

# THE STING

SINCE 1972



## Going For Gold

Stingrays prepare for the first Dual Meet of the 2016 Season

## UPCOMING EVENTS

Extra details can be found on pages 2-3

### Monday (6/6):

**After school practice schedule continues**  
See more info on pg. 2

### Friday (6/10):

**First day of regular schedule practice**  
See more info on pg. 2

### Saturday (6/11):

**First dual meet versus Spring Green**  
See more info on pg. 2

### Tuesday (6/14):

**First Team Building Tuesday**  
See more info on pg. 3

### Wednesday (6/15)

**Team Picture Day**  
Make sure your swimmer(s) come to practice with their team suit!

### Thursday (6/16)

**Team trip to Noah's Ark**  
Permission slips can be found on the team website under the Events tab  
See more info on pg. 3

## COACH'S CORNER

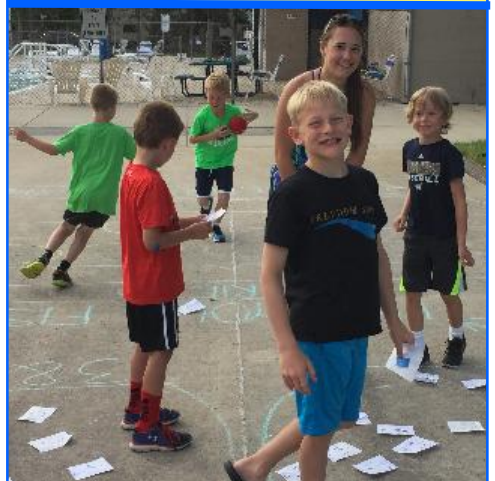
Hi Stingrays!

We are well on our way to another great season. This past week we began our after-school practices, and it is clear that we are going to have another amazing team this summer. We have noticed some new faces and are so excited to see that the love of swimming and the Stingrays is spreading to new families! This team is an awesome opportunity to hang out with friends, have a blast and improve your swimming skills. One of our favorite parts about the team as coaches is how much we value fun on the Stingrays. If you are new to our team this will hopefully become very clear at the weekly game days and Saturday swim meets. Another big part of being a Stingray is learning how to have good sportsmanship. We take pride in our own successes but can also take pride in the fact that other teams have also found success. In the end swimming with the Stingrays is not about winning, that's just an added bonus if it happens!

As we look to this week we will continue to have after-school practices through Thursday, June 9<sup>th</sup>. Then to celebrate the first day of summer we are beginning our morning practices right away on Friday! **Check out the practice schedule below to see what time your practice begins.** On Saturday we have our first meet of the season! Please stay hydrated this week and eat right so that we can all be ready to go on Saturday morning. In honor of the Summer Olympics in Rio coming up in August, our theme for the Spring Green meet is Olympics and USA. All of the coaches will be dressed up so please join us if you like!

For this week at practice put a focus on giving 100% effort. If you are feeling like the first few practices have been a little tougher than you remember, that's alright! It takes time to get back into swimming shape. So the more effort you put in the faster you can get back into the groove of swimming again.

-Stingrays Coaches



**2016 Buddies revealed at kick-off picnic** - see more info on pg. 2

## Meet Information

Regular season dual meets usually start at 8:00 am with warmups starting at 7:00 am and run for about four hours, with a few exceptions. The Spring Green meet will run on the usual time frame, and swimmers are asked to be standing behind the blocks, ready to hop in for warm ups at 7:20 sharp, so please arrive before hand.

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 Spring Green 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 Olympics/ USA, swimmers are encouraged to dress up in full USA or athlete attire. 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!

**For directions to the Spring Green Pool, visit the team website under the 'Pool Locations' tab.**



## 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 will soon be on the team website including buddy pairs and buddy pods. 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!

## Practice Schedule for 5/31 thru 6/9

### @ Cross Plains Outdoor Pool: Ages 14 & Under

Dates: Tuesday May 31 - Thursday June 9

Times: 10 & Under: 3:00 - 4:30 pm

11 & Older: 4:30 - 6:00 pm

### @ MHS POOL: High School Students

Tuesday May 31: 6:30-8 PM

Wednesday-Thursday June 1-2: 4-6 PM

Friday June 3: 4-5:30 PM (kick off picnic 6pm @ CP pool)

Monday June 6: NO practice

Tuesday-Wednesday June 7-8: 2:20-4 PM

**Thursday June 9: 2-3:30PM @ CP POOL\*\***

**\*\* note location and time change**

## Regular Season Schedule (6/10 - 7/29)

### @ Cross Plains Outdoor Pool:

Monday - Friday

8 & Under: 8:45 - 9:50 AM

9-10, 11-12: 7:15 - 9:00 AM

13 & Older: 6:00 - 7:45 AM

**11 & Older Additional/ Optional work outs T/R 8:00-9:30 pm with 30 min. of dryland**

## Stroke Clinics

Stroke Clinics are held on Monday and Wednesday afternoons from 5-5:45pm. These clinics are a great opportunity for more one-on-one attention from coaches to help fine-tune the technique of each swimmer. The first clinic will be held on Monday, June 13<sup>th</sup>. Before attending, please sign up all swimmers on the Stingrays website. To sign up for the first stroke clinic click on the 'Events' tab on the website, then select job sign up under the Stroke Clinic event.

## Stingwear

The clothing orders are in! If you were unable to attend the kick off picnic, or didn't pick up your orders last Friday, Merry Larson will be distributing orders during practices on Thursday (6/9) this week. There will be another opportunity to order stingwear. Watch your email for announcements!



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 first Team Building Tuesday will be on Tuesday, June 14<sup>th</sup>. The time and place are still to be determined for the first TBT, but games and laughter are guaranteed.

### 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

### Noah’s Ark Trip

The annual Stingrays Noah’s Ark Trip will be on Thursday, June 16<sup>th</sup>. The cost of the trip will be \$25 per person, which includes roundtrip bus, water park entrance and hot dog lunch. The bus will leave the Cross Plains Outdoor Pool at 9:45 and return approximately 5:00. You can find the permission slip link on the Stingrays Website under the ‘Events’ tab. Permission slips and payment are due by June 14, place them in the Virnig family file at the pool.

### 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)

### Volunteers Needed!

Volunteers are needed for many functions for the upcoming season. From volunteers who bring coaches breakfast, to job sign up at home meets, 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

