

JULY 6

THE STING

SINCE 1972



Stingrays Cheer World Champions!

Team Sting for Team USA!

COACH'S CORNER

Greetings after a long weekend Stingrays! We hope you all had a refreshing and fun holiday! We're sure it was a great end to a fun week of Stingray activities! Of course, a huge congratulations to Team USA; the women's soccer team won the World Cup on Sunday, in an amazing story that many of our swimmers got to witness a part of! Our TBT event at Coach's for the semifinal of the World Cup was a great social night, made all the better by the team's victory! It was great to see so many of our families come out to support our national team and our local business! There's nothing better than a night out in Cross Plains with our team! And the US team wasn't the only successful sports team last week; our night meet on Wednesday was also so much fun! Lots of friends and fast swimming made for a great night. Particular congratulations goes to the 13-14 Boys Medley Relay of Kevin Grelle, Jay Sullivan, Jacob Trepczyk, and Forrest Peterson! Their new time of 2:09.25 broke a nine year old record by over three seconds, and

took their coach off the record board! Great swim, boys! This of course was just one of many awesome races last Wednesday, and we are looking good moving into the last few weeks of the season. This week's practice will be very challenging as we prepare for our final few meets, so be sure to give every morning your all! Your effort in practice directly affects your success in improved times in your races, which is becoming especially important as we approach some of our biggest meets of the year. Coaches are starting to put together Conference lineups this week. Work hard to try for one of those spots on the Conference team, but remember that with a team of nearly 170 amazing athletes, not every great Stingray swimmer will get a Conference event. We, your coaches, are incredibly proud of each and every Stingray for your own accomplishments and successes. We're looking forward to seeing you continue to impress us in the coming weeks. Show us what you've got! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Stroke Clinic 5:00 - 5:45 PM

Signup Online

Tuesday

Team Building Tuesday

Park School, 1:00

Night Practice 8:00 - 9:30 PM

Wednesday

Stroke Clinic 5:00 - 5:45 PM

Signup Online

Thursday

Spaghetti Dinner 6:00 PM**Night Practice 8:00 - 9:30 PM**

Saturday

Home Meet vs. Sauk

Warmups begin at 7:10 AM

Meet begins at 8:00 AM

Theme: Mario Party!

Meet sign-in deadline for away meet vs. Sun Prairie, Tri-County Invite, and Tri-County Conference



Meet Sign-ins (Sun, Conference, and Invite)

Sign-ins for the remainder of our meets are open on the website. Please take the time to sign your swimmer(s) in or out of all of the remaining meets. Especially note that Conference and the Tri-County Invite are now available as well. Regardless of which meet you expect your swimmer to be in, please indicate your attendance for both events. This does not guarantee your swimmer a spot at either event, but marking your attendance lets the coaches know who are available for these meets. Eligibility for each individual swimmer will then be assessed and a decision made of which meet they will swim. Some swimmers will be eligible for both (if they only swim a relay at Conference), and others only eligible for one. Regardless, it is incredibly important that you let us know which your swimmer is available for. Please note that we are asking for all of these sign-ins by this Saturday! Conference lineups are due a week before the meet, so the coaches will need complete attendance lists by this weekend. These final three meets are the most important of the year, so please try your best to attend. Thank you!



Conference Volunteer Needed

We are still in need of a single volunteer for Conference. If you can work the Clerk of Course on Sunday afternoon of Conference, please contact the Grelles as soon as possible.

Shoes for Practice

There are a number of practices that the coaches would like swimmers to come with tennis shoes in order to give the kids some more strenuous strength workouts. Note that this does not apply to 8&Us. All other age groups should be sure to wear socks and shoes to practice on the following days:

11-12s, 13-14s, 15-18s:

Monday and Wednesday mornings
Tuesday and Thursday evenings

9-10s:

Tuesdays and Wednesdays

This week is also slightly special as we'd like all swimmers to bring shoes on Thursday, and nobody will need to bring them on Wednesday due to the shortened practices.

Conference Team Info

Unfortunately, our Conference Team is limited to only 3 swimmers per individual event and 12 swimmers for relays. With a large team such as ours, not all swimmers will make the Conference Team. There is a sign-in sheet for Conference on the website under "Swim Meets." This is for availability purposes and does not guarantee your swimmer a spot in the meet. The Conference team will be announced the Monday before Conference. This will also be the last day of practice for any swimmers that are not swimming an individual or a relay at Conference. Unfortunately, we cannot tell any families with absolute certainty whether their swimmer will be part of this group until that date, but if you need advice to plan the rest of the summer, feel free to contact your age group coaches to get a general idea. Coaches have already started working on Conference lineups. Swimmers who do not make an individual event in Conference can (and should!) participate in the super fun Tri-County Invite on July 22 (see below). It is a great time, with lots of fun swimming, happy families, and a lot of awards! More info to come on both of these great events!

Tri-County Invite Info

As our Conference Team is limited to 3 swimmers per individual event and our team is relatively large, many of our swimmers will not be participating in an individual event at Conference. However, any swimmer not swimming in an individual event at Conference is eligible for the Tri-County Invite for their big end of the season meet! This is a great event, where the kids get to choose three individual events that they would like to race for their final meet of the season—there are no relays. All of the Tri-County teams are invited, there are lots of awards for the top 8 finishers (both medals and ribbons), and there's just a great atmosphere of sportsmanship, fun, and fast swimming! We hope all of our swimmers that don't make an individual event at Conference are able to come swim at the Invite which is being hosted by Sun Prairie this year.



Spaghetti Dinner

The Spaghetti Dinner, our annual carbo-loading and social evening is this Thursday! Sign-ups are now open on the website to donate food or volunteer to work the event. Families also must sign up to attend the event itself; the form can be found online under the Team Functions tab. Click on "[Spaghetti Dinner - Legion](#)" for the sign-up form. Forms accepted at the door, but are preferred in the folder by July 6th.

Culver's Share Day

Cross Plains' Culver's is sharing a percentage of their entire day's profit with the Stingrays on Monday, July 20th! Stop in for lunch, dinner, or some frozen custard that day to support your Cross Plains Stingrays swim team! Thank you Culver's for your continued support!



Volunteers Needed for 2016 Stingray Board!

Your Stingrays need you! Please consider being part of the 2016 Stingray Board. Positions are elected by the team at large during the Awards Banquet on July 28. While all positions are open to new candidates, we are specifically in need of candidates for vice president. In most seasons, the vice president(s) succeeds the president(s) the following season, and become the past president(s) the next year. Nominations will be accepted until the time of the election. If you have questions about serving on the board, please feel free to contact current board members (listed right), any former board members, or the head coach. While there is certainly hard work involved, being a board member is a great way to give back to the team and to get to know lots of Stingray families! Thanks for considering!

Conference T-Shirts

Conference shirt orders are taking place [online](#) this year. Orders are due to Middleton Sports and Fitness by midnight on July 9th. If you'd like to tie-dye your Conference Shirt on our tie-dye day on July 17th, be sure to order the white shirt. Shirts will be available at Conference for purchase, but only in green and their pre-made tie-dye.

Show Your Stingray Pride!

Show your Stingray pride wherever you go! Stingray window stickers and mugs will be for sale at concessions at our remaining home meet and at the Spaghetti Dinner while supplies last! \$5 each, or two of any combo for \$8!

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

