

THE STING

JULY 1, 2019

2019 MEET SCHEDULE

Wednesday, July 3rd - vs. Spring Green

Wednesday, July 10th at Sun Prairie

July 13th - vs. Wisconsin Dells

July 20th - at Mazomanie

July 23rd - Tri County Invite @ Mount
Horeb Outdoor Pool

July 27 & 28th - Conference @ Baraboo
Indoor Pool

WEEK OF THE 4TH

Monday & Tuesday - Regular schedule

Wednesday - No dryland for morning practices, they will start at 6:30, 7:45 and 9 am.

Home meet warm-ups will be from 4:10-4:30 and the meet will begin at 5pm.

8 & Under Free Relays will be moved to before the IM.

Thursday - No practices at all

Friday - Come if you can and are in town.

COACHES CORNER

Hi Stingrays!!

Excellent job this weekend! We had some obstacles with the length of the pool and the weather, but we still did a great job of swimming fast and supporting our teammates. Even though we don't use times from non-regulation pools, the coaches were very impressed to see swimmers swim events legally that they hadn't before!

Somehow it is already July, which means we only have a month left of our season! This month is going to go quick, so make sure to take some time to reflect and think about the goals that you still want to accomplish.

This week is also going to be very hot with high chances of storms all week. Take care of yourself and make sure to stay hydrated and rested. If any practices are cancelled, take advantage of our other offered practice times. 11 and ups are invited to our night practice from 8-9:30 pm.

-Kendra and the coaches

2019 COACHES

Kendra Kalvin

Head Coach

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Halley Johnson

Assistant Coach 15-18

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Jacob Aegerter

Assistant Coach 13-14

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Hannah Aegerter

Assistant Coach 11-12

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Emma Neumann

Assistant Coach 9-10

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Sam Gessler

Assistant Coach 8 & Unders

stingcoachsamg@gmail.com

Helper Coaches:

Forrest Peterson (11-12)

Owen Roenneburg (9-10)

Mathew Gutzmer (9-10)

Jon Roll (8&U)

Ella Halanski (8&U)

Kaitlyn Peters (8&U)

Ian Bohachek (8&U)

Jay Sullivan (8&U)

2019 BOARD

Jeff & Val Mahoney

Presidents

xpstingpresident@gmail.com

Tom & Stacy Bernd

Vice Presidents

xpstingvp@gmail.com

Mike Peters

Treasurer

Christy Vitense

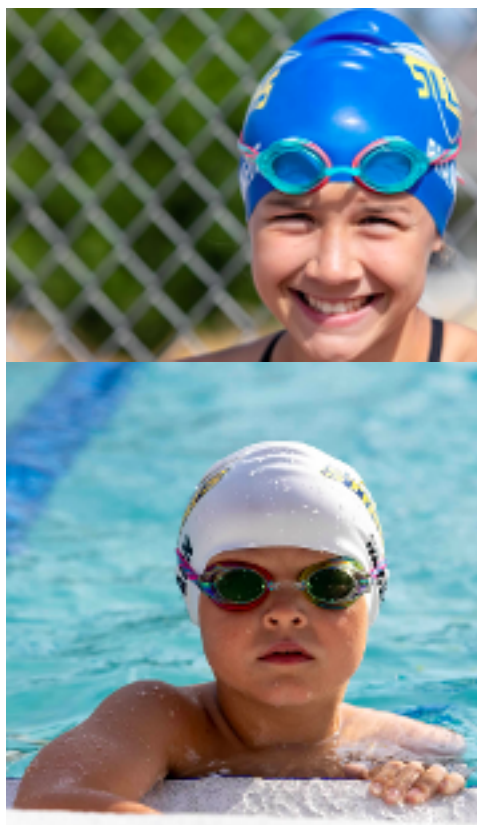
Secretary

Cyndi Mair & Greg Dorn

Co-Past Presidents

QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.



THIS WEEK'S THEME IS... SURVIVOR!



TBT!

Team Building Tuesday:

1:00-2:15pm at the
American Legion.

Invite siblings,
neighbors, whoever!
Come play some fun
games with your
awesome teammates!

BUDDY PROGRAM

Need a reminder of who your buddy is? Look here!

8 & Us are paired with 11-12s, 9-10s are paired with 13-18s.

Remember, this year we are changing things up and not spending any money on our buddies. We are doing this because the buddy program is about spending time together and getting to know each other!

If you don't know what to do for your buddy here are some ideas; make a card, write a letter, bake some cookies, draw a picture, or just say hi to them and see how they are doing! :)

CALL FOR VOLUNTEERS

Volunteers are essential to keep this team running. We need volunteers for all home meets, breakfast for coaches, and more! If you have a swimmer at a home meet a family member is also required to work a shift. Along with working a shift families are asked to provide a concession food item for 2 home meets (unless you did a concession buyout). Also there are many spots open for coaches breakfast. To sign up for volunteers please visit the Stingrays website and click on the "Events" tab.

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.

FIND US ONLINE



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify

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 Practices

June 10 - July 26

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 Additional Workouts

Monday - Thursday

8:00 - 9:30 pm (8-8:30 Dryland,
8:30-9:30 swim)

Sunday (13-18 only) 11:30 am-1 pm

Stroke Clinics**

Mondays and Wednesdays

5:00-5:45 pm

**can attend up to one per week

**sign-up online

