

JUNE 2

THE STING

SINCE 1972



Stingrays on Parade

When I Say Sting, You Say Rays!

COACH'S CORNER

You've all had a great first week and a half of practice, Stingrays! We're really excited to see all of our swimmers coming to the pool each day ready to have fun, be good teammates, and take pride in their swimming. We know it has been difficult with much more crowded lanes than usual, but you all have really stepped up and done a great job making the best of a difficult situation! Just in these first few days we've seen some great improvements from our swimmers, and we are well prepared for our first meet against Sun Prairie this weekend. We expect this meet to be one of our most competitive of the season, so we want everyone to come to the pool on Saturday morning at the top of their game! This means that we want all of you to be making smart decisions in these last couple days; get full nights of sleep, keep yourself hydrated during practice and during these hot summer days, and eat well. Then, when you show up for warmups on Saturday you'll be primed and ready to race! We've squeaked by Sun Prairie in the last few years, but it's

always been a very close meet. Swim fast, Stingrays! With that in mind, our coaches have three goals for you this weekend. First, we want as few disqualifications as possible! Let's shoot for zero! Remember the technique we've worked on in practice, and do safe relay exchanges! With a meet that will be as close as this one, we can't afford DQs! Second, exhibit good sportsmanship in everything that you do. Remember to wish your competitors good luck before your race, and to wait in the water until everyone has finished to congratulate them on a job well done! Cross Plains is "Famous for Friendliness." Let's show our friends from all around the league that our slogan is true! Finally, and most importantly, have a ton of fun! Enjoy a wonderful weekend in Cross Plains racing with your friends at the pool. Get excited, Stingrays! The 2014 season has begun! Let's work hard, and we'll continue our many successes! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Friday

Kickoff Picnic

Pool Shelter 6:00 PM

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

Meet Your Buddy

8 & Unders and 13 & Overs

Saturday

Home Meet vs. Sun Prairie

Warmups begin at 6:40 AM

Meet begins at 7:30 AM

Meet sign-in deadline for home meet vs. Mt. Horeb

Next Friday (6/13)

Morning Practices Begin for 13 - 18s

6:00 - 7:45 AM

Picture Day

8 AM for all team members!

Please wear your team suit.



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 Sun Prairie is the largest team in the Conference, the meet will be longer than usual, so we will be starting the meet early at 7:30, and Stingray warmups are thus also earlier at 6:40. Swimmers should be on deck in their suits and ready to get in the pool at 6:40 so please arrive beforehand.

The forecast for Saturday, shows a chance of rain, so please note that the meet will continue through rain. Only thunder or lightening observed at the 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. We'd prefer that you wore a team cap, such as the one which all Stingrays were given at the beginning of the season. If you did not receive a cap, please let your coaches know.

During the meet, volunteers will help organize the swimmers into their heats and lanes in the seeding area which is on deck near the pump rooms and the exit of the boys' locker room. Try to arrive with ample time before your event to help our volunteer Clerk of Course run smoothly.

Most importantly, have a ton of fun at the meet! Meets are the best part about 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 Cross Plains!

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. Some jobs, like timing, may be split between family members. 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 Michelle Phaneuf and ask if you can help somewhere else. If special circumstances prevent you from fulfilling your commitment please contact the Bohacheks or the Grelles.

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 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.

Kickoff Picnic

Friday is our annual kickoff potluck! Last names A-M please bring main dish and dessert, and N-Z please bring main dish and salad. Bring your own drinks and flatware. At the picnic you'll get lots of information about the upcoming season, have opportunities to get to know swim team families, coaches, and the board, and eat some great food! Our 8 & Unders and 13 & Overs will also have a chance to meet their buddies for this season! See you on Friday!



After School Practice Information

After school practices will continue until Thursday, June 12th. Stingray President Stacey Bohachek or another parent 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



Picture Day

Picture Day will take the place of the 12 & Under practices on Friday, June 13th. 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 this week. Please be sure to send your swimmer to picture day with their team suit! The 13-14s and the 15-18s will have their first morning practice on this 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 an older swimmer. 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! Buddies have been assigned, and they will meet each other at the Kickoff Picnic on Friday. If you have any questions about the Buddy Program please contact Coaches Teryn, Haley, and Lauren.

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

6/7: Sun Prairie (Home)
 6/14: Mt. Horeb (Home)
 6/21: Spring Green (Home)
 6/28: Wisconsin Dells (Away)
 7/2: Mazomanie (Away, Wednesday Evening)
 7/12 Baraboo (Away)
 7/19 Sauk (Away)
 7/22 Tri County Invitational (Home)
 7/26 - 7/27 Tri County Conference (Sun Prairie)

National Anthem

We are looking for volunteers with musical talent to perform the national anthem at our first two home meets! If you have talents in singing or playing other musical instruments, and would like to perform the national anthem in the morning to kickoff our home meet against Sun Prairie or Mt. Horeb, please contact the Bohacheks or Coach Kris.

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. Mt. Horeb signups are due on Saturday. Thank you!

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