

JULY 20

THE STING

SINCE 1972



Carrying the Team to Conference!
One Week More!

COACH'S CORNER

What a great week of swimming heading into our final two meets of the year! Every age group seemed to be dropping huge amounts of time as everyone raced in competitive heats and went for fast Conference times! A particular congratulations this week goes to Jay Sullivan! Jay broke the Stingray record in the 13-14 Boys 50 Breaststroke by nearly a second! With a new time of 34.76, Jay claimed a record which was five years old, and had previously been held by both Coach Kris and later Coach Brian! Congrats, Jay, and the countless swimmers who swam their season's best this weekend! It seemed that nearly every swimmer was dropping time with such great competition. Despite having a great day in the pool, Sun Prairie still out swam us on Saturday. They well deserve the Dual Meet Championship title this year, and we'll be heading into this year's Conference meet as underdogs! To successfully defend our Conference championship, we'll all need to have a great day of swimming and successfully prepare ourselves this week for a long

and extremely competitive meet. With that in mind, be sure to make smart choices this week regarding what you eat, get enough sleep, and go through physical and mental practices with intention and integrity. It is also so important to stay hydrated through these hot summer days, and it's so easy! No need for fancy drinks; good cold tap water is delicious, cheap, and everything that you need to keep yourself healthy and energized! With intelligent decisions throughout the week and motivated, precise swims in the pool this weekend, I know the Stingrays will have a phenomenal weekend! Most importantly, remember that you are a Cross Plains Stingray. This means that you always swim with sportsmanship and kindness towards your teammates and competitors. This means that you swim with everything that you have, and race until you have nothing left. And above all else, this means that you are proud of your community, and represent our beautiful village of Cross Plains with the pride, kindness, and care that it so richly deserves. We have

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Last day of practice for athletes not swimming this weekend

Culver's Share Day!

Tuesday

Tri-County Invite in Sun Prairie

Warmups at 5:00 PM

Meet begins at 5:30 PM

No Night Practice

Thursday

Last Night Practice 8:00 - 9:30 PM

Saturday

Tri-County Conference in Baraboo

Individual Preliminaries

Morning warmups begin at 8:00 AM

Meet begins at 9:00

Afternoon warmups begin around 11:30

Sunday

Tri-County Conference in Baraboo

Individual Finals and Relays

Morning warmups begin at 8:00 AM

Meet begins at 9:20

Afternoon warmups begin around 11:30

After Conference Party!

Approximately 7:00 PM at Legion Hall

Next Tuesday (7/29)

Awards Banquet

Pool Shelter at 6:00 PM

Last names A-L bring main and dessert

Last names M-Z bring main and salad

built a truly special community together, and we have done so with the support of Cross Plains, our friends, our families, and each other. Win or lose, this team is truly second to none! Go Sting!

-Stingray Coaches

Tri-County Conference Information

Tri-County Conference is a very different meet from our dual meets. It is a two day event consisting of preliminary races and final races. Prelims are on Saturday and only consist of individual events. These races are qualifying races for finals on Sunday. The top 8 times on Saturday qualify for the top 8 heat Sunday, and the next 8 times qualify for the Consolation Heat. The last 8 do not qualify. It is thus important to swim well on Saturday to qualify for Sunday, especially since Consolation Heat swimmers can place no better than 9th place on Sunday, even if they beat the times of the top 8 heat. Finals events are swum on Sunday. These events are the ones that count for points and places. They include those individuals who qualified on Saturday and all relays.

There are two warmups at Conference. The morning warmup is at 7:40 AM. Please only attend this warmup if you are in morning events. (Free, Back, IM, and Medley Relays on Sunday). The afternoon warmup will start after the IM (probably around 11:30) and should only be attended by those swimming in afternoon events (Breast, Long Free, Fly, and Free Relays on Sunday). You can find more Conference info here: [Conference 2015](#).

Please note that there is construction in Baraboo which may change where families will need to park, and the Baraboo Circus Parade is this weekend, so traffic will be heavy. Be sure to leave Cross Plains early enough to leave ample time to find a place to park and get to your warmups. And a final additional note: Conference clothing orders will be at the meet.

Most importantly, get excited! This is our biggest meet of the year, and one of the most fun! Go Sting!



Final Night Practice Thursday

Though night practice in cancelled on Tuesday due to the Invitational, our last night practice will be Thursday. This new practice has been wildly successful with around 20 - 30 swimmers working hard every evening on land and in the water! We're happy to report such a ringing success for this new practice! Go Sting!

Modified Practice This Week

This week our practice schedule will be shortened to maintain our taper. New times are below. Note there will be no stroke clinics for our last week. Monday is the last day of practice for swimmers who are not swimming over the weekend. Conference individual and relay swimmers should attend all week. All swimmers should come to all of the special events coming up including the After Conference Party, and the Awards Banquet!

13 - 18s: 6:30 - 7:45

9 - 12s: 7:45 - 9:00

8 & Unders: 8:45 - 9:50

Night Practice: Thursday night only

Tri-County Invite Information

Sun Prairie is hosting this year's Invitational. This fun meet allows the league's swimmers who did not get an individual event at Conference to swim a big end of the year meet, show us their best tapered times, win some awards, and have a great evening at the pool! The meet is at the outdoor pool in Sun Prairie and Cross Plains warmups begin at 5:00. The meet will begin at 5:30 and run until all of the events have been completed. The Invitational begins at Event #11 as there are no relays, and runs through Event #68. Please note that Stingrays who are swimming the Invitational but who are also swimming a relay at Conference this weekend should still come to practice for the rest of the week. Only those Invitational swimmers who are not swimming a relay at Conference will have their last practice at the beginning of the week.

Culver's Share Day

A big thank you to Culver's—one of our amazing Stingray sponsors—who shared a portion of their profits with our team all day on Monday! It was great to see so many Stingray families come out in support of the team in addition to the many members of the wider Cross Plains community who packed the restaurant for lunch and dinner! The event was a great success! An extra special thank you to our Stingray board members and coaches who were on hand throughout the day and to the number of families who came for both lunch and dinner! Great to see so many dedicated swimming and frozen custard fans!



Awards Night

The Stingray Awards Night is 6:00 PM on the Tuesday after Conference. See the schedule above for your potluck assignments. The formal event involves a potluck dinner, board elections, lots of awards, speeches, thank yous, and celebrating another great season with the Stingrays! A pool party will take place for Stingrays after the formal event, so don't forget your swim suit! It's a great evening of relaxation and celebration of our team, our community, and the end of our season!

Stingray Swimmer Signs

By now, many of you have seen the amazing Stingray Swimmer Signs designed by Tim Mair and printed and donated by Color Ink! Two signs were made for every Stingray swimmer, and are available to be picked up from the Bohacheks! A \$2 free will donation for these signs is appreciated but not required, and all proceeds from these donations will go towards our 2017 Conference Hosting Fund. Questions about the signs or how to pick them up should be directed to the Bohacheks. Thank you so much to Tim and Color Ink for providing the Stingrays with such great flair at the end of the season!

Got Questions? We've Got Answers!

Please feel free to contact the Stingray Board or Coaches with any questions or concerns. Contact information for every coach can be found at www.crossplainsstingrays.com under the "Coaches" tab.



After Conference Party

The After Conference Party is a fun, low-key night of food, drink, and good company after our final meet. We celebrate the end of our season and kick up our feet after a long two days at Conference! While the event is changing its venue to Legion Hall, everything you've come to love about this event will remain. A catered buffet of pulled pork, mac and cheese, and more will be available and water provided, in addition to a cash bar for soda and alcohol. The Legion has a fully stocked bar and is willing to accommodate special requests. Credit or debit cards will not be accepted. All are welcome even if you don't order the buffet, but forms and payment to sign up for the buffet are in your folders and due to the After Conference Party folder by Tuesday. A huge thank you to Tom and Stacy Bernd who are coordinating the event again this year! If you have any questions feel free to contact the Bernds via email at sbcocotele@gmail.com or phone at 798-1068.

Healthy Choices

Please make sure that you are making healthy choices as you prepare for the meet this week. Keep sugars and fats to a minimum and make sure you are getting enough carbohydrates and proteins. Stay hydrated; drink lots of water and stay out of the heat this week! Go to sleep early to ensure that you are well rested. A good meet this weekend starts with your decisions today. Live smart now and you'll swim smart later!

Stingray Board

Presidents: Amy and Rick Grelle
Vice-Presidents: Melissa Hinz & Julie Blaha
Secretary: Sandy Stoecker
Treasurer: Rhonda Gessler
Past Presidents: Doug and Stacey Bohachek

Stingray Coaches

Kristofer Rhude
Head Coach and 13 - 14s
Brian Andryk
Assistant Coach 15 - 18s
Emily Roll
Assistant Coach 11 - 12s
Kendra Kalvin
Assistant Coach 9 - 10s
Emily Douglas
Assistant Coach 8 - under
Karley Licking
Junior Assistant Coach 12 - under
Samantha Roll, Lauren Kalvin,
Erick Grelle, Seth Gutzmer, and
Amy Sullivan
Helper Coaches



THANK YOU SENIORS!



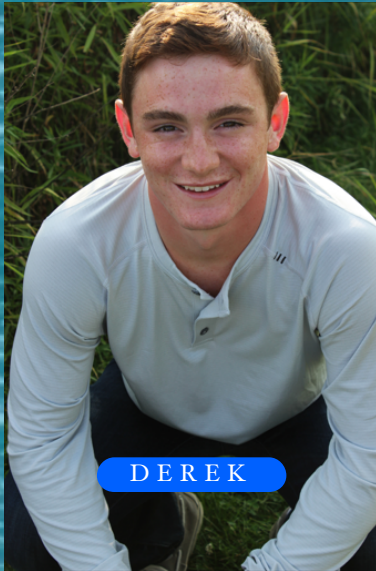
HALEY



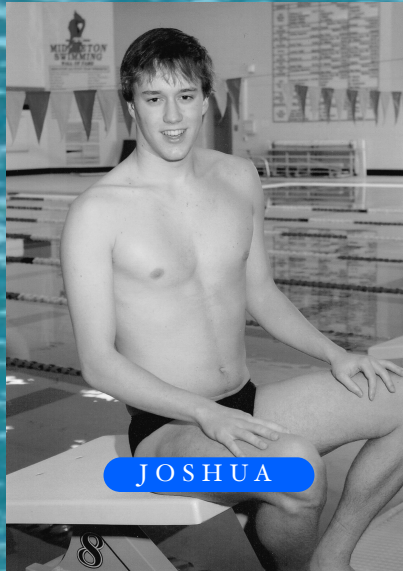
LAUREN



JACKSON



DEREK



JOSHUA



MAX



AMY