

THE STING

SINCE 1972



Starting the Season in Style

Stingrays march in the Memorial day Parade

UPCOMING EVENTS

Extra details can be found on pages 2-3

Tuesday (5/31):

First day of after-school schedule practice

See full practice schedule on pg. 2

Friday (6/1):

Season Kick-off Picnic

See more info on pg. 2

Friday (6/10):

First day of regular schedule practice

See more info on pg. 2

Tuesday (6/14):

First Team Building Tuesday

See more info on pg. 3

Wednesday (6/15)

Team Picture Day

Make sure your swimmer(s) come to practice with their team suit!

Thursday (6/16)

Team trip to Noah's Ark

Permission slips can be found on the team website under the Events tab

See more info on pg. 3



COACH'S CORNER

Hi Stingrays!

Welcome to the 2016 season! I hope that you are all excited and ready to begin another season with the Cross Plains Stingrays. If this is your first summer with us, here is my warm welcome to the team!! The entire coaching staff is so happy to begin working with each of you to have a lot of fun and also work hard! As a group we recently got together to discuss how to make this season memorable and enjoyable to all. We have a lot of fun game days planned for the season!

If you don't know me, my name is Kendra Kalvin and I am the head coach for the Stingrays this summer. I am so excited to meet all of you, and I would love to get to know you so please come up and introduce yourselves when you get a chance! This fall I will be a senior at UW –

Eau Claire with a double major in elementary education and Spanish. I swam for the Stingrays for eight years and this will be my fifth year coaching. This team means a lot to me and I love that being a Stingray means being competitive, while having good sportsmanship and of course having a blast through it all.

As for this upcoming week, after-school practices start Tuesday, May 31st. The practice times for each age group are listed below. There is a lot of information on the website so take a look if you want to see the meet schedule or a copy of the team cheer. On Friday, June 3rd we have our kick-off picnic at 6 pm. This will be a great opportunity to hear about all of the coaches and meet other Stingray families! See you there!

-Head Coach Kendra Kalvin

From the Board:

Welcome to the 2016 season! We are looking forward to an exciting season of swimming, good sportsmanship and fun. The Stingrays would not happen without the dedication and hard work of all of you, getting swimmers to practices, baking pies, volunteering for meets, bringing breakfasts for coaches, coordinating events, cooking spaghetti and so much more! It takes a village - literally!

You will be receiving email reminders frequently for upcoming events as we get into the season. Do note that information can also be found on the website. If you have questions, you can always email or speak to one of the board members at practices or meets. Please note that we will again have file folders for each family in the pool office for distribution of ribbons, turning in payments or permission slips or general written correspondence.

We look forward to seeing swimmers in the pool on Tuesday, May 31, and getting the season underway. Mark your calendars for the Kick-Off Picnic on Friday, June 3, at 6pm at the pool shelter. After the meal, the coaches will introduce themselves, the board will make a few announcements and we will have an informational session for new families. We hope to have Stingwear available for pick-up at the picnic as well. See you there!

Contact 2016 Stingray Presidents: xpstingpresident@gmail.com

Contact 2016 Stingray Vice-Presidents: xpstingvp@gmail.com



2016 Stingray Buddy Program

The Stingray Buddy Program is a way to promote team bonding and form bonds between the very youngest and the very oldest on our team. Every 8&under swimmer will be paired with a swimmer from the 13&older age groups, and throughout the year, buddy pairs are encouraged to wish each other luck before races, cheer behind lanes, and color meet posters for one another. All 8&under and 13&over swimmers are asked to attend the season kick-off picnic to meet their buddies for the 2016 season

Practice Schedule for 5/31 thru 6/9

@ Cross Plains Outdoor Pool: Ages 14 & Under

Dates: Tuesday May 31 - Thursday June 9

Times: 10 & Under: 3:00 - 4:30 pm

11 & Older: 4:30 - 6:00 pm

@ MHS POOL: High School Students

Tuesday May 31: 6:30-8 PM

Wednesday-Thursday June 1-2: 4-6 PM

Friday June 3: 4-5:30 PM (kick off picnic 6pm @ CP pool)

Monday June 6: NO practice

Tuesday-Wednesday June 7-8: 2:20-4 PM

Thursday June 9: 1-3 PM @ CP POOL**

** note location change

Regular Season Schedule (6/10 - 7/29)

@ Cross Plains Outdoor Pool:

Monday - Friday

8 & Under: 8:45 - 9:50 AM

9-10, 11-12: 7:15 - 9:00 AM

13 & Older: 6:00 - 7:45 AM

11 & Older Additional/ Optional work outs T/R 8:00-9:30 pm with 30 min. of dryland

Season Kick-off Picnic

The Stingrays will be kicking off the 2016 season with a potluck at 6:00pm on Friday, June 3rd, located at the pavilion immediately next to the Cross Plains Outdoor Pool. The picnic is a fun, low-key gathering where Stingray families can get to know one another along with the coaching staff and board for this upcoming season. Pizza will be ordered for the main entrée, but we ask that Stingray families would please contribute as follows:

Families with last name beginning A-L:

Please bring a dessert to share

Families with last name beginning M-Z:

Please bring a side dish/dessert to share

Everyone is asked to provide your own family's plates, utensils, beverages, blanket, and/or tablecloth. If you prefer, bring along a chair(s) to sit on. All families with 8&under or 13&up swimmers are asked to attend in order to meet their buddies for the 2016 season.

All are welcomed and encouraged to come!



2016 Meet Schedule:

6/11 @Spring Green Dolphins
 6/18 @ Wisconsin Dells Dolphins
 6/25 HOME vs. Mazomanie Barracudas
 6/29 EVENING MEET @ Baraboo Riptide
 7/9 @ Sauk Prairie Pool Sharks
 7/16 HOME vs. Sun Prairie Piranhas
 7/23 HOME vs. Mt Horeb Gators
 7/26 Invitational Meet @ Mt Horeb time TBD
 7/30 Conference Meet @ Baraboo High School Pool (9am)
 & 7/31 hosted by Spring Green

Team Building Tuesdays

Team Building Tuesdays are pretty much exactly what the name implies: every Tuesday afternoon during the season Stingrays will be encouraged to go to an optional team-building, fun-and-games event at a park in Cross Plains. TBTs are by no means required, but they are a great way to get everyone –from 8&unders to 15-18s- together to have fun and build friendships outside of the pool. The first Team Building Tuesday will be on Tuesday, June 14th. The time and place are still to be determined for the first TBT, but games and laughter are guaranteed.

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.

Contact the Presidents: xpstingpresident@gmail.com

Contact the Vice-Presidents: xpstingvp@gmail.com

Thank You!

We owe thanks to all the families who provided pies for the annual Memorial Day pie sale, the volunteers that helped sell the pies, and all the swimmers who represented the Stingrays in the parade. All our volunteers helped the 2016 season off to a great start!



Noah's Ark Trip

The annual Stingrays Noah's Ark Trip will be on Thursday, June 16th. The cost of the trip will be \$25 per person, which includes roundtrip bus, water park entrance and hot dog lunch. The bus will leave the Cross Plains Outdoor Pool at 9:45 and return approximately 5:00. You can find the permission slip link on the Stingrays Website under the 'Events' tab. Permission slips and payment are due by June 14, place them in the Virnig family file at the pool.

Volunteers Needed!

Volunteers are needed for many functions for the upcoming season. From volunteers who bring coaches breakfast, to job sign up at home meets, the Stingrays need all the help we can get in order to be second to none both in and out of the pool. To sign up for coaches breakfasts or jobs at upcoming home meets, click on the 'Events' tab on the website homepage to find links to all upcoming events. Thank You!

Healthy Choices

Please make sure that you are making healthy choices as you prepare for the upcoming season and the first meets of the summer. Keep sugars and fats to a minimum and make sure you are getting enough carbohydrates and proteins. Stay hydrated; drink lots of water and stay out of the heat as meets draw near. Go to sleep early to ensure that you are well rested. A successful season starts with your decisions today. Live smart now and you'll swim smart later!

2016 Stingray Board

Co-Presidents: Melissa Hinz & Julie Blaha

Co-Vice Presidents: Becky Flad and Angie Grim

Secretary: Sandy Stoecker

Treasurer: Rhonda Gessler

Past Presidents: Amy and Rick Grelle

2016 Stingray Coaches

Kendra Kalvin

Head Coach and 9 - 10s

Jackson Uselman

Technical Assistant Coach 15 - 18s

Emily Douglas

Assistant Coach 13-14s

Karley Licking

Assistant Coach 11 - 12s

Lauren Kalvin

Assistant Coach 8&unders

Samantha Roll

Administrative Assistant Coach

Jacob Aegerter, Erick Grelle, Seth

Gutzmer, Ethan Lengfeld, Tryn

Peterson, and Samantha Roll

Helper Coaches

