

THE STING

JUNE 18TH, 2023

2023 MEET SCHEDULE

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)

*Alumni meet, parent pub crawl

**Senior Day, Little Stingrays day



EVENTS THIS WEEK

Monday & Tuesday: Regular AM & PM practices

Wednesday: Regular AM practice for 13-18s only, picture day starting at 8 am (see email for details), SPGR meet in afternoon (no PM practice)

Thursday: Game day only, late starts for all practices (13-18s 6:45, 9-12s 7:45, 8&Us 9:00)

Friday: Regular AM practice

STINGRAYS OF THE WEEK

Each week age group coaches will pick a Stingray of the week that went above & beyond at some point throughout the week. Take a look to see our first round of amazing Stingrays!

8&U: Olivia Nagy: Olivia swam her very first 25 breast this past Saturday and not only got a legal time, but also scored points for our team! She also dropped time in her 25 free!

9-10: Cam Mitchen: Cam swam a legal 100 IM at the long Mt. Horeb pool. Great job Cam!

11-12: Ryan Gorman: Ryan had a great first meet of the season and first meet on the Stingrays against Moho. He helped to lead his relays, cheer on teammates, and checked in with the coaches, great job Ryan!

13-14: Isaac Richardson: for never complaining and absolutely crushing his best times in both his events this weekend!

15-18: Izzy Ensenberger: She had some awesome swims at Mt. Horeb and had a positive attitude throughout!

SPRING GREEN MEET, 6/21

- Arrive to pool by 4:30

- Sting warm-ups 4:40-5

- Meet will start at 5:30 pm.

- 8&U Free Relays will be after 15-18 50 Back.

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

xpstingnewfamily@gmail.com

xppastpresident@gmail.com

THEMES FOR MEETS & GAME DAYS

This week's theme is.... American Ninja Warrior!



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 the next few TBTs.

Monday, 6/19, 12:30-1:30 pm, H.M. Zander Community Park

Wednesday, 6/28, 5-6 pm, Glacial Valley Park

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

Tuesday 7/11, 2-3 pm, Baer Park

BUDDY PROGRAM

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

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



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Or visit our website on TeamUnify