

June 20<sup>th</sup>

SINCE 1972



## Getting a **CLUE**

Stingrays investigate their way to a mystery-filled meet

## Upcoming Events

Extra details can be found on pages 2-3

### **Tuesday (6/21):**

#### **Team Building Tuesday**

See more info on pg. 3

### **Thursday (6/23):**

#### **Clue Game Day**

**NOTE: Practice schedule changes**

See more info on pg. 2

### **Saturday (6/25):**

#### **Dual Meet @ HOME vs.**

#### **Mazomanie**

See more info on pg. 2

## Coach's Corner

Hi Stingrays!

Congratulations to all of the Stingrays who swam in the meet this past weekend against the Wisconsin Dells. It was a fast, fun meet and I was so happy to see so many swimmers and parents cheering on their fellow Stingrays. I hope that everyone had a lot of fun. At all meets make sure to stay in the water until all of the swimmers in your heat are done swimming, this is a great way to show good sportsmanship. Even though the times from this past meet are invalid since it was a non-regulation pool, we saw a lot of great, competitive swims. A special shout-out to the 11-12 Girls Medley Relay for their win after overcoming a fairly large deficit.

If you happened to be disqualified this past weekend, check the results from the meet as there is an explanation. If you are still confused, ask a coach and we can work with you to try and make

sure it doesn't happen again! A great time to get advice from your coaches is directly before and after your events, so please stop by and ask them what they thought of your race!

We are well in to the regular season now, and I hope everyone is looking forward to a wonderful first home meet this weekend. If you have any comments or concerns about anything team-related, please let your coach know. We want to make your Stingray experience the best it could possibly be!

As for this week, if you would like some extra help on your strokes or general technique sign up for the Monday and Wednesday stroke clinics, these are perfect opportunities to get some personalized time from your coaches. Have a great week and stay hydrated!

-Kendra and the coaches



## Check out the Swimmer of the Week:

**NOAH DORN**

See more on pg. 2

## Meet Information

Regular season dual meets usually start at 8:00 am with warmups before at 7:00 am and run for about four hours, with a few exceptions. The meet against Mazo will run on the usual time frame, and swimmers are asked to stand behind the blocks at the CP Pool, ready to hop in for warm ups at 7 o'clock sharp, so please arrive before hand. The Mazo meet is our first home meet, so volunteers are needed to help it run smoothly. If you want to check out the remaining volunteer slots, click on the 'Events' tab on the website home page and look for the Mazo meet job sign up. Let's make our first home meet a smooth one!

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 Clue, swimmers are encouraged to dress up as their favorite character from the board game.

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!

## Clue Game Day 6/23

The practice schedule for game day this Thursday is changing slightly from the norm. 9-10s and 11-12s are asked to be at the pool by **7 am** and the 13 and up practice will be ending then as well. The 9 and overs will come together and play a game of Clue that will span across the neighborhoods surrounding the pool. If you are a 9 and older swimmer please bring shoes to run in and a water bottle to stay hydrated. The 8 and under practice will run as normal. Get pumped to solve the murder mystery at the CP Pool!



## 2016 Stingray Buddy Program

The Stingray Buddy Program is a way to promote team bonding and form bonds between the very youngest and the very oldest on our team. This year, we have formed buddy 'pods', where two pairs of buddies are matched together for an even bigger support system. All buddy info is on the team website under the 'Swim Groups' tab. Additionally, for the upcoming dual meet this Saturday, there will be a small poster available on the pool counter next to the family folders that every member of the buddy program is encouraged to color for their buddy. The more swimmers put into the buddy program, the more they get out of it, so make sure to meet and cheer for your buddy this coming Saturday!

## Conference Apparel Online

### Deadline July 1

<https://springgreenswimconference2016.itemorder.com/sale>



See the conference website for information on sponsorship and other conference information

<http://www.tri-county2016conferencemeet.com/>

## Swimmer of the Week:

### NOAH DORN



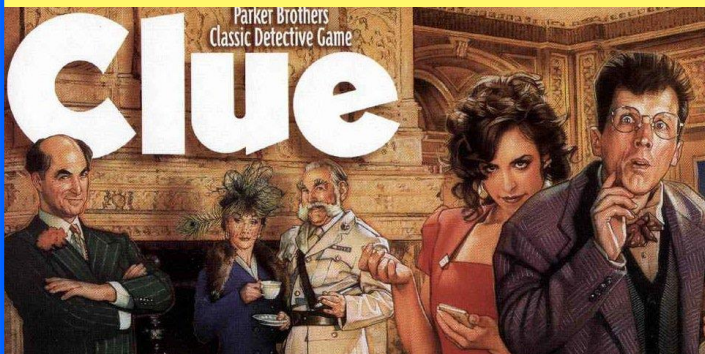
Noah Dorn is the Swimmer of the Week this week! Noah is a member of the 9-10 age group and at 10 years old, he has been swimming for the Stingrays for 2 years. Last weekend against the Wisconsin Dells, he placed first in the exhibition 50 freestyle, third in the 50 backstroke, fourth in the 50 breaststroke and first in the 200 freestyle relay.

Noah's favorite stroke is breaststroke and he likes the 50 breaststroke more than any other event. Don't tell Kendra, but his favorite coach is Erick, since Erick is "really funny." In school, Noah enjoys math class, and aspires to be a "builder" or architect when he grows up.

Noah's favorite part about Stingrays is swimming in the meets, which shows through his great sportsmanship and his great effort during every race. In practices, the coaches are always very impressed with his patience and focus. Kendra says that Noah is "one of the kindest, most coachable swimmers [she] has ever met!"

Congrats Noah, keep up the great work!

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



## Team Building Tuesdays

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. **The upcoming Team Building Tuesday will be on June 21<sup>st</sup> at the Park School playground from 2-3pm.** Make sure to bring shoes you can run around in, a water bottle to stay hydrated and a smile!

## 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)

## End of Season Countdown

**38** Days until Mount Horeb Invitational Meet

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

## Thank You Volunteers!

Thank you to everyone who stepped up as timers at the Dells meet on Saturday! You all helped the meet run smoothly and made the day a lot less stressful for the Dells' parents. Volunteers are still needed for many functions for the upcoming season. From bringing the coaches breakfast, to job sign up at home meets, the invite and conference, the Stingrays need all the help we can get in order to be second to none both in and out of the pool. To sign up for coaches breakfasts or jobs at upcoming home meets, click on the 'Events' tab on the website homepage to find links to all upcoming events. Thank You!

## Healthy Choices

Please make sure that you are making healthy choices as you prepare for the upcoming season and the first meets of the 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

