

# THE STING

JUNE 25TH, 2023

## 2023 MEET SCHEDULE

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



## COACHES CORNER

Amazing job at the meet this past weekend, Stingrays! I hope everyone enjoyed a weekend without a dual meet. Moving in to this next week we are looking at a pretty regular week! Get to as many practices as you can and put in the work - now is the time!! Challenge yourself to focus on one aspect each practice (flip turns, underwaters, etc.). Do your best all the time and it will pay off!

-Kendra and the coaches

## STINGRAYS OF THE WEEK

**8&U:** Schuylar Marx: Schuylar always gives his best at practices and meets, and this past weekend it really paid off! He dropped 6 seconds in his 25 free, 10 in his 25 back, and earned a legal 25 breast time! Amazing work Schuylar!

**9-10:** Nellie March: Nellie had a really positive attitude the whole meet and had some great swims including a few best times!

**11-12:** Rosie Schell: Rosie has been a great teammate throughout the week giving her teammates advice at meets, cheering on younger swimmers, and showing sportsmanship to Spring Green. Great job Rosie!

**13-14:** Leona Fredrickson: Leona always shows up to morning practice with a smile on her face and a great attitude, also she killed it on Wednesday night :)

**15-18:** Noah Dorn: Noah is a great leader in and out of the pool. He worked really hard at practice this week while also motivating his lane-mates during some difficult distance sets!

## 4TH OF JULY

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

## 2023 COACHES

**Kendra Kalvin**, Head Coach

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**Halley Johnson**, Assistant Coach 15-18

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**Hannah Aegerter**, Assistant Coach 13-14

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**Lily Mair & Cowan Vitense**, Assistant Coaches 11-12

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**Erik Peterson**, Assistant Coach 9-10

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**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

xpstingvp@gmail.com

**Julie Hyland**

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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.... Among Us!



## 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.

**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. 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