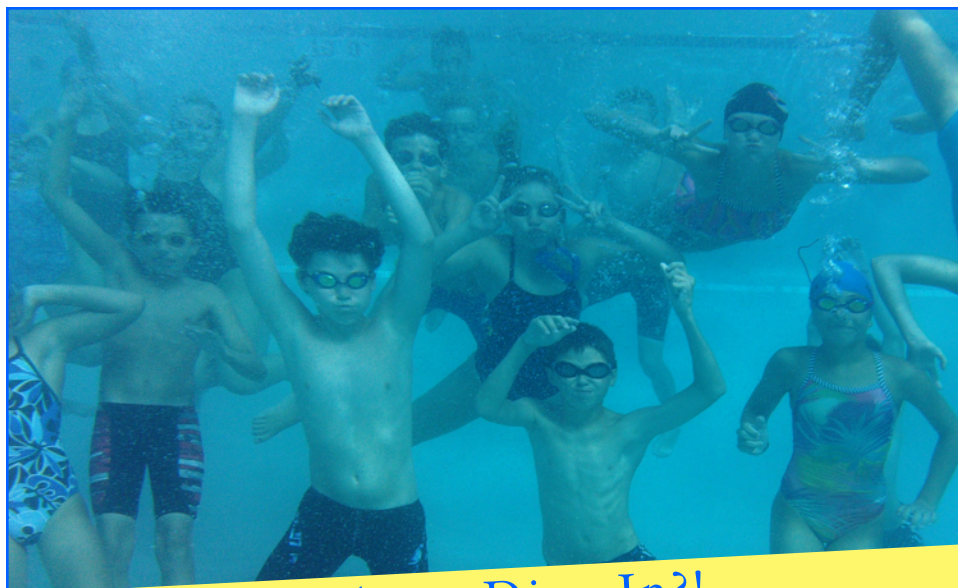


PRE-SEASON

THE STING

SINCE 1972



Ready to Dive In?!

Coming Soon: The 2015 Stingray Season!

COACH'S CORNER

Happy spring, Stingrays! When the snow melts, and the flowers start to bloom, we know that the swim season is near! And indeed, registration is already open, and our spring Saturday practices are just a few weeks away! We're so excited to start a new season with all of our Stingrays, whether they have been with us for many years, or are just beginning their swimming careers in May. We can't wait to see you again, or meet you for the first time! With that in mind, we hope that all of our families are telling their friends and neighbors about our great community team! We've had great success due to the devotion and care of Cross Plains families, and we want to extend an invitation to any families in the village not yet a part of our team, to come and check it out! Even veteran swimmers will have a lot of new events to look forward to this season. We'll continue providing the Stingray events that you've come to expect, but we'll also have some great new programs. To give a quick sneak peak, we have exciting news for our older age groups! Starting

the week of our first morning practices, we will be adding two evening practices to the weekly schedule for our 11 and older swimmers. This optional additional practice will include both specific strength work and pool time from 8:00 - 9:30 PM on Tuesdays and Thursdays. We are looking forward to the additional pool time to continue to improve the swimming skills of our middle school and high school aged athletes! Next, we wanted to take a moment to sincerely thank both Coach Teryn Buchanan and Coach Sophie Tallard for their many years of service to the team. Sadly, they won't be returning this year, but we're looking forward to having Coach Karley join us to round out a great group of coaches this year! I'm sure you're all wondering who your coaches will be this season, so scroll down to page three to find out! Remember if you or your friends have any questions, please don't hesitate to get in touch with us. We're so excited to start a new season of swimming, sportsmanship, friends, and fun! Go Sting!

-Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

April 2nd

Registration Opens

May 2nd

Saturday Spring Practice 4:30 - 6:30
MCPASD Pool

May 9th

Saturday Spring Practice 4:30 - 6:30
MCPASD Pool

May 16th

Saturday Spring Practice 4:30 - 6:30
MCPASD Pool

May 25th

Memorial Day

Parade
Pie Sale
Pool Opens

May 26th

After School Practices Begin

May 30st

Brat Stand

May 31st

Season Kick-Off Social



Thank You, Coach Teryn!

After ten years of swimming and four years of coaching for the Stingrays, Coach Teryn Buchanan has moved on to a full time job as a sixth grade teacher at Glacial Drumlin School in Cottage Grove. Throughout her time as a Stingrays coach, Teryn stewarded one of the team's largest age groups, teaching class after class of 8 & Unders to get across our pool in speed and style! And that's not even mentioning the hundreds of extra hours she put into planning game days, making cards, coordinating the Buddy Program, and more. The Stingrays won't be the same without her, and Teryn's Stingray family will miss her more than we can say. We hope she comes back to visit as much as possible! Thank you, Teryn, for your many years of service to our team, our community, and our kids. Good luck in your teaching career and see you soon!



Stingwear

Looking for Stingray gear? This year's Stingwear order will take place between April 25th and May 10th. T-shirts, shorts, sweats, packs, and more will be available! Watch for an email detailing gear options and how to order. Looking for suits? They are already available at Middleton Sports and Fitness!

Stingray Sponsors

The Stingrays are looking for sponsors for the 2015 season! If you know any business or individual who would be interested in sponsoring our swim team, please get in touch with Vice President Julie Blaha at blahajj@gmail.com. Many thanks go to our incredible Cross Plains Stingrays sponsors! Thank you!

Memorial Day Parade, Pie Sale, and Brat Stand

The annual pie sale will be held on Memorial Day on the grounds of the American Legion as part of the Cross Plains Memorial Day Celebration. The Brat Sale will be held on Saturday, May 30th. These are two of our largest fundraisers of the season and each Stingray family is asked to work at one of these events as well as donate pies for the pie sale (buyout available). Watch for volunteer signup coming soon. We hope all of our swimmers will come out to march with the coaches in the Memorial Day Parade!



Committee Volunteers Needed!

We have a few key volunteer positions that need to be filled. The team needs both a Head Timer and a Co-Chair for the Spaghetti Dinner on July 9th. We will also be starting to look for committee members to help run Conference which we will be hosting in 2017! If you are willing to take on one of these essential duties for the team, please contact team presidents Amy and Rick Grelle at amygrelle@gmail.com.

New Team Suits!

Suits are in! Middleton Sports and Fitness has this year's suits in stock and ready for your swimmers.

Female Suit Price: \$45.00

Jammer Price: \$34.00

Brief Price: \$30.00



Thank You, Coach Sophie!

After twelve years of swimming and two years of coaching for the Stingrays, Coach Sophie Tallard will not be returning this year. Sophie coached both the 9-10s and the 13-14s during her time as a Stingray coach, and was a huge asset in teaching stroke technique and race strategies. Sophie's Stingray family will miss her greatly! Thank you, Sophie, for your many years of service to our team, our community, and our kids. Please visit us soon, and good luck in Eau Claire!

May Saturday Practices

Early season practices will be May 2nd, 9th, and 16th at the Middleton High School Pool from 4:30 - 6:30. Ten and unders will swim from 4:30 - 5:30, and 11 and overs will swim from 5:30 - 6:30. The cost of these practices is \$4.00 per swimmer per practice or \$8.00 for a family with two or more swimmers per practice. This will help offset the cost of the pool rental and pay coach salaries. Parents will need to sign a waiver giving permission for their child or children to swim at the pool. If you have already registered, your waiver will already be completed. We will bring a computer if you would like to register in person on those dates. Stingwear samples will be available for you to look at for sizing as well. Though Head Coach Kris will not be at these practices due to the date of his graduation from UBC, Stingray board members and assistant coaches will be in attendance to answer any questions that you might have!



New Stingray Coaches!

The Stingrays are proud to announce the hiring of a new assistant coach for the 2015 season! Illinois State University student and NCAA Div. I swimmer Karley Licking has been brought on as an Assistant Coach for swimmers aged 12 and under. Karley swam her last of 13 seasons with the Stingrays last year, and we're excited that she'll be sticking around with our team, joining the other returning coaches listed below.

We also want to acknowledge our wonderful group of volunteer coaches who will be with us this season! We're so excited to have Samantha Roll and Lauren Kalvin on board again this year, with new additions of Erick Grelle, Seth Gutzmer, and Amy Sullivan. Also, thanks to Haley Joyce who will also be back to help out with the buddy program! We're looking forward to a great year with all our coaches, new and old!

Park Elementary Ride Shares

Due to the construction on Main Street causing increased traffic on Park Street, it is not advised for Park Elementary students to walk to practice from school this year. Ride-sharing is encouraged. If you anticipate difficulty finding a ride for your child, or if you can help transport some kids from Park to practice after school, please get in touch with the board or Coach Kris.

Safety Requirement

For the safety of all team members, swimmers must be able to legally complete one length of the pool unassisted by the first morning practice (June 11th). Our coaches are devoted to working hard to get each of our swimmers to that point. However, swimmers unable to complete a legal, unassisted 25 meters by June 11th will be directed to other swimming opportunities such as the Little Stingrays program or village swim lessons, and will be encouraged to join the team next season!

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



Future Stingray coaches Brian and Kris at Tri-County Conference 2003!

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