

JUNE 1

THE STING

SINCE 1972



Neither Snow nor Rain nor Heat...

Will Keep the Stingrays from Delivering Candy and Smiles!

COACH'S CORNER

Welcome to the 2015 season of the Cross Plains Stingrays! We're a week into practice and everyone is looking great! With nearly 170 swimmers this year, we're looking forward to continuing to build our community and having some great team experiences. For our new families, a very warm welcome to you! The Cross Plains Stingrays is a team which caters to all sorts of swimmers. Whether you've never swam before, or you're one of Wisconsin's top athletes, the Stingrays can be the summer swim team for you! Our coaches provide quality instruction and opportunities for the entire spectrum from preschoolers to seniors in high school. Beyond swimming, we also are a team which values and seeks to promote a sense of community, both within the Stingrays, and throughout the wider community of Cross Plains. Keep your eyes peeled for various community events throughout the season, and we encourage you to come out to these events to make the most out of being both a Stingray and a Cross Plainite! Finally, we are all about having

a fun summer! Whether through meets, practices, Thursday Game Days, Team Building Tuesdays, or other special events, we want our swimmers to be loving their summer! Swimming, community, and fun! That's what the Cross Plains Stingrays are all about! We're already well underway. This week in swimming, we have our first meet in Mt. Horeb! Lineups will be sent out soon, and we're busy preparing swimmers for the longer pool during practice. This week in community, many of our Buddy Program members met each other on Sunday, and more will be connected soon! And of course, it's all been a lot of fun so far! Stingrays: keep putting in your best effort in practice. The first couple weeks back in the pool are always the hardest. We are challenging you with hard sets to get you back into swimming shape, so give us your all, and we'll get you to where you need to be! As always, if you have any questions at all, please don't hesitate to get in touch with us! We're here for you! Go Sting! -Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Meet sign-in deadline for away meet at Mt. Horeb

Saturday

Away Meet vs. Mt. Horeb

Warmups begin at 7:00 AM

Meet begins at 7:30 AM

Theme: Marvel Superheros!

Meet sign-in deadline for home meet vs. Spring Green

Next Thursday (6/11)

Morning Practices Begin

Please note that the new night practices will not be held this day, but will begin the next Tuesday.

In Two Thursdays: 6/18

Noah's Ark Trip

Sign-up deadline 6/16

In Two Fridays: 6/19

Picture Day

8:00 AM, wear your team suit, more information to come!



New buddies Nieve and Tryn!

See Buddy Program, Page 3

Meet Information

Unless otherwise stated, our meets usually begin at 8:00 with warmups around 7:00 but varying from meet to meet. Meets normally last around four hours. This weekend's meet is a little different. As Mt. Horeb is one of the larger teams in the Conference, the meet will be longer than usual, the meet will begin at 7:30, and Stingray warmups are thus also earlier at 7:00. Swimmers should be on deck, in their suits, and ready to get in the pool at 7:00 so please arrive beforehand.

Please note that meets will continue through rain, and only thunder or lightning observed at the host pool will postpone or cancel a meet. If the meet is cancelled, all Stingray families will receive an email. If you have not heard anything from the team in the morning, the meet is still on!

Swimmers should wear a team suit if possible, and if they wear a swim cap, please do not wear a cap from another team. Stingray team caps are preferred.

During the meet, volunteers will help organize the swimmers into their heats and lanes in the seeding area on deck. Try to arrive with ample time before your event to help the volunteer Clerk of Course run smoothly.

Most importantly, have a ton of fun at the meet! Meets are one of the really fun parts of being on the team! So have a lot of fun swimming fast, hanging out with your friends and teammates, and enjoying a beautiful day in Wisconsin!

Home Meet Volunteers

As we are a parent-run organization, we need everyone's help to run a successful meet. We ask that each family volunteer for one job at each home meet. Many families do extra volunteering throughout the season and may work two or even three jobs per meet. This does not go unnoticed, but we still need everyone to pitch in. Sign up for jobs is done online and can easily be completed at the same time that you sign your swimmer into the meet. Should you be released from your job as there are enough volunteers in that area, please find Marnie Cowling and ask if you can help somewhere else. If special circumstances prevent you from fulfilling your commitment please contact the Stingray Board.



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. We do ask our swimmers to make three practices a week, whether in the morning or the evening. However, swimmers can 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.

After School Practice Information

After school practices will continue until Wednesday, June 10th. Elementary 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 3:15 - 4:30

11 and up 4:30 - 6:00

Morning Practice Information

Summer practices begin on Thursday, June 11th and will continue until the end of the season. These practices occur in three overlapping sessions divided by age group.

Practice Times:

13 and up 6:00 - 7:45

9 to 12 7:15 - 9:00

8 and under 8:45 - 9:50

NEW Night Practice Information

New this year, we will be offering two night practices each week on Tuesdays and Thursdays for our three older age groups! Please note that these practices are not stroke clinics, but are regular practices which will include an hour of sets in the pool and half an hour of dryland and strength work. All swimmers participating in this new night practice should come to the pool with tennis shoes and clothing with which they can participate in running and strength work. These night practices will give our busy swimmers more options of practice times, and can be used in place of or in addition to our regular morning practices.

Practice Time:

11 and up 8:00 - 9:30, Tuesdays and Thursdays



Noah's Ark Trip

The Stingray's annual trip to Noah's Ark Waterpark in the Dells is June 18th! For \$26, swimmers get admission, lunch, and the bus. Sign-up using the permission slip that was emailed this week, or pick up a hard copy at the pool. All swimmers under 12 must have a chaperone, and the sign-up deadline is June 16th. Questions? Contact Kathy Virnig at jvirnig@tds.net or 798-0613.

Picture Day

Picture Day will take the place of the 12 & Under practices on Friday, June 19th. Pictures will start at 8 AM and will include team, age group, and individual photos. Order forms for these photos were put in your folders soon. Please be sure to send your swimmer to picture day with their team suit! The 13-14s and the 15-18s will have a regular practice that day, during their normal morning practice time. They will participate in pictures after their practice has been completed.

Buddy Program

The buddy program is a way for the oldest and youngest members of our team to get to know each other over the season! Every 8 & Under will be paired with two older swimmers, in most cases one 15-18 and one 13-14. These pairs will get to know each other and cheer each other on at races. Older swimmers will serve as a role model for the younger swimmers, and younger swimmers will be a fun new friend for the older swimmers! Plus, 13-14s will get to know some of our high school swimmers, before they join them at the high school in the next couple years! Buddies have been assigned, and many met each other at the Kick-off Social last Sunday! If you didn't meet your buddy on Sunday, please go to the website to check the Buddy List! Go to the "Swim Groups" tab and click on "Buddy Program." Please note that you must be logged in to view this tab. Once you know the name of your buddy, please talk to Coach Emily Douglas or Coach Kris and they will introduce you! If you have any questions about the Buddy Program please contact Coach Emily Douglas.

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.



2014 Meet Schedule

6/6: Mt. Horeb (Away)
6/13: Spring Green (Home)
6/20: Wisconsin Dells (Home)
6/27: Mazomanie (Away)
7/1: Baraboo (Home, Wednesday Evening)
7/11 Sauk (Home)
7/18 Sun Prairie (Away)
7/21 Tri County Invitational
7/25 - 7/26 Tri County Conference

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 cancellations 30 minutes before each practice time if possible. Park, St. Francis, and Glacier Creek will also be notified in case of cancellations.

Meet Signups

Meet signups are available on the website for all dual meets. 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. Spring Green signups are due on Saturday. Thank you!

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