

# THE STING

Since 1972

July 16, 2017

## IMPORTANT DATES

- 7/21 Tie-Dye Friday
- 7/22 HOME vs. Spring Green
- 7/25 Invitational @ Sun Prairie
- 7/27 Spaghetti Dinner
- 7/29 Host Conference @ Middleton
- 7/30 Host Conference @ Middleton
- 7/30 After Conference Party @ Legion
- 8/1 End of Season Banquet



## COACH'S CORNER

Hi Stingrays!

Congratulations are in order yet again for our meet against Mount Horeb yesterday. Even though we were swimming in a pool that changed the 25, 50, 100 and 200 meter swims to 33, 66, 132 and 264 meter swims, you all proved your ability to push through and finish your race. A special shoutout goes to the 15-18 boys for allowing the Mount Horeb 15-18 boys to score only 1 point; this stat goes to show just how much depth our Stingray team has. If you are not swimming points events as much as you would like, know that you are always a valued and important part of our team!

This weekend we have our final dual meet at home against Spring

Green. This weekend's meet will be a lot of Stingrays' final chance to prove yourselves for different events that you might swim at Conference as well as one last shot at team records. Continue working hard this week to prepare yourself for these last couple weeks of the season. Eat right, sleep well, and show up ready to work at practice.

Think about the details of your race and put in the effort required at practice. Ask your coaches to help you with specific parts of your race. These last weeks of the season are filled with fun events like the Spaghetti Dinner and the Tie-Dye event to celebrate all of the hard work that you have put into your season.

Go Sting!

Kendra and the coaches

## SPAGHETTI DINNER

The Spaghetti Dinner is just around the corner on July 27th. It is a team event we have every year right before conference and it's a great way to get hang out with the team and get excited for conference. There is also the annual coaches spaghetti eating competition! Who will win this year?

Additionally, we need volunteers to help with the event and food donations. Families attending should all contribute in ONE of these ways. Please go to Job Sign-up to see how you can help.

## CONFERENCE IS COMING!!!!!!

In two short weeks, Conference will be upon us! All of the VOLUNTEER and FOOD DONATION slots are open and can be found on our team website. We are asking each family to commit to two volunteer slots and one food donation. If you have not had an opportunity to provide a food donation during the regular season we kindly ask that you sign up for two donation slots. It will take our Stingray fever to make our Conference "SWIMOPOLY" Meet a success!



## BOARD CALL OUT

As our season is coming to an end we are already starting to look to next year's season. It takes a lot of people to keep this team running smoothly and we are always looking for new families to participate and provide new insight. **If you are interested in helping with the 2018 season please contact any board member at any time.** This can help us to fill any open committee spots or get some one involved in fundraising. It can also give us insight as to who might be good candidates for future board members.

## TIE-DYE FRIDAY

This fun team activity has been a staple bonding event for the last several seasons. Swimmers get together right after practice to make shirts together. Many families order the white conference t-shirt. But please feel free to bring your own white apparel. It is not required to purchase a white conference shirt to participate. Every year, it's ton of fun to see the t-shirts be created and we hope to see the whole team there. Instructions for tie-dying can be found on the team website under the Events tab.

## 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



## 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, MaKenna 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

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.

## THANK YOU

A BIG thank you to all of the swimmers, coaches and parents who participated in our first GIVE BACK Day on Friday. It was a great morning and much was accomplished on the Hickory Hill portion of the Ice Age Trail as well as in the park by the pool. If you have a chance, plan to take a hike and check out the trail work that was done. The trail head is on Lewis Street just 2 blocks from the pool.

THIS WEEK'S THEME IS...

LIFE

TBT

Team Building Tuesday is 1:00-2:30 pm at the American Legion as always. We have had amazing turnouts this summer and we would love to keep the ball rolling; the more the merrier! Please try to recruit as many Stingray friends as possible to come, especially your buddies.

## 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!

