

JUNE 9

THE STING

SINCE 1972



Summits of Stingray Spirit!

Stingrays Swamp Sun

COACH'S CORNER

Stingrays, your coaches couldn't be more proud of you! We finished our meet with Sun Prairie on top by one of the largest margins in recent memory, and saw awesome performances from all of our age groups! Special commendation goes to five swimmers who broke records in the very first meet of the season after only two weeks of practice. Mathew Gutzmer, Jay Sullivan, Forrest Peterson, and Parker Van Buren are proud new owners of the 11-12 Medley Relay record. In addition, Makenna Licking gained a new record in the 11-12 50 Freestyle, with a stunning time of 29.37! Wow! So many other swimmers had incredible events as well. We especially want to recognize all of our new swimmers who swam in their first meet ever! 25 of these new swimmers really impressed us with their performance after only a couple weeks of practice. Most importantly, we were very pleased to see great sportsmanship from all of our swimmers as well as great team spirit! The electric atmosphere around the pool on Saturday was so fun! We had so many

Stingrays cheering for their friends and teammates, lots of buddies hanging out, and just a lot of general excitement for the whole meet! It was great to see that kind of Stingray spirit. With all that sportsmanship and fun, and very few DQs, I think we can claim a resounding success for our three goals! Check, check, and check! Let's keep it up for the rest of the season, especially this weekend! Mt. Horeb is another very strong team in our Conference, so we'll need to focus in practice this week and keep on performing our best to come out with a win! For our meet on Saturday, our goal is to have every swimmer get a best time in at least one of their events. Be sure to come talk to your coaches before and after your race to get advice and go over what you can improve on. Great job this week, Stingrays. We're very proud of you all, and can't wait to watch your continued successes for the rest of the season. Forward to another home meet! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

Thursday

Frozen Day!

An afternoon of "Frozen" themed games!

Friday

Morning Practices Begin for 13 - 18s**No swimming for 12 and unders**

Picture Day

8 AM for ALL team members!

Saturday

Home Meet vs. Mt. Horeb

Warmups begin at 6:40 AM

Meet begins at 7:30 AM

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

Next Monday (6/16)

Morning Practices Begin for 12 and Unders

Next Thursday (6/19)

Noah's Ark Trip!

Permission slips due Monday



Picture Day

Picture Day will take the place Friday, June 13th. Pictures will start at 8 AM and will include team, age group, and individual photos. Order forms for the team and individual photos were put in your folders this week. The age group photos are done by Jon Roll, and will be put in the Stingray albums on the Walgreens site. Please be sure to send your swimmer to picture day with their team suit! Remember that while 12 and unders will not have practice, 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. 13 and overs should be ready to get in the pool at 6:00 AM, 12 and unders should ALL arrive at the pool at 8:00 AM for pictures. 12 and under morning practice will begin on Monday.

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 has been 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! Our buddies have met each other at the kickoff picnic or our first meet. If you have yet to meet your buddy, please get in touch with a coach and they will get your pair together.

This week, we want to encourage our buddy to find out: what is your buddy's favourite swimming event? We also will have signs available for all of our buddies to decorate for each other for the meet against Mt. Horeb. If you have any questions about the Buddy Program please contact Coaches Teryn, Haley, and Lauren.



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.

Noah's Ark Trip

The Stingrays' super fun annual Noah's Ark Trip is Thursday, June 19! Swimmers will get entrance to the park, lunch, and transportation for \$27. The bus will leave the pool at 9:45 and return by 5:30. Any swimmer ten years old or younger must be accompanied by a chaperone. Download permission slips from the website or pick them up from the pool. Forms are due by Monday. If you have any questions about the trip, please contact Kathy Virnig (jvirnig@tds.net) or Molly Pape (kmpape@charter.net).

Morning Practice Information

Summer practices begin on Friday June 13th (for the 13-14s and 15-18s) or Monday June 16th (for the 8 & unders, 11-12s, and 9-10s) 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 at this time.

Practice Times:

13 and up 6:00 - 7:45

9 to 12 7:15 - 9:00

8 and under 8:45 - 9:50



Coaches' Clinic

On Sunday, June 1st, your Stingray coaches attended a Coaches' Clinic for continuing education to review coaching techniques and be primed and prepared for a new season! Former Stingray coach Luke Lengfeld led the clinic. A big thank you goes out to Luke for taking time out of his busy schedule to continue to support the Stingrays!

Stroke Clinic Information

Beginning next week, afternoon stroke clinics will begin. These are small sessions with fewer swimmers and close to one-on-one attention for swimmers to receive personal technique work from their coaches. Signup for these sessions is required, as a cap is placed on the number of swimmers that are able to participate. Signup is first come first serve on the website under "Team Functions." In order to give everyone a chance to participate, we ask that swimmers only sign up for one clinic per week. This is a great opportunity for all of our swimmers, whether brand new or experienced veterans, to refine their strokes and improve their times. We encourage everyone to come to as many as possible!



Memorial Day 5K

Congratulations to all of the Stingrays who participated in the Memorial Day 5K! Five of the top ten finishers were Stingray swimmers, coaches, alumni, and parents, including the overall winner, Stingray alumni Paul Eicher! Great job to all participants in the first year of this fun addition to the annual Memorial Day activities.



Thank You!

Our two biggest fundraisers, the pie sale and the brat fry were hugely successful! Thank you to the Grelle and LaBoda families for organizing these huge efforts. Also, big thanks to the Bernd family for taking on the After Conference party this year! These families have put in a lot of time for the team, so be sure to thank them when you see them!

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 so that coaches can create effective, error-free lineups. Spring Green signups are due on Saturday. Thank you!

2nd Chance for Stingwear!

The Stingwear store has been opened again for a limited time! If you missed out on the first order, now is your chance! New orders are due on Sunday.

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

