

THE STING

JUNE 4TH, 2023

2023 MEET SCHEDULE

Saturday, June 10th @ Sun Prairie

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.

STINGRAY APPAREL

Stingray apparel is opened up until Wednesday 6/7 @ 11:59 pm. Check out this link to order and look back to the email for more information.

COACHES CORNER

Hi Stingrays!

Welcome to the 2023 season! I can't believe it's finally here. If I haven't gotten the chance to meet you yet, I hope to soon! My name is Kendra, I am the head coach of the Stingrays.

I hope that you all are getting excited for our first meet of the season this weekend. This week practice is all about continuing to get back in swimming shape. Each practice that you complete you are making progress and improving! Remember to ask your coaches questions and give your best effort.

Kendra and the coaches

EVENTS THIS WEEK

Monday 6/5 - Thursday 6/8: Continued after school practices

Friday 6/9: First AM practice, Kickoff Picnic

Saturday 6/10: Away meet @ Sun Prairie (warm-ups start at 7:30 am, plan to arrive by 7:15 at the latest to allow sufficient time)

Morning Practice Schedule:

6-7:45 am: 13-14s & 15-18s

7:15-9 am: 9-10s & 11-12s

8:45-9:50 am: 8&Us

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

xpstingvp@gmail.com

Julie Hyland

Treasurer

xpstingtreas@gmail.com

Joanna Cree

Secretary

xpstingsecretary@gmail.com

Emily Spahn

New Family Coordinator

xpstingnewfamily@gmail.com

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.... HIGH SCHOOL MUSICAL!!



BUDDY PROGRAM

Interested in joining the buddy program? Take this survey.

The survey will close on the evening of Tuesday 6/6 so we can prepare the buddy trading cards. Buddy pairings will be revealed at the Kickoff Picnic on 6/9.

If you miss the Tuesday 6/6 deadline, no worries! We will get you added to the program the week of 6/12, just email stingcoachkendra@gmail.com.

At home meets there will be a buddy activity, away meets there is a suggested, small gift. There will be NO BUDDY GIFT for the Sun Prairie meet. :)

CHECK US OUT ON SOCIAL MEDIA



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify