

THE STING

Since 1972

May 26, 2018

IMPORTANT DATES

Monday, May 28th

Memorial day parade

Pie sale

Friday, June 8th

Kickoff Potluck

Saturday, June 9th

First Home Meet!

Monday, June 11th

First Morning Practice

First Stroke Clinic

Wednesday, June 13th

Picture Day

MEET SCHEDULE

6/9	HOME vs. Mazomanie
6/16	@ Baraboo
6/23	@Sauk Prairie
6/30	HOME vs. Sun Prairie
7/7	HOME vs. Mount Horeb
7/14	@ Spring Green
7/21	@Wisconsin Dells
7/24	HOST Invitational
7/28	Conference @Baraboo
7/29	Conference @Baraboo

COACH'S CORNER

Hello stingrays

We as a coaching staff are so pumped to get the 2018 season started. This summer we are continuing on with many classic Stingray traditions in addition to adding some new fun events to the schedule! To start the season off on a great note, we hope to see many of you at the Memorial Day Parade! Starting on Tuesday we will have our first after-school practice, look below for practice times and locations. We are so excited to see all of your smiling faces at these fun (and crazy) practices!

Swimmers as you begin the

2018 season with us if it has been a week, a month or since our 2017 season as the last time that you have been in the water - that's alright! We are all starting at different places but the point of these after-school practices is to get back into the swing of swimming. If you feel a little slower than you remember last summer - that's fine! Start the Stingray season on a great note by listening to your coaches, putting in effort in the pool and enjoying your teammates!

Happy summer and see you Monday!

Kendra and the coaches!

PRACTICE SCHEDULE

After School Practice

Ages 14 & Under @ CP Pool

Tuesday, May 29 - Friday, June 8

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

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

High School Students @ MHS Pool

Tuesday, May 29 - Friday, June 1:4-5:15

Monday, June 4- Friday, June 8:

4-5:15pm

*second week times might change, due to high school students schedule.

Summer Practice

June 11 - July 27

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 T/R

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

A MESSAGE FROM THE BOARD

Welcome to the 2018 Stingray season! We are looking forward to a summer of swimming, team building and making lots of great memories!

The summer season would not be possible without the dedication of volunteers and coaches that take on pre-season planning to ensure the season runs smoothly. Please note that for the season to do so, we need all families to volunteer and donate food for concessions at our three home meets and the Tri-county Invitational, which we are hosting this summer. Families will be able to sign up to volunteer and donate food items on our website as meet get closer.

We will have an informational

session for new families on May 30th during the 3pm-4:30pm practice, beginning at 3:15 at the CP pool. Also mark your calendars for the Kick-Off Picnic on Friday, June 8th, at 6pm at the pool shelter. After the meal, the coaches will introduce themselves, the board will make a few announcements and we will have another informational session for new families for those that weren't able to make the May 30th session.

We will keep you updated via email and the weekly newsletter this summer. You can also find information on the team website. Please reach out if you have any questions!

MEMORIAL DAY PARADE AND PIE SALE

Monday, May 28th is Memorial Day and all Stingrays are invited to walk in the parade together. The team will meet in the Plastic Ingenuity 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.



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 the Tri-Invite. 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 8th 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 ordered 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!

2018 COACHES

Kendra Kalvin

Head Coach and 11-12
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Halley Johnson

Assistant Coach 15-18
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Jacob Aegerter

Assistant Coach 13-14
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Hannah Aegerter

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Nicole McCue, Forest Peterson,
Sam Gessler, Emma Neumann, Jon Roll
McKenna Licking

Helper Coaches

2018 BOARD

Cyndi Mair & Greg Dorn

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Mike Peters

Treasurer

Christy Vitense

Secretary

Becky Flad & Angie Grim

Past Presidents
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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, we will also be adding an 11-12 or 9-10 to each group to include every swimmer that wants to be apart of this program. 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 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 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!

