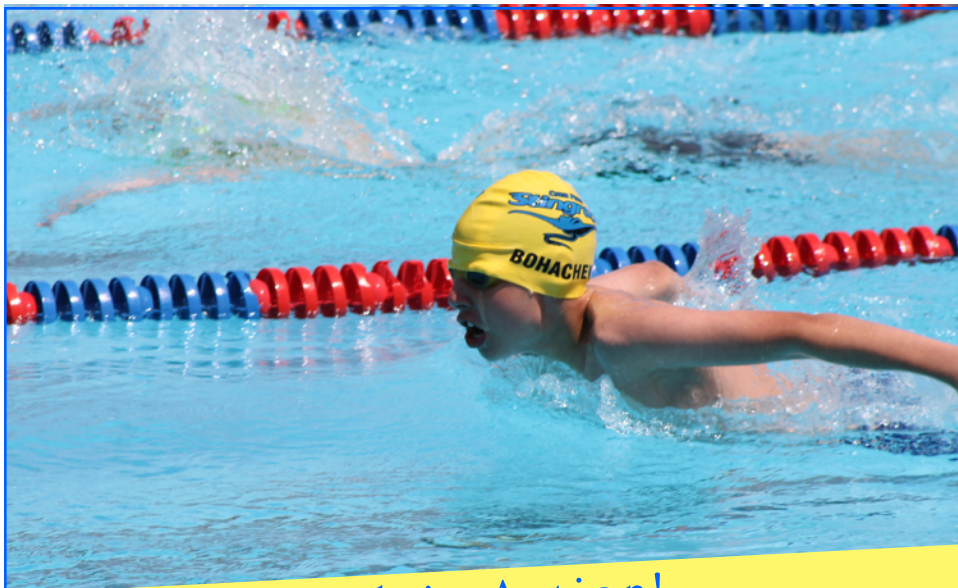


JUNE 8

THE STING

SINCE 1972



Back in Action!

Stingrays Fly Past Challengers in First Meet

COACH'S CORNER

Wow! What an excellent way to start off the season, Stingrays! It was a long pool, but your stamina shone through from beginning to end. Not only did we achieve our first win of the season, but we saw impressive swims across our age groups. A special congratulations goes out to the over 25 new Cross Plains swimmers who made their Stingray debut this weekend! We're so excited that you've joined us, and we hope you had a great experience at your first meet. New families, if you have any questions after seeing your first meet, please ask any of us coaches. We were also pleased to see good sportsmanship throughout the day, including lots of cheering, congratulations, and high fives all around. Great job on the very small number DQs at this first meet as well. Let's keep up that attention to detail and continue to minimize those disqualifications! Outside the pool, I was so happy to see how excited all of our swimmers were to meet their buddies, and that we were able to connect our older and our younger

swimmers throughout the day. We're looking forward to watching these relationships grow throughout the season! Thinking about this week, remember that we're switching over to our regular summer schedule on Thursday, and will begin morning practices. These practices will give our swimmers more space, more attention from coaches, and more chances to improve, so we can't wait to start! Keep listening to your coaches and putting in your best effort in practice to maximize the benefits of these regular season practices. For this upcoming meet, make a goal, and share it with your coach; we'll do what we can to help you meet that goal! Then, next week we will officially start the rest of our weekly events, including stroke clinics, the new night practices, Team Building Tuesdays, and more. From here on out, we'll be swimming in regulation 25 meter pools, so get ready for some best times, some records, and some more fun times in Cross Plains! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Thursday

Morning Practices Begin

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

Saturday

Home Meet vs. Spring Green

Warmups begin at 7:10 AM

Meet begins at 8:00 AM

Theme: Cereal

Meet sign-in deadline for home meet vs. Wisconsin Dells

Next Thursday (6/18)

Noah's Ark Trip

Sign-up deadline 6/16

Next Friday (6/19)

Picture Day

8:00 AM

Wear your team suit, more information to come!





Home Meet Volunteers

As we are a parent-run organization, we need everyone's help to run a successful meet, and we still have ten time slots open for our first home meet this Saturday! 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 one of these timer shifts. 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

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 four home meets. If you're interested, contact the Grelles or Kris.

Tie Dye

A tie dye date has been set for July 17th! Bring in a shirt to tie-dye! A small donation to cover costs will be collected. Conference shirts will be available to order before this time, and there will be a white option if you want to tie dye it Stingray colors!

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 this 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

Schedule Conflicts with Practice

If you have a 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.

Last Chance for Stingwear

Tuesday, June 9th is the deadline for last chance Stingwear! Go to the following link to order your Stingwear: <http://www.middletonsports.com/team-wear/swim/cross-plains.html?limit=all>. This will be the final order for the 2015 season, so if you'd like any Stingray swimsuits, clothes, or backpacks for kids or adults, now is the time! A big thank you to Cheryl Roenneburg, Merry Larsen, and Amy Grelle who organized the Stingray order this year!



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 were recently updated. Most Stingrays have connected with their buddy by the end of the meet on Saturday. If you didn't meet your buddy on Saturday, 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.



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. Wisconsin Dells 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

