

BEGINNING
OF SEASON

THE STING

SINCE 1972



2014 Cross Plains Stingrays!

Over 40 Years of Proud Community Swimming

COACH'S CORNER

Happy summer, Stingrays! We are so excited to begin another year of excellent swimming, community, and fun, with the best swim team around: the Cross Plains Stingrays! Since 1972, the Stingrays have been an integral part of the Village of Cross Plains, and have been a close community which has produced some of the top swimmers in the state, taught good sportsmanship, and most importantly provided a really fun summer for our village's children! As coaches, we are incredibly proud of these traditions and are looking forward to continuing them into the 2014 season. However, we also are excited to create our own new traditions, and to renew and invigorate our team with new events! We'll have a number of new opportunities for our swimmers this year, including a high school water sports preview for middle schoolers, water polo games for our older swimmers, and much more. We're also looking forward to hosting the Tri-County Invitational this year for the first time! Stay tuned for more information on these new events as the

season continues. It's hard to believe that our season is starting in less than a week, but it's almost here! We hope to see as many of you as possible at the Memorial Day events on Monday, especially in the parade and eating some delicious pie! Practice begins the day after Memorial Day, and we'll be diving right in to prepare for our first meet of the year against Sun Prairie. We know it can be difficult to get to practice from school, but please do your best to have everything prepared so that you arrive at practice on time. If you can't make it for some reason, let your coaches know, but otherwise we're looking forward to seeing you there on Tuesday. If you have any questions about the upcoming season, please don't hesitate to get in touch with any of the coaches or any members of the board. Our contact information can be found on the website under the "Coaches" tab. Here's to another fun, successful season with the Stingrays! When you say Cross Plains, you've said it all! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Memorial Day

5K Run/Walk 8:30 AM

Registration at Legion Park 8:00 AM

Parade 11:00 AM

Meet at Plastic Ingenuity 10 - 10:45 AM

Pie Sale 12:30 - 4:30 PM

Drop off your pies at Legion from 9:30 - 12:00 PM

Pool Opens 1:00 - 6:00 PM

May 27th

After School Practices Begin

10 and under 3:20 - 4:30

11 and up 4:30 - 6:00

May 31st

Brat Sale

June 6th

Kickoff Picnic

Pool shelter

Last names A-M bring main dish and dessert, N-Z bring main dish and salad

June 7th

First Meet

Home Meet vs. Sun Prairie

Sign in/out by June 1st



Memorial Day Events

5K Run/Walk:

While not a Stingray event, this is a new addition to the Memorial Day activities in Cross Plains. As an active and fun activity, we'd love to see Stingrays participate! Grab some friends and join in the fun; you'll see some of your coaches there as well! Check out the Chamber of Commerce website for more info:

<http://www.crossplainschamber.net>

Parade:

The Stingrays will be marching in the parade with their coaches and teammates! Meet your coaches in the Plastic Ingenuity parking lot between 10:00 and 10:45 to be ready for the parade start at 11:00!

Pie Sale:

Team fundraiser after the parade and ceremony. Remember to sign up to work the tent and bring two homemade (if possible as they sell better) pies between 9:30 and 12:00 Memorial Day morning!

Pool Opens:

Free for all for Memorial Day! Open from 1 - 6.

Scheduling Conflicts with Practice

If you have a scheduling conflict with practice please let your coaches know ahead of time. Your coaches will work with you to create a training plan around your busy schedules. Swimmers can still race in meets after extended absences, as long as their absence is worked out with their coaches beforehand. Just be sure to keep your coaches informed well in advance.

Storm Policy

If weather seems threatening, check your email before heading to the pool. We will hold practice in rain, but will cancel if thunder or lightning is observed in Cross Plains. We will try to announce practice cancellations 30 minutes before each practice time if possible.

New Team Suits!

Suits are in! Middleton Sports and Fitness has this year's suits in stock and ready for your swimmers.

Female Suit Price: \$59.00

Jammer Price: \$39.00

Brief Price: \$33.00



Brat Sale

Our annual brat sale fundraiser is on May 31st! Be sure to sign up for a volunteer shift and stop by for lunch to support the team and socialize with other parents and teammates. Look for the Lion's wagon at the corner of the Piggly Wiggly parking lot near All-American Liquor. Swimmers, make some signs and come down to make some noise to entice drivers to stop for lunch! See if you can top the LaBodas' ketchup, mustard, and pepsi cup costumes from previous years!



After School Practice Information

After school practices start on Tuesday, May 27th! These practices will continue until Thursday, June 12th. Stingray President Stacey Bohachek will be walking with swimmers from Park School to the pool. Glacier Creek swimmers usually walk together. Students will need a parental note for the school office for any change from normal end of day procedures. Remember to have a secondary plan for your children in case practice is cancelled due to storms.

Practice Times:

10 and under 3:20 - 4:30

11 and up 4:30 - 6:00

Morning Practice Information

Summer practices begin on Friday June 13th and will continue until the end of the season. These practices occur in three overlapping sessions divided by age group. Stroke clinics occurring in the afternoon and evening on Mondays and Wednesdays will also begin once morning practices have commenced. Further information on stroke clinics will be sent out when morning practices begin.

Practice Times:

13 and up 6:00 - 7:45

9 to 12 7:15 - 9:00

8 and under 8:45 - 9:50

Volunteering

The Stingrays are an organization that runs on volunteers, as only the coaches are paid. This makes it essential that everyone do their fair share. Our volunteer coordinator Michelle Phaneuf makes sure that we have the best run meets in the Conference, but we can all make her job easier by signing up early for all meets that your swimmer is racing. We have our biggest meets of the year at the very beginning of the season this year, so it's essential that everyone pitches in. Thanks!

Volunteer Requirements:

1. Bring two pies per family to the Memorial Day Pie Sale or pay \$30 Pie Sale buyout.
2. Work a shift at the Pie Sale or Brat Sale. If you were unable to get a shift, please plan on being available to help at the Spaghetti Dinner on July 24th.
3. Bring a concession item to one swim meet per family at a minimum, or pay \$20 buyout.
4. Volunteer/sign up for a job at ALL home meets that you have a swimmer racing. Please consider timing, as we would like to have 21 times this year, allowing us to give each lane a full event break. Timers have the best view of races!

Other Volunteer Opportunities:

1. Bring coaches breakfast. A number of years ago some parents began bringing breakfast for the coaches on morning practice days. They really appreciate it, especially the volunteer helper coaches, many of whom go right from their swim practice to coaching with no break. A sign-up will be coming soon on the website.
2. Volunteer for the Tri-County Invitational. The Tri-County Invitational Meet committee will be looking for lots of volunteers near the end of the season. More info to come.
3. Coordinate the After Conference Party. Jennifer Gutzmer, who has done this for a number of years, will be glad to share information with anyone interested in taking this on.

Got Questions? We've Got Answers!

Please feel free to contact the Stingray Board or Coaches with any questions you may have about the upcoming season. Contact information can be found at www.crossplainsstingrays.com under the "Coaches" tab.



Meet Signups

Meet signups are available on the website for all dual meets. Please take a moment to indicate your swimmers attendance on the website. Swimmers must be signed in or out ONE WEEK in advance of each meet. This allows our coaches to create effective lineups with minimum errors for each meet. Thank you! More information about meets will come in the next newsletter.

Check Your Spam

It seems that some Stingrays have not been receiving our emails as they've been relegated to spam folders. We're not sure why this is the case, so please check your spam for Stingray emails and add us to your "safe" list. Thanks!

Stingray Board

Presidents: Doug and Stacey Bohachek

Vice-Presidents: Amy and Rick Grelle

Secretary: Kristi Van Buren

Treasurer: Julie Kalsbeek

Past Presidents: Shawn and Lori Neumann



Stingray Coaches

Kristofer Rhude

Head Coach and 11 - 12s

Brian Andryk

Assistant Coach 15 - 18s

Sophie Tallard

Assistant Coach 13 - 14s

Kendra Kalvin

Assistant Coach 9 - 10s

Teryn Buchanan

Assistant Coach 8 - under

Emily Roll

Junior Assistant Coach 12 - under

Emily Douglas

Junior Assistant Coach 8 - under

Samantha Roll and Riley Kalsbeek

8 & Under Helper Coaches