

THE STING

Since 1972

June 18, 2017

MEET SCHEDULE

- 6/10 HOME vs. Wisconsin Dells
- 6/17 @ Mazomanie
- 6/24 HOME vs. Baraboo
- 7/1 HOME vs. Sauk Prairie
- 7/8 @ Sun Prairie
- 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

Happy Sunday Stingrays!

Congratulations on the success of our first away meet of the season. There were a lot of fast swims as well as a lot of our Stingrays swimming new events.

Our next meet is against the Baraboo Riptide. This team has been consistently strong and should not be overlooked. We need to prepare throughout the week by putting in the time at morning/night practice, stroke clinics and dryland.

For those of you who have not had the chance to write down your goal yet, start thinking about what goal you might like to work towards. If you have already written your goal, let your goal motivate you during practice and dryland. It takes time

to improve but you are all extremely capable!!

Parents please sign your swimmers in or out for the meet this weekend if you have not already. Our stroke clinics for this week have opened up so sign up your swimmer if you are available! Also, our technical coach, Erick will be meeting with every swimmer aged 12 and under. These mini lessons have been already been happening throughout practice the past week so remind your swimmer to think of things they would like to work on during their time with Erick!

Have a great week!
Kendra and the coaches



PICTURE INFORMATION

Pictures from meets and around deck will be housed on Shutterfly this year. You do not need to create an account to view the photos; however, if you would like order prints or any other products you will have to create an account. 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

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. Thank you in advance for your contribution. To sign your family up please click [here](#).

We also always need volunteers for regular home meets and coach's breakfasts. To sign up for volunteers please visit the Stingrays website and click on the "Events" tab or click [here](#). 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.



Conference apparel link will be available this Tuesday, June 20 on the web page listed below:

<http://tricountyconferencemeet.com>

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

A MESSAGE TO ALL SWIMMERS...

Please make sure that you are talking to your coaches **AFTER ALL OF YOUR RACES!** Also, pay attention to when your races are; do not spend too much time in the locker rooms or playing at the park.



2017 COACHES

Kendra Kalvin

Head Coach and 11-12
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Amy Sullivan & Seth Gutzmer

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Jacob Aegerter

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Erick Grelle

Technical Assistant Coach 11-12
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Tryn Peterson

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Nicole McCue, Forrest Peterson,
Sam Gessler, Hannah Aegerter,
McKenna Licking

Helper Coaches

2017 BOARD

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QUESTIONS OR CONCERNS?

Please feel free to contact any
coaches or board members.

BUDDY PROGRAM

Great job to all of the swimmers that had such fantastic sportsmanship and cheered on their teammates. If you are unsure of who your buddies are please click [here](#) to find a list of the buddies. For those that did not receive their friendship bracelets/keychains, they have been put in your family folder. Every week there will be a buddy poster available next to the family folders for buddies to color for each other. Please feel free to supplement it with anything you like.

THIS WEEK'S THEME IS...

DEAL OR NO DEAL

TEAM BUILDING TUESDAYS

We had a fantastic turnout to the last TBT so lets do it again this week! We will be meeting at the American Legion Park at 1:00 pm until about 2:30 again. The plan for this week is to play kickball. We hope to see as many people there as possible from all age groups. It would be especially awesome if you could get your entire buddy fever to come as another bonding experience. See you there!

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!

