

# THE STING

Since 1972

June 11, 2017

## IMPORTANT DATES

**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

**Saturday, June 17th**

Meet @ Mazomanie

## 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!

Congratulations on a great first meet of the season! I thought that it went very smoothly, thank you to all of our parent volunteers who made that possible. And of course our swimmers who swam great yesterday! We had two records broken, both by Caden Van Buren in the 50 Fly and 100 IM, so if you see him congratulate him! Another shoutout goes to all of our new swimmers for whom yesterday's meet was their first. I hope that everyone had a great time swimming, hanging out with friends and family and getting back into the swing of summer swimming.

This week I challenge you to keep improving, consider the tips that your coaches gave you after your races. If you disqualified in an event, ask your coach why and we can work together

to try and make sure it doesn't happen again. This week we will also be starting to write goals. Each swimmer will have one measurable goal to work towards. For some of our swimmers that might mean swimming an event legally, or getting a certain time in an event. We are writing these goals so that everyone realizes just how much you can improve when you set your mind to it! We have a busy week coming up with Team Picture day on Wednesday as well as our Culver's fundraiser. So remember to wear your team suit (or a dark suit) on Wednesday and then go eat something (semi-healthy? :) ) from Culver's to support our team. Then on Thursday we have our annual Noah's Ark trip so get ready for a great jam-packed week!

Go Sting!

Kendra and the coaches

## PICTURE DAY

Picture day is this **Wednesday** and we would like everyone to come. Pictures will start at **8:00** regardless of your age. 13 & Overs will have a normal practice that day, but will be let out a little early to get ready. 12 & Unders should try to be there by 8:00 though to begin taking individual pictures and lining up for the team picture. They will not have

practice that day. Please come in your team suit and with your order form filled out with money enclosed if you want copies of the pictures. Everyone received an order form in their family folders., but if you need another there are some at the pool. We look forward to see everyone's smiling faces.

## CULVER'S SHARE DAY

This **Wednesday** is our Culver's Share Day where we receive a portion of the profit from Culver's. The event is from **11:00 am to 7:00 pm** at the Culver's in Cross Plains so please stop by and invite your friends and family. This is another great fundraiser for the team and we appreciate any help and support you are able to give. Please make sure to mention that you are there to support the Stingrays Swim Team when you order your food.



## 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.

**GREAT JOB AT  
THE FIRST MEET  
OF THE SEASON  
STINGRAYS!**

## PRACTICE SCHEDULE

### 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

Tuesdays and Thursdays

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

### Stroke Clinics\*\*

Mondays and Wednesdays

5:00-5:30 pm

\*\*can attend up to one per week

\*\*sign-up online

## STINGRAYS TAKE OVER NOAH'S ARC

All families are invited to join us for a day of fun in the sun as the Stingrays take over Noah's Ark water park in Wisconsin Dells on **Thursday, June 15th**. The bus will depart the Cross Plains pool at **9 a.m. and return at 5 p.m.**

The cost is \$25 which includes discounted entrance to the water park, a hot dog lunch and round-trip bus transportation. Permission slips can be found on the website and are also available at the

pool in the Noah's Ark folder. Anyone 12 and under must have a chaperon. Everyone is on their own once they arrive at the water park.

For anyone with Noah's Ark season passes, you can still ride the bus with us for \$8. Should you choose to drive separately you will have to pay the parking fee if there's an attendant.

**Don't miss out. Turn in permission slips and money to the Noah's Ark folder by June 13.**

## 2017 COACHES

### Kendra Kalvin

Head Coach and 11-12  
stingcoachkendra@gmail.com

### Amy Sullivan & Seth Gutzmer

Assistant Coach 15-18  
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### Jacob Aegerter

Assistant Coach 13-14  
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### Erick Grelle

Technical Assistant Coach 11-12  
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### Tryn Peterson

Assistant Coach 9-10  
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### Sam Roll

Assistant Coach 8 & Unders  
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### Emma Neumann

Administrative Assistant Coach  
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Nicole McCue, Forrest Peterson,  
Sam Gessler, Hannah Aegerter,  
McKenna Licking

Helper Coaches

## 2017 BOARD

### Becky Flad & Angie Grim

Co-Chair Presidents  
xpstingpresident@gmail.com

### Cyndi Mair & Greg Dorn

Co-Chair Vice Presidents  
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### Rhonda Gessler

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### Sandy Stoecker

Secretary  
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### Julie Blaha & Melissa Hinz

Past Presidents  
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## QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

## BUDDY PROGRAM

Great job to all of the swimmers that had such fantastic sportsmanship and cheered on their teammates. Buddy Fevers were revealed on Friday at the kickoff picnic, but if you were unable to attend or are unsure of who your buddies are please click here to find a list of the buddies. For those that did not receive their friendship bracelets/keychains, they have been put in your family folder. Starting this week there will be a poster provided to all swimmers to color for their buddies and it will be near the family folders as well.



**THIS WEEK'S  
THEME IS...**

**PIRATES!**

## TEAM BUILDING TUESDAYS

Team Building Tuesdays start this week! We will be meeting at the American Legion Park at 1:00 pm to about 2:30. The plan for this week is to play capture the flag to get into the pirate spirit. We hope to see as many people there as possible from all age groups. It would be especially awesome if you could get your entire buddy fever to come as another bonding experience; however, if your buddies can't come please don't hesitate to still show up.

## HEALTHY CHOICES

Stingrays, please start making healthy choices throughout the season. 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!

