

THE STING

JULY 2ND, 2023

2023 MEET SCHEDULE

Saturday, July 8th @ Mazomanie

Saturday, July 15th vs. Baraboo*

Saturday, July 22nd vs. Sauk Prairie**

Tuesday, July 25th - Tri County Invite

Saturday & Sunday July 29-30, Conference @
Sauk Prairie High School (hosted by Sauk)

*Alumni meet, parent pub crawl after

**Senior Day, Little Stingrays day

MEET RIBBONS

Please check & clear your family folder of any
meet ribbons! Thank you!

COACHES CORNER

Great meet everyone! Also congrats to all of us for getting through a unique week of practices - fingers crossed we won't have further issues but we'll make it work no matter what! This is a good reminder to all of us that when you are at practice, we need to make that time count. Swim at practice the way that you want to perform at meets. Ask questions and do your best! Have fun this week!

-Kendra and the coaches

STINGRAYS OF THE WEEK

8&U: Betty Pitts: This past weekend, Betty dropped 3 seconds in her 25 free and dropped 45 seconds in her 50 free! Also in her 50, she tried a flip turn for the first time and did amazing! She also earned her first legal 25 breast time:) Keep working hard Betty, great job!

9-10: Allison Dederig: Allison worked super hard all week. In practice, she lead her lane and never complained, and she had a really great meet where she dropped a lot of time in several events!

11-12: Tommy Hicks: Tommy had a great meet against the Dells, the coaches are especially proud that he made sure to go back and touch the wall on his flip turn. Tommy also has carried a great mindset throughout the season and demonstrates sportsmanship at each meet, great job Tommy!

13-14: Evan Myers: Evan continues to work hard at every practice and it shows, he had another great meet this past Saturday with even more personal bests!! Keep up the great work Evan!

15-18: Sam Zanton: Sam had a great meet against the Dells. He dropped time and consistently works hard during practice. Great job Sam :)

4TH OF JULY

There will be no swim practice (AM or PM) on
Tuesday, July 4th.

2023 COACHES

Kendra Kalvin, Head Coach

stingcoachkendra@gmail.com

Halley Johnson, Assistant Coach 15-18

stingcoachhalley@gmail.com

Hannah Aegerter, Assistant Coach 13-14

stingcoachhannah@gmail.com

Lily Mair & Cowan Vitense, Assistant Coaches 11-12

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stingcoachcowan@gmail.com

Erik Peterson, Assistant Coach 9-10

stingcoacherik@gmail.com

Kaitlyn Peters, Assistant Coach 8 & Unders

stingcoachkaitlyn@gmail.com

Helper Coaches:

Liam Mair (11-12s)

Izzy Ensenberger (9-10s)

Ellie Eisele (8&Us)

Sophia Eisele (8&Us)

Claire Ready (8&Us)

Henry Bohachek (Night, 11-12)

Dave Marx (Night, 13-18)

Support Helper Coaches:

9-10s: Rian Jost, Norah Ebert, Quinn Dawson

8&Us: Lily Browere, Miri Spahn, Sophia Bonti, Cahner Vitense

2023 BOARD

Brittany & Trent Kraemer

Co-Chair Presidents

xpstingpresident@gmail.com

Noel Vannieuwenhoven

Vice President

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Julie Hyland

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Joanna Cree

Secretary

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Emily Spahn

New Family Coordinator

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THEMES FOR MEETS & GAME DAYS

This week's theme is.... Little Mermaid!



TBT SCHEDULE

Team Building Tuesdays is now Team Building TIME!

We are switching it up to make TBTs more accessible to more Stingrays. Each week we will have a different time, location & activity! Here are the details for upcoming TBTs.

Thursday 7/6, 1-2 pm, CP Pool (\$2/swimmer w/o membership)

Tuesday 7/11, 2-3 pm, Baer Park (AMONG US GAME DAY MAKE UP)

Wednesday 7/17, 5-6 pm, Raspberry Park

Week of 7/24 - (Date & Time TBD) - Movie day at Library!

BUDDY PROGRAM

Here's the schedule for small gifts/activities you should do with your buddy!

Meet @ Mazo: give your buddy their favorite candy

Meet vs. BOO: visit the 'photo booth' with your buddy!

Meet vs. Sauk: make a bracelet with/for your buddy!

Tri Invite/Conference: give your buddy a small gift of your choice

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