

THE STING

Since 1972

July 8, 2017

IMPORTANT DATES

7/11 Volunteer Agreement Forms Due
7/12 Conference Apparel Deadline
7/14 Give Back Day
7/15 @ Mount Horeb
7/22 HOME vs. Spring Green
7/25 Invitational @ Sun Prairie
7/29 Host Conference @ Middleton
7/30 Host Conference @ Middleton



COACH'S CORNER

Hi Stingrays!

The only word that I can think of to describe today's meet is WOW! We as your coaches asked you to step up and swim your hearts out and I think we can all agree that each and every Stingray did that. We saw a lot of comebacks and incredibly speedy swims. There were limited DQs and a lot of personal bests. Special shoutouts go to all of the 8 & Under swimmers who had their first 50 meter swim today, you all did amazing! Also congratulations to everyone who dropped time in events today, including Ava Halanski in her 50 Fly, Owen Roenneburg in his 50 Fly and Luke Hanson in his 200 Free. And to add to that list we set a few pool and team records today; Caden Van Buren in 100

Free and 50 Free and the 15-18 Boys Free Relay team of Max Hollfelder, Erick Grelle, Forrest Peterson and Jacob Aegerter.

Congratulations again to all Stingray swimmers who helped your team to a win today. I am so proud of each of you! Use this energy to propel yourself forward as we start to look to the end of the season. Only two more dual meets so now is the time to continue working hard in practice. Think about the little details while you are swimming, those little parts of your race make a big difference during final swims. Rest, eat healthily and enjoy these last few weeks of the 2017 season.

Go Sting!
Kendra and the coaches

VOLUNTEERS NEEDED

As many of you know, the Stingrays is hosting conference this year at the Middleton Indoor Pool! This is a very big event which means that we need every family to work at least two shifts. We know acknowledge that this is a commitment but remember that we only host conference every eight years. We also always need volunteers for regular home meets and coach's breakfasts. Thank you in advance for all of your time and effort, and we recognize that our season would not be possible without everyone's help. To sign your family up please click [here](#).

CONFERENCE IS COMING!!!!!!

In three short weeks, Conference will be upon us! All of the VOLUNTEER and FOOD DONATION slots are open and can be found on our team website. We are asking each family to commit to two volunteer slots and one food donation. If you have not had an opportunity to provide a food donation during the regular season we kindly ask that you sign up for two donation slots. It will take our Stingray fever to make our Conference "SWIMOPOLY" Meet a success!



CONFERENCE APPAREL

Below is the link to your Tri-County Conference apparel. The deadline to order apparel is Wednesday, July 12th @ 11:59pm. To be able to get the apparel done and ready to deliver through your clothing coordinators before the meet, we cannot accept any late orders. Sorry!

<http://www.simplyswimming.net/crossplains>

During checkout on the website, please make sure to enter both the billing and shipping address into the system **even though we are not shipping any apparel**. The system requires both pieces of information to successfully complete checkout.

If you have any questions or issues using the website, please drop us an e-mail (susie@simplyswimming.net) or give us a call (608-836-6649). Good luck to all the swimmers and teams competing at this year's meet!

PICTURES

Pictures from meets are housed on Shutterfly. You do not need to create an account to view the photos; however, if you would like order prints you will have to create one. All of the photos are courtesy of our team photographers; huge thank you to all of them.

Site Address:

<https://crossplainsstingrays.shutterfly.com/pictures>

Site Password:

SwimFast

PRACTICE SCHEDULE

Summer Practice

June 12 - July 28

Monday-Friday

8 & Unders: 8:45 - 9:50 am

9-10 & 11-12: 7:15 - 9:00 am

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

11 & Older Optional Workouts

Tuesdays and Thursdays

8:00 - 9:30 pm with 30 minutes dryland

Stroke Clinics**

Mondays and Wednesdays

5:00-5:45 pm

**can attend up to one per week

**sign-up online

2017 COACHES

Kendra Kalvin

Head Coach and 11-12
stingcoachkendra@gmail.com

Amy Sullivan & Seth Gutzmer

Assistant Coach 15-18
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Jacob Aegerter

Assistant Coach 13-14
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Erick Grelle

Technical Assistant Coach 11-12
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Tryn Peterson

Assistant Coach 9-10
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Sam Roll

Assistant Coach 8 & Unders
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Emma Neumann

Administrative Assistant Coach
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**Nicole McCue, Forrest Peterson,
Sam Gessler, Hannah Aegerter,
MaKenna Licking**

Helper Coaches

2017 BOARD

Becky Flad & Angie Grim

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Julie Blaha & Melissa Hinz

Past Presidents
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QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

GIVE BACK DAY

Volunteer Service Agreement forms due to Melissa Hinz by TUESDAY, JULY 11

Join our team in giving back to our community with our first annual Give Back Day! As a team, we will have the opportunity to participate in working with the Ice Age Trail Alliance on Hickory Hill or cleaning up around our pool area. Parents are encouraged to join us. Proper attire is necessary for trail work: long pants, layered tops, shoes/boots. Ages 9 and Up will meet at the pool at 7:30am (13 & Up practice at 6am as usual) and then the group will walk to Hickory Hill. The group will return around 10am, or can choose to stay until noon and then have lunch. Ages 8 & Under will meet at their usual practice time and work with CP Rec Department to clean up around the pool block. Find more information on the website AND please sign-up on the website if you plan to work until noon so we can give them a number for lunch.

THIS WEEK'S THEME IS...

SCOOBY DOO

TBT

Team Building Tuesday is back on this week: 1:00-2:30 pm at the American Legion. We have had amazing turnouts the this summer and we would love to keep the ball rolling; the more the merrier!

HEALTHY CHOICES

Stingrays, please start making healthy choices throughout the season. Most importantly make sure that you are staying hydrated and getting enough sleep. Try to bring a water bottle with you wherever you go to ensure you are never without water. Any time you come to practice please bring a water bottle. Even if you don't feel

hot make sure that you are drinking lots of water. Additionally, try to minimize sugars and fats as much as possible and eat as much protein and carbohydrates as you can. This is especially important for the days leading up to any meet. Success in the pool depends on healthy and smart choices outside the pool!

