

THE STING

Since 1972

June 25, 2017

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!

Once again, we had a clear demonstration of the hard work and dedication that we have put into practice at yesterday's meet. Congratulations to all swimmers, especially those who broke their own personal records and to Lily Mair and Caden Van Buren for breaking team records in the 50 back and 50 breast, respectively. I think that all of the coaches would agree with me in saying that as a team our sportsmanship has increased. If we are able to continue our success in dual meets it won't mean as much unless we are able to also be kind to our competitors. So keep

up the great work in and outside of the pool!

This week my challenge for each Stingray swimmer is to ask yourself what you can do to get a little better. Work towards the goal that you wrote at the beginning of the year and feel free to talk to a coach if you need inspiration. We all want to see each of you find success! For some of you that means finally swimming breaststroke legally, for others it means working toward that free relay record. Keep up the hard work Stingrays!

Kendra and the coaches

PICTURE INFORMATION

Pictures from meets and around deck will be housed on Shutterfly this year. You do not need to create an account to view the photos; however, if you would like order prints or any other products you will have to create an account. All of the photos are courtesy of our

team photographers; huge thank you to all of them.

Site Address:

<https://crossplainsstingrays.shutterfly.com/pictures>

Site Password:

SwimFast



VOLUNTEERS NEEDED!

As many of you know, the Stingrays is hosting conference this year at the Middleton Indoor Pool! This is a very big event which means that we need every family to work at least two shifts. We know acknowledge that this is a commitment but remember that we only host conference every eight years. Thank you in advance for your contribution. To sign your family up please click [here](#).

We also always need volunteers for regular home meets and coach's breakfasts. 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.



BUDDIES

Great job to all of the buddy fevers that have been cheering each other on! If you are unsure of who your buddies are lick [here](#) to find a list of the buddies. Every week there will be a buddy poster available next to the family folders for buddies to color for each other. Please feel free to supplement it with anything you like.

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

5:00-5:45 pm

**can attend up to one per week

**sign-up online

CONFERENCE APPAREL

Below is the link to your Tri-County Conference apparel. The deadline to order apparel is Wednesday, July 12th @ 11:59pm. To be able to get the apparel done and ready to deliver through your clothing coordinators before the meet, we cannot accept any late orders. Sorry!

<http://www.simplyswimming.net/crossplains>

During checkout on the website, please make sure to enter both the billing and shipping address into the system **even though we are not shipping any apparel**. The system requires both pieces of information to successfully complete checkout.

If you have any questions or issues using the website, please drop us an e-mail (susie@simplyswimming.net) or give us a call ([608-836-6649](tel:608-836-6649)). Good luck to all the swimmers and teams competing at this year's meet!

2017 COACHES

Kendra Kalvin

Head Coach and 11-12
stingcoachkendra@gmail.com

Amy Sullivan & Seth Gutzmer

Assistant Coach 15-18
asullivan6@wisc.edu
s.m.gutzmer@gmail.com

Jacob Aegerter

Assistant Coach 13-14
aegy13@gmail.com

Erick Grelle

Technical Assistant Coach 11-12
fogrelle@gmail.com

Tryn Peterson

Assistant Coach 9-10
tpeterson@chorus.net

Sam Roll

Assistant Coach 8 & Unders
sjroll@charter.net

Emma Neumann

Administrative Assistant Coach
emmaxp99@gmail.com

**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
xpstingvp@gmail.com

Rhonda Gessler

Treasurer
rhonda.gessler@yahoo.com

Sandy Stoecker

Secretary
kohlmaier44@gmail.com

Julie Blaha & Melissa Hinz

Past Presidents
xpstingpp@gmail.com

QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

FUNDRAISING

As you may know, the Cross Plains Stingrays are hosting this season's Tri-County Conference Meet is scheduled for July 29 & 30.

The Stingrays host this end of season meet only once every 7 years and it is a major fundraiser for our team. The funds raised from Conference allow our team to keep member fees low, pay our awesome coaches as well as pay for equipment and pool time among other expenses. We are actively seeking donations from businesses to help support our swimmers and team. Please visit our Conference website [here](#) for information on sponsorships. To ensure companies are included in the Meet Program, the deadline for sponsorships is July 7. You may contact Greg Dorn or Cyndi Mair at xpstingvp@gmail.com with any questions you may have.

It will take our entire Stingray Fever to make this year's Conference Meet the best ever!!

THIS WEEK'S
THEME IS...

MOANA

TEAM BUILDING TUESDAYS

We have had wonderful turnouts for TBT so far and we would love for it to continue. 1:00-2:30pm at the American Legion, this week we will be doing a scavenger hunt. We look forward to seeing everyone there!

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!

