

THE STING

JUNE 12TH, 2023

2023 MEET SCHEDULE

Saturday, June 17th @ Mount Horeb

Wednesday, June 21 vs. Spring Green

Saturday, July 1st vs. Wisconsin Dells

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)

*Our meet on July 15th will be followed by a very casual alumni meet. Later that night parents are welcome to join our 3rd annual Parent Pub Crawl (more details later).

**The meet on July 25th is Senior Day and Little Stingrays day. We will celebrate our seniors as they swim their last race and welcome the swimmers who took part in the Little Stingrays program while they swim their first race as a Stingray.

MEET AVAILABILITY

Please sign in or out for any/all meets you can. This helps the coaches to be able to make lineups smoothly. Note: the Spring Green sign in got a little wonky, please confirm it is correct for your swimmer(s).

COACHES CORNER

Hi Stingrays!

Great job at the meet this weekend, Stingrays! Sun Prairie is a really tough team and you all should be very happy with your swims! I was so proud to hear from the coaches on the great effort and sportsmanship at the meet.

Moving on to this week, we are in our first week of normal practices! We start all morning practices, TBT, night practices and game days. Get ready for the season to start rolling! Take each practice as an opportunity to practice and ask questions.

Kendra and the coaches



EVENTS THIS WEEK

- First PM practices for 11-12s and 13-18s - M/W = 11-12s, T/Th = 13-18s, dryland from 8-8:30, swim from 8:30-9:30
- First TBT (Team Building Time) - this week is our classic TBT, 1-2pm at American Legion Park. This season we will be switching it up (starting next week) so stay tuned!

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

stingcoachlily@gmail.com

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

Treasurer

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Joanna Cree

Secretary

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Emily Spahn

New Family Coordinator

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xppastpresident@gmail.com

THEMES FOR MEETS & GAME DAYS

Every week we select a theme. Each Thursday there will be a game day based on the theme. Each Saturday your coaches will dress up following the theme.

This week's theme is.... SUPERBOWL/NFL Teams!!



BUDDY PROGRAM

Please reach out if your swimmer would like to join the buddy program late. Here's the schedule for small gifts/activities you should do with your buddy!

Meet @ Moho: give your buddy their favorite healthy treat

Meet vs. SPGR: make a poster for your buddy, with your buddy!

Meet vs. DELLS: make some chalk art 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!

CHECK US OUT ON SOCIAL MEDIA



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify