stay hydrated and if you ever come to the pool this week, you must have a water bottle in hand or we might not let

you in!

With Conference this weekend, it is important to remember what it means to be a Stingray. No matter what the score is, continue to hold your head high. As a swimmer push yourself to the next level, everyone has been practicing so hard this season you deserve to do well!! Before the meet, think about your race and visualize how the race will go in your head. Set yourself up to do your best in every way possible, eat healthy, stay hydrated and have a positive attitude.

-Kendra and the coaches

*Note: There are championship caps in the family folders for each swimmer, so be sure to wear them for your final meet of the season!

Upcoming Events

Extra details can be found on pages 2-3

Tuesday (7/26):

MT HOREB INVITATIONAL MEET

See more info on pg. 2

Thursday (7/28):

Annual Spaghetti Dinner

See more info on pg. 3

Sat. & Sun. (7/30-7/31):

TRI-COUNTY CONFERENCE

See more info on pg. 2

Sunday (7/31):

After Conference Party

See more info on pg. 3

Next Tuesday (8/2):

End of Season Potluck Picnic

See more info on pg. 3



Check out the Seniors of the Week:

**ETHAN LENGFELD
&
SAMANTHA ROLL**

See more on pg. 2

Meet Information

Be sure to look over the conference and invitational entry reports and contact your coach immediately if there are any conflicts with your swimmer.

Warm-ups for the **Invitational** meet will begin at 5:10pm Tuesday, and swimmers are asked to be behind their lane, ready to hop in the pool right at the beginning of warmups! This will also be a larger meet, so make sure to come early if you want a spot to set up your tent to watch the meet. The meet will begin at 6pm. There are no relays, so the meet begins with freestyle individual events and runs in the usual order. Heat sheets will be available.

Awards will be given for places 1-6, so listen for results for each event so you can accept your awards.

Conference warm-ups are from 8:00-8:20am on Saturday and Sunday. There will be a 20 minute warm-up during the lunch break each day as well. The meet begins at 9am on Saturday. Opening ceremonies will begin at 9am on Sunday with the parade of all teams.

Admission to the pool area is \$2/day and programs/heat sheets are \$5 Saturday, \$3 for the final heat sheet on Sunday with a program. (\$5 with out program)

Live streaming is available at thecube.com

For information on how to get to the Mount Horeb or Baraboo Indoor Pool, click on the 'Pool Locations' tab on the website homepage.

TBT, Night Practice and Stroke Clinics

There will be **NO Team Building Tuesday**, as swimmers and coaches will be preparing for the Mount Horeb invitational meet and resting up for conference this weekend. There will also be **NO night practices** for this week to ensure everyone gets enough rest and sleep. However, there **WILL BE Stroke Clinics** this Monday and Wednesday, so make sure to sign up online if you want some last minute technique work before the championship meet to end the year.



Revised Practice Times

To prepare for the upcoming championship meets, practices will be starting later for this week. Make sure you're getting a lot of sleep to rest up and swim fast this week!

13 & Over: 6:30-7:45am

9-12: 7:45-9:00am

8 & Under: 9:00-9:50am

Seniors of the Week: ETHAN LENGFELD & SAMANTHA ROLL

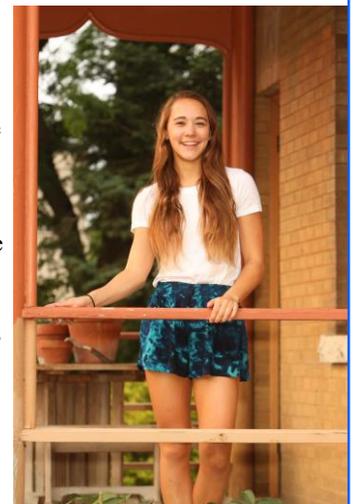


Ethan Lengfeld

Ethan has been swimming on Stingrays for 11 years, and his best Stingray memory is "riding fire trucks and celebrating with pizza after conference." Throughout his swimming career, his role model has been his brother Luke, because "he works hard in all aspects of his life and let's be real, he's a legend." Next year, Ethan is attending UW Madison to study computer science. His words of wisdom for younger swimmers are: "Enjoy your time in the water and appreciate all that your coaches and parents do for you."

Samantha Roll

Sam has been swimming on Stingrays for 11 years, and her favorite Stingray memory is "having my dad walk back and forth along the pool with me as I swam my first practice ever to make sure I didn't drown." Sam's role model is her sister Emily, because "she is someone I've literally and figuratively always looked up to." Next year, Sam is swimming for and studying at IUPUI, but is undecided on her major. Her words of wisdom for younger swimmers are: "Every stroke you take and every hard practice you survive is worth it, so keep swimming."





Photos

All the great pictures you see in this newsletter and on the Stingray website are available on the Stingrays Walgreens site for anyone who would like to view or purchase them. The link to the website is: <http://tiny.cc/lf35cy> and there you can find pictures from any meet not just from this year but also from past years! Huge thank you to David Kalsbeek, Graham Anderson and Lori Neumann for being the photographers and volunteering their time and sharing their talents!

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
7/30 Conference Meet @ Baraboo High School Pool
& 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 under the "Coaches" tab.

Contact the Presidents: xpstingpresident@gmail.com

Contact the Vice-Presidents: xpstingvp@gmail.com

End of Season Countdown

1 Day until Mount Horeb Invitational Meet

4 Days until Tri-County Conference Meet

End of Season Events

Make sure to RSVP for food at the After Conference Party by **Monday (7/25)** The form is available with the after Conference event under the events tab on the homepage or by clicking on this link: [After Conference Party RSVP 2016.pdf](#) . If you choose not to eat, you are still welcome to sit, relax and celebrate after a long conference weekend! A cash bar is available as well.

The End of Season Potluck Picnic and awards night is scheduled for next Tuesday, August 2nd. We encourage everyone to come to receive awards from the season and celebrate the accomplishments of our team and the individuals that make it up. Keep an eye out for an email with more information on the event.

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

Co-Vice Presidents: Becky Flad & Angie Grim- 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

