

JULY 7

THE STING

SINCE 1972



Team Sting for Team USA!

Sending Stingray Spirit to our World Cup Athletes!

COACH'S CORNER

What a fun week to be a Stingray! We may have had some hiccups with maintenance issues at the pool, but we still had a ton of fun! It was so great seeing so many of you out at TBT both playing soccer, and watching the World Cup at Coach's! There's nothing better than an afternoon with our team, and it was so great to share those games with you all! The same goes for those of you who braved the rain on Wednesday morning for our running and game practice, and for those that woke up for our games on Thursday morning! It was a bit of an unorthodox week of practice, but I think it was a good way to reinvigorate ourselves in the middle of the season. You certainly showed a vibrant side of the team in our meet at Mazo on Wednesday! We were very impressed by everyone. A special congratulations goes to five record breakers this week! In the 11-12 100 Free, Makenna Licking set a new Stingray best with a blistering fast time of 1:04.07! Later, in the 11-12 Free Relay, a team consisting of Jay Sullivan, Forrest Peterson, Owen Roenneburg, and

Parker Van Buren broke an eight year old record with a time of 2:09.44! This was not only an old record, but a very fast one, as it was previously held by a team including Coach Brian! Wow! Great job to all of these record breakers! Congrats as well to Emily Bernd, Lex Peterson, Lauren Fralka, Allison Schroeder, and Jake Leslie, who all had especially excellent races which wowed their coaches. The week ahead continues to be very busy for us Stingrays. Not only do we have our usual events (including one of our swimmers' favorite game days!) but we also have a great clinic from Carly Piper and Coach Shane, and a very competitive meet against Baraboo! We'll need to have all of our swimmers on top of their game and racing at their best to continue our successful season! Rest up before Saturday, and set some goals to prove to your coaches that you should be considered for a spot on the Conference team. Your coaches are starting to put together their Conference lineups this week, so be sure to continue to put forth your best

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Stroke Clinic 5:00 - 5:45

Sign-up Online

Tuesday

Team Building Tuesdays

Park School from 3:00 - 4:30

Wednesday

Massage Therapy

Available after practice

Stroke Clinic 5:00 - 5:45

Sign-up Online

Thursday

Mario Day!

Our signature game day!

Stroke Clinic with Carley Piper and Shane Ryan

5:00 - 7:00

Sign-up Online w/ \$23 to Kalsbeek folder

Saturday

Away Meet at Baraboo

Warmups at 7:30

Meet begins at 8:00

Meet sign in deadline for away meet at Sauk, Conference, and the Invite

effort in practice and your races this weekend. We wish we could put everyone on the Conference team, but we do need to make some tough decisions soon, so work hard to try and make that final meet! Those that don't, look forward to your great meet here in Cross Plains at the Invite! Your coaches are very proud of your achievements, and we are excited to cheer you on and help you to find success at whichever meet you are eligible for. There are no swimmers like the Stingrays! Go Sting!

-Stingray Coaches

Gold Medal Stroke Clinic with Carly Piper and Shane Ryan

Olympic gold medalist Carly Piper and long time Stingray head coach Shane Ryan will be holding a stroke clinic for the Stingrays on Thursday, July 10th from 5:00 - 7:00 PM at the Cross Plains Pool! The event will consist of a motivational talk, Q&A, and more, followed by a one hour in-water stroke clinic.

Interested participants should sign up on the website under team functions (limit 40 swimmers). Participation in this event costs \$23.00 (\$46.00 family max) to cover the cost of the guest instructors and the pool rental. This can be paid by cash or check made out to the "Cross Plains Stingrays" and placed in the Kalsbeek folder. Payment must be made prior to participation in the clinic. This is a great time to come and fine tune skills, meet an Olympic gold medalist swimmer, and get pumped up for Conference! Carly and Shane are two excellent swimmers and coaches; all of the current Stingray coaches were trained by Shane when they were swimmers! So come on out for an evening of learning and fun! For more info about this clinic, and for bios of Carly and Shane, please visit the website or talk to the Stingray coaches.

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. 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 right). It is a great time, with lots of awards, and fun swimming, and is being hosted for the first time here in Cross Plains! More info to come on both of these great events!



Meet Sign-ins (Sauk, 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. Thank you!

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. This group of swimmers is however 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! Our added bonus this year, is that we are hosting the meet for the first time! We are very excited to host all of our friends and neighbors from all around the Conference, and we need your help! Lots of volunteers will be needed to run a successful event, to help run the meet, provide concessions, and more. An email went out this week inviting you to take slots, which you can sign up for online. Thank you! We hope all of our swimmers that don't make an individual event at Conference are able to come swim at the Invite in Cross Plains!

Shoes for Practice

For practice on Mondays and Wednesdays, the coaches would like all swimmers in the 9 - 12 group to wear a pair of tennis shoes to practice. These groups will be doing a small amount of running during their dryland workouts before practice.

Massage Therapy

Diana Postle and Melissa Hinz will be providing massage therapy for our swimmers after practice once a week. They will set up near the shelter, and interested swimmers should head over after practice! Huge thanks to Diana for offering her services for yet another year, and to Melissa for joining her this year! Ourselves and our muscles are so grateful!

Buddy Program

This week, we want to encourage our buddy to find out: what is their favorite book? We also will have meet signs available for all of our buddies to decorate for each other. If you have any questions about the Buddy Program please contact Coaches Teryn or Haley.

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.



Volunteers Needed for 2015 Stingray Board!

Your Stingrays need you! Please consider being part of the 2015 Stingray Board. Positions are elected by the team at large at the Awards Picnic on July 29. It has been helpful and common for board members to serve a term of three years, but one year terms are required by the bylaws. While all positions are open to new candidates, we are specifically in need of candidates for vice president. Nominations for any board positions should be sent to the Grelles. 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 below), 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!

Team Building Tuesdays

We had a great afternoon of soccer last week in honor of the US's big Round of 16 game! We played a few games ourselves (pictured below) and then cheered on our team at Coach's (pictured above) in what was a great game! A big thanks goes to Coach's Club for hosting us! What a great Tuesday! Come on out to Park School at 3:00 for another fun day of games this Tuesday, and get ready for our final TBT next week at the pool! See you there!

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 Calvin
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

