

THE STING

Since 1972

June 4, 2017

IMPORTANT DATES

Friday, June 9th

Kickoff Potluck

Saturday, June 10th

First Home Meet!

Monday, June 12th

First Morning Practice

First Stroke Clinic

Wednesday, June 14th

Picture Day

Culver's Share Day

Thursday, June 15th

Noah's Arc Trip

MEET SCHEDULE

6/10	HOME vs. Wisconsin Dells
6/17	@ Mazomanie
6/24	HOME vs. Baraboo
7/1	HOME vs. Sauk Prairie
7/8	@ Sun Prairie
7/15	@ Mount Horeb
7/22	HOME vs. Spring Green
7/25	Invitational @ Sun Prairie
7/29	Host Conference @ Middleton
7/30	Host Conference @ Middleton

COACH'S CORNER

Hi Stingrays!

Here we are, week 2 of our season and coming up on our first home meet versus the Wisconsin Dells team. We have one week of practice under our belts already and I think the rest of the coaches would agree with me in saying that these were some awesome practices! We had a lot of fun jumping right into the season and I hope that all of our swimmers agree. We saw a lot of familiar faces returning in addition to some new faces.

Looking forward to the upcoming week, we will continue with a full week of after-school practices. On Friday we have our kickoff picnic which all of our coaches are excited for. We hope to see everyone there



to celebrate the start of our season and also begin our buddy program! For this week, we are transitioning our minds to the upcoming meet. This means paying extra attention to the details of swimming like flip turns, streamlines, starts and finishes! Please ask your age group coach if you have any questions, comments or concerns. Other than that we will see all of your smiley faces tomorrow for practice!!

Kendra and the coaches

PRACTICE SCHEDULE

After School Practice

Ages 14 & Under @ CP Pool

Tuesday, May 30 - Friday, June 9

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

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

High School Students @ MHS Pool

Tuesday, May 30 - Friday, June 2:4-6 pm

Monday, June 5: 4-6 pm

Tuesday, June 6: **NO PRACTICE**

Wednesday, June 7 - Thursday June 8:
2:30 - 4:00 pm

Friday, June 9: 1-3 pm @ **CP Pool**

Summer Practice

June 12 - July 28

Monday-Friday

8 & Unders: 8:45 - 9:50 am

9-10 & 11-12: 7:15 - 9:00 am

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

11 & Older Optional Workouts

8:00 - 9:30 pm with 30 minutes dryland

FIRST SWIM MEET IS THIS SATURDAY

We would like to take this time to congratulate everyone on surviving their first week of practice: you did it! We now only have one more week of practice before our first swim meet of the season against the Wisconsin Dells at home. In preparation for our first meet please be conscientious of your diet, be sure to drink lots of water, and get plenty of sleep. A healthy body will lead to successful races.

Please make sure to sign up in our "Events" tab to work a shift at the meet; we always need people to help set-up, tear down, do concessions, and other odd jobs. In addition, make sure you sign up to bring food to at least two home meets.

Warm ups begin at **7:00 am** so make sure you are ready with goggles, cap, and team suit on behind the blocks at that time. Soon after warm ups are done, there will be a team meeting held near the pavilion where we will do our cheer. Heat sheets will be available and please pay attention to the announcer to know when to go to clerk of course.

The first meet will also be a great way to meet other swimmers on the team and to cheer on your teammates and buddies. All buddies should at least talk to each other before races to wish them good luck.

Good Luck Stingrays!

MEMORIAL DAY THANK YOU

Thank you to everyone that participated in the Memorial Day festivities. The pie sale was a huge success and it would not have been possible without all of the volunteers who gave their time to bake, set-up, and sell. Another thank you to all of the swimmers that participated in the parade. Everyone did such a great job of dressing up, cheering, and smiling that our team won the spirit award for the parade. This swim team is a huge part of the community and we are so proud of all the positivity and spirit everyone showed. Once again, thank you for everything you do to contribute to this team.



VOLUNTEERS NEEDED!

Volunteers are essential for keep this team running. We need volunteers for all home meets, breakfast for coaches, and this year we are hosting conference at the Middleton High School. To sign up for volunteers please visit the Stingrays website and click on the "Events" tab or click here. Thank you in advance for all of your time and effort and we recognize that our season would not be possible without everyone's help.

KICKOFF PICNIC

The Kickoff Picnic is on Friday, June 9th at the pavilion outside the Cross Plains Pool and 6:00 pm. The Kickoff Picnic is a great way to meet new families, the coaches, and the board. Pizza will be order as the main dish, but we ask that Stingray families contribute to the meal as well.

Families with a last name beginning with A-M:

side dish/salad

Families with a last name beginning with N-Z:

dessert

Everyone must bring their own plates, utensils, and drinks. It can get slightly crowded under the pavilion so feel free to bring folding chairs, blankets, and tablecloths. We ask that all 8 & Unders and 13 & Overs make sure to show up because you will be receiving buddy assignments. We look forward to seeing everyone there, eating delicious food, and starting another fantastic season!

2017 COACHES

Kendra Kalvin

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Amy Sullivan & Seth Gutzmer

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Nicole McCue, Forest Peterson,
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Helper Coaches

2017 BOARD

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QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

BUDDY PROGRAM



The buddy program has been in place for many years at the Stingrays. Its goal is to unite the team and give young swimmers a role model by matching up an 8 & Under with a 15-18 or 13-14 buddy that they will have for the entire season and this year we will also be adding an 11-12 or 9-10 to each group. We encourage buddies to cheer each other on throughout the season, color a poster for each meet, and participate in as many activities together as possible. We ask that all swimmers attend the season kick off picnic to meet their buddies for the year.

TEAM BUILDING TUESDAYS

Team Building Tuesdays, or TBTs, are a fantastic way for swimmers to get to know other people on the team and have a fun time. They are exactly what they sound like: every Tuesday afternoon we will meet at the American Legion in Cross Plains from 1-2:30 and there will be some sort of game or activity organized by the coaches that is sure to get everyone moving and have fun. We strongly encourage buddy pairs to participate together if they can. TBTs are not required by any means but they are a great way to meet new people, smile, laugh, get active, learn something new, and have a good time.

HEALTHY CHOICES

Stingrays, please start making healthy choices as the season starts. Most importantly make sure that you are staying hydrated and getting enough sleep. Try to bring a water bottle with you wherever you go to ensure you are never without water. Any time you come to practice please bring a water bottle. Even if you don't feel hot make

sure that you are drinking lots of water. Additionally, try to minimize sugars and fats as much as possible and eat as much protein and carbohydrates as you can. This is especially important for the days leading up to any meet. Success in the pool depends on healthy and smart choices outside the pool!

