

THE STING

Since 1972

May 27, 2017

IMPORTANT DATES

Monday, May 29th

Memorial Day Parade
Pie Sale

Tuesday, May 30th

First After School Practice

Friday, June 9th

Kickoff Potluck

Monday, June 12th

First Morning Practice

Wednesday, June 14th

Picture Day
Culver's Share Day

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

Welcome to the 2017 season! I can't believe that it is already time to begin again with our awesome team. I hope that you are all as excited as our coaching staff is for this upcoming summer! Last season we worked hard and saw our success throughout the dual meets, the Tri Invite and Conference. I know that as a team we can continue to be great by promoting sportsmanship and developing our Cross Plains community!

Monday the 29th is Memorial Day so that means we have our village's parade at 11 followed by the swim team's pie sale. For any swimmers who would like to join in for the parade, meet us at Plastic

Ingenuity at 10:30 on Monday morning. Remember to bring bags so we can hand out candy during the parade! At the end of the parade, we will wait outside the Legion by the water fountain for everyone to meet up with their swimmers. On Tuesday our after-school practices start so take a look below to find out more about the times and locations.

If you are new to the Stingray family, please feel free to email me or stop by and say hello at the parade. I would love to meet you and answer any questions you might have!

See you Monday!
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 - Tuesday, June 6: 4-6 pm
Wednesday, June 7 - Thursday June 8:
2:30 - 4:00 pm

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

** note the location change

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

A MESSAGE FROM THE BOARD

Welcome to the 2017 Stingray Season! We are looking forward to a great season of swimming, community and team building and fun! If you look at our schedule, you will see that we host 4 home meets, and we also host conference! This is a big season for us. None of it would be possible without the dedication of many who take on leadership roles, and the many more who are the hands and feet of our team, getting the work done and providing this incredible opportunity for our kids. Please note that we need all families to volunteer throughout the season, and also

at conference, in order to have everything run smoothly. You will be able to sign up to volunteer on our website, and you will be hearing more about that as opportunities arise. The board has been working throughout the off-season to plan and prepare. We have a great coaching staff in place, a dedicated group of volunteers that help coordinate our meets, a hardworking conference committee making plans, the best parent volunteers anywhere, and a fever of stingrays ready to get in the pool and get started! Go Sting!

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.

MEMORIAL DAY PARADE & PIE SALE

Monday, May 29th is Memorial Day and all Stingrays are invited to walk in the parade together. The team will meet in the PI parking lot at 10:30 am and will end at the American Legion. The Stingrays walk with a large banner and we love to spread team spirit by chanting our cheer. Don't worry, for those that are new to the team, if you don't know the cheer we spend time before the parade learning it. Feel free to bring any candy of your own to pass out, but there will be candy and bags available. We encourage swimmers to dress in team apparel, suit, or colors and bring posters or signs.



Once the parade is done make sure that you stop by the team's pie sale for some delicious pie and Culver's ice cream. On that note, please make sure your family drops off your pie that morning between 9:30 - 11:30 am at the American Legion (no small Piggly Wiggly pies, please). This is a great fundraiser for the team, so please stop by for some delicious food and bring your friends!

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

Head Coach and 11-12
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Amy Sullivan & Seth Gutzmer

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Tryn Peterson

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Nicole McCue, Forest Peterson,
Hannah Aegerter, McKenna Licking
Helper Coaches

2017 BOARD

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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. 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 8 & Unders and 13 & Overs attend the season kick off picnic to meet their buddy 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 a park in Cross Plains 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 nears. 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!



QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.