

PRE-SEASON

THE STING

SINCE 1972



Summer is Coming

"Blue Skies and Sunshine Guaranteed!"

COACH'S CORNER

Wow! Believe it or not, summer is just around the corner, and the first Stingray practices are just over a month away. Your Stingray coaches are getting ready for another great year with the best swim team around, and we can't wait to see all of our wonderful Stingray swimmers returning for another year of racing and fun! We are also so excited to meet our new swimmers both young and old! With that in mind, Stingrays, if you have a friend or neighbor in Cross Plains who's not already a part of the team, invite them to join us! Anyone 18 or younger is welcome to come out and swim for us whether they are accomplished athletes or brand new to the sport! If they can swim a length of the pool by the first meet, we want them to come out and have fun with us this summer! So get out there and bring your friends to our indoor practices in May! We have a lot of exciting plans for this summer; here's a sneak peak! We'll continue popular events like stroke clinics, Team Building Tuesdays, theme weeks, and more. Plus, we've got some very exciting new plans in the works,

including the spring stroke clinics that are already in session and off to a roaring and popular start, a High School Water Sport Preview Day for our middle school aged athletes, some inter-age-group activities, parent relays, and more! Stay tuned for further updates on our range of new programs for all swimmers young and old. Sadly, Coach Luke will not be returning this year as his full time job won't allow it. We'll miss him a lot, but we're pleased that the rest of the coaching staff is returning, and with the addition of Emily, Emily, and our helper coaches, we look forward to coaching you all to achieve your goals and make you the best swimmers you can be! I'm sure you're wondering who your age group coach will be this year, so scroll down to page three to find out! Remember if you or your friends have any questions about the upcoming season, don't hesitate to get in touch with us. Let's start off another year of fast swimming, great sportsmanship, and tons of fun! We'll see you at the pool soon! We can't wait! Go Sting! ~Stingray Coaches

UPCOMING EVENTS

Extra details can be found on pages 2-3

April 2nd

Registration Opens

April 27th

Parent Meeting 6:00 - 7:30
Plastic Ingenuity

May 3rd

Saturday Practice 2:00 - 4:00
MCPASD Pool

May 10th

Saturday Practice 2:00 - 4:00
MCPASD Pool

May 26th

Memorial Day

Parade
Pie Sale
Pool Opens

May 27th

After School Practices Begin

May 31st

Brat Stand





Parent Meeting

The Parent Meeting will be held on Sunday, April 27th from 6:00 - 7:30 at Plastic Ingenuity. All families returning, new, or considering Stingrays are encouraged to attend, so please share this newsletter with anyone who may be interested in Stingrays. Many of the coaches will be there to introduce themselves and answer questions. This is also a good chance to turn in checks if that is your preferred payment method.

From the Board:

Hello Stingray Families,

Spring is here (sort-of), and we are excited to get geared up for another great year with Stingrays. Lots of information is included in this newsletter, so don't hesitate to ask questions of the board or coaches.

The Stingray board is working on the website, getting it ready for online registration and credit card payments. Everything should be ready for registration to begin April 2. An email will be sent when the site is ready for registration. Stingrays are going paperless! Codes of conduct and concussion awareness sign-off will be included in the online registration process. Please review the code with swimmer(s), and the coaches will also be sure to reinforce the expectations of behavior. We want to ensure the Stingray experience is an awesome experience for all swimmers. We have also updated the site with the dates for the May practices, swim meets and our other annual events.

Please refer to the website often for current information and encourage new potential Stingray families to do the same.

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 March 31st. 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). The sign-up will be available in early April. All swimmers are encouraged to march with the coaches in the parade!

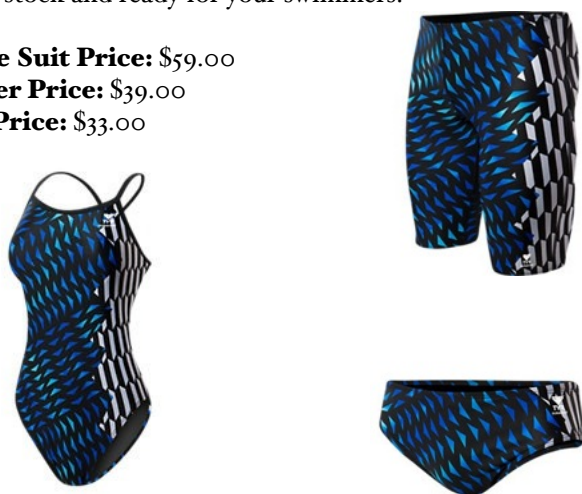
New Team Suits!

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

Female Suit Price: \$59.00

Jammer Price: \$39.00

Brief Price: \$33.00



Head Clerk of Course Needed!

We have a key volunteer position we need to fill. We are looking for a Head Clerk of Course that can keep the swimmers organized and the meets swimming along. Jodi Wells wrote a detailed set of "how-to-instructions" for this job last season that will be passed along. Contact the Bohacheks if you are interested in taking on this vital role with the team.

Personalized Caps

This year, the Stingrays will be providing one yellow silicone team swim cap to each swimmer. If you wish to personalize your caps (2 required for personalization), this will be possible, but the details will be provided in a separate email coming soon. Typically this order is due in early April.

May Saturday Practices

Early season practices will be May 3rd and May 10th at the Middleton High School Pool from 2:00 - 4:00. Ten and unders will swim from 2:00 - 3:00, and 11 and overs will swim from 3:00 - 4:00. 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. Board members will be in attendance to answer any questions.

Please note that there will be no Saturday practice on May 17th as the pool was unavailable.



New Stingray Coaches!

The Stingrays are proud to announce the hiring of two new assistant coaches! UW Madison student, long time Stingray swimmer, Willie Winter recipient, and two-time Helper Coach Emily Roll has been brought on as an Assistant Coach for swimmers aged 12 and under. Emily Douglas, a senior at Middleton and last year's 8 & Under Helper Coach, will also be joining the stellar Cross Plains Stingrays coaching staff.

We also want to acknowledge our wonderful group of volunteer coaches this season! We're so excited to have Haley Joyce on board again this year, with new additions of Samantha Roll, Riley Kalsbeek, and Lauren Kalvin. Sam and Riley will be focusing on the 8 & Under practice, and Haley and Lauren will be focusing on social events and team cohesion.

We're looking forward to a great year with all our coaches, new and old!

Got Questions? We've Got Answers!

Please feel free to contact the Stingray Board or Coaches with any questions you may have about the upcoming season. Contact information can be found at www.crossplainsstingrays.com under the "Coaches" tab.

Thank You, Coach Luke!

After ten years of swimming and three years of coaching for the Stingrays, Coach Luke Lengfeld has moved on to a full time job with the Madison Police Department. Luke's Stingray family will miss him greatly, though we look forward to his continued involvement with the team when he comes back to visit and help out where he can. Thank you, Luke, for your many years of service to our team, our community, and our kids. Good luck in your future career and see you soon!

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

