

JUNE 22

THE STING

SINCE 1972



Turning up the Heat!

And Staying Cool in the Pool

COACH'S CORNER

While the summer solstice is behind us and the daylight will start getting weaker, you are still growing stronger and stronger every day, Stingrays! We had some great races at our meet with the Dells this weekend, capped off by a brand new record! Congratulations to the 13-14 Girls Free Relay of Makenna Licking, Nicole McCue, Erin Jenkins, and Hannah Aegerter who broke the record by nearly 3 seconds with an incredible time of 1:58.51! Their amazing swim marks the first time a 13-14 Girls relay has gone under 2 minutes in Stingray history! Great job girls! We had other improvements and great swims coming from all across the team and we are very pleased with your continued progress. We were especially happy that we had more swimmers than ever coming up to talk to their coaches before and after their races to allow us to help to improve their swimming right then and there at the meet! Keep it up, and if you aren't yet coming to talk to us after your races, be sure to start this weekend! On the other hand, the one area that still needs some

improvement is our number of DQs. Please remember, if you don't know what you were DQed for, talk to your coaches and they will help you to fix the mistake in future meets! Our goal is to cut our DQs in half this week at Mazomanie, so keep working hard and asking questions to help the Stingrays get there. With regards to practice, remember to bring shoes on the days your age group needs them (see below) and put in your maximum effort both in pool sets and in our dryland sets. We're now solidly in the middle of the season, and the next few weeks will be the most important part of your training to get into prime shape as we prepare for Conference and the Invite. These meets are coming sooner than you think, and every bit of training will help you get there in speed and style! Other than that, please be sure to come out to our special events like Team Building Tuesdays this week, and get excited for a magical morning at Mazomanie this weekend! And as always: Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Monday

Stroke Clinic 5:00 - 5:45 PM

Sign-up Online

Tuesday

Team Building Tuesday

Glacial Valley Park, 1:00 - 2:30 PM

Night Practice 8:00 - 9:30 PM

11 and up

Bring tennis shoes and clothes to run

Wednesday

Stroke Clinic 5:00 - 5:45

Sign-up Online

Meet sign-in deadline for Wednesday home meet vs. Baraboo

Thursday

Night Practice 8:00 - 9:30 PM

11 and up

Bring tennis shoes and clothes to run

Saturday

Home Meet vs. Wisconsin Dells

Warmups begin at 7:30 AM

Meet begins at 8:00 AM

Theme: Harry Potter





Team Building Tuesdays

Team Building Tuesdays (TBT) was started by Stingray Coaches in 2013 in order to encourage team bonding among swimmers of all ages across our large team, and to promote a healthy, active, and outdoors lifestyle among the youth of Cross Plains. The coaches volunteer their time to organize games of all sorts at parks across town, and over the last two years it's become one of our most popular outside-of-practice programs! Team Building Tuesdays is held in a new park and time every week. You'll find location and time each week in the newsletter. It's also a great way to hang out with your Buddy! And of course, it's a ton of fun for all swimmers from high school to preschool! Any weather cancellations will be sent out by email in the same manner as practice cancellations. Shoes are required for TBT. The first TBT was a great success (pictured above) and this week's TBT will be at Glacial Valley Park at 1:00 PM! We will be playing soccer. So come on out for some fun times with friends new and old!

Early Meet Sign-in Deadline this Week

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. Please note that due to our week day home meet versus Baraboo next week, the meet sign-in deadline for this week is this Wednesday, June 24th. Be sure to sign your swimmer in or out by this date, and if possible do so for the rest of our meets while you're there! Thank you!

Night Practice Information

New this year, we will be offering two night practices each week for 11 and ups! 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. We had a great first couple practices last week (pictured right) and are looking forward to continuing this new practice option. Please note that the dryland which begins at 8:00 is not optional, but is an integral part of the workout. See you on Tuesday and Thursday, night owls!

Practice Time:

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

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

9-10s and 11-12s should also wear shoes this Thursday, June 25th, though this is a special case for this week. Thanks!

Spaghetti Dinner

The Spaghetti Dinner, our annual carbo-loading and social evening is coming up soon! Note that in response to parent feedback, the dinner is happening substantially earlier in the season than previous years and will be held on Thursday, July 9th. 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.



Stroke Clinics

The coaches are available for limited space stroke clinics every Monday and Wednesday from 5:00-5:45. These clinics give swimmers the opportunity to work carefully on technique and specific improvements with a much lower swimmer to coach ratio. Most weeks have one coach for every three swimmers, and are thus a great way to quickly improve. Interested swimmers need to sign-up online under the "Team Functions" tab on the website. Please only sign-up for one clinic per week to allow other swimmers the opportunity as space is limited. If your schedule changes and you are unable to attend, please take your name off the website to allow other swimmers the chance to sign up. Signups will go up on each Sunday and are first come first serve.



Home Meet Volunteers

As we are a parent-run organization, we need everyone's help to run a successful meet, and we still need a number of volunteers and food donations for the home meet with Baraboo next Wednesday! We ask that each family volunteer for one job at each home meet. If you have not signed up for a shift yet, please take a look at what's available and pick a task. 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.

National Anthem Performers Needed

Got musical talent? Whether you're a singer or you play an instrument, perform solo or with other Stingrays, we are looking for volunteers to perform the Star Spangled Banner at our last two home meets. If you're interested, contact the Grelles or Kris.

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.

Conference Volunteers

Conference is a huge event and it takes every team working together to successfully run. As such, we need a number of volunteers for our final meet. A huge thank you for the many families who have already committed to volunteer to help time and run clerk of course for Conference this year! We still have one vacant spot that needs to be filled by this Wednesday. Please, if you can volunteer Sunday afternoon at the Clerk of Course, log into the website and take the final shift under the Conference Swim Meet Job Signup! Thank you!

Stingray Board

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

