

THE STING

JULY 10, 2022

2022 MEET SCHEDULE

Sat, July 16 vs. Mazo

Sat, July 23 @ Baraboo

Tue, July 26th - Tri Invite @ CP

Sat July 30 & Sun July 31 - Tri County
Conf @ Sauk Prairie Indoor

PRACTICE THIS WEEK

MONDAY PRACTICE:

10-11:30 AM - 13-14s, 15-18s

11:30-12:30 PM - 11-12s

12:30-1:15 PM - 9-10s

1:15-2 PM 8&Us

All practices will be at the Middleton
Indoor pool. Sign up on the website.

We will send out practice times for the
rest of the week when we hear more
about our pool!

COACHES CORNER

Hi Stingrays!!

Great job at the meet! We had a really great meet with some awesome swims. It was a pretty small crew but the swimmers who were there had a fun time and did really well. The 8 & Unders in particular did a really nice job! Lots of them swam long free and fly. Great work!

This week we will start off at Middleton indoor for practices. Our dear CP Pool is still not quite ready for us to use. The Parks & Rec Director Mike is hoping to be able to test the fix on the filter tomorrow. Cross your fingers that the fix works and we can get back to our pool ASAP! :)

Because there will be more modified practices, we will also update our Swim Sets google doc in case the new practice times don't work for your schedule. Remember if you have club practices that you can attend, feel free to do that during this transition time. Keep your age group coach in the loop so they know what's happening.

We only have two weeks left of regular practices. Somehow each summer seems to go by even faster than the last! Now is the time to really dig in and give your full effort during practice. Push yourself to have a strong underwater, turn and finish throughout practice. Ask your coaches questions and use their feedback!

Have a great week!

Kendra and the coaches



2022 COACHES

Kendra Kalvin

Head Coach

stingcoachkendra@gmail.com

Halley Johnson

Assistant Coach 15-18

stingcoachhalley@gmail.com

Hannah Aegerter

Assistant Coach 13-14

stingcoachhannah@gmail.com

Ian Bohachek

Assistant Coach 11-12

stingcoachian@gmail.com

Forrest Peterson

Assistant Coach 9-10

stingcoachforrest@gmail.com

Kaitlyn Peters

Assistant Coach 8 & Unders

stingcoachkaitlyn@gmail.com

Helper Coaches:

Lily Mair (11-12 and 8&U)

Cowan Vitense (11-12)

Serena Haack (9-10)

Erik Peterson (9-10)

Abby Gessler (8&U)

Ellie Eisele (8&U)

Ava Halanski (8&U)

2022 BOARD

Heidi Casey

xpstingpresident@gmail.com

Trent & Brittany Kraemer

Co-Chair Vice Presidents

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Julie Hyland

Treasurer

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Cristie Fredrickson

Secretary

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Emily Spahn

Past President & New Family Coordinator

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BUDDY PROGRAM

On Friday night at the Kickoff picnic, we had our buddy reveal for this year's buddy program. If you weren't there, we will get you your buddy's information this week at practice.

Here is a list of the buddies we've got paired up so far.

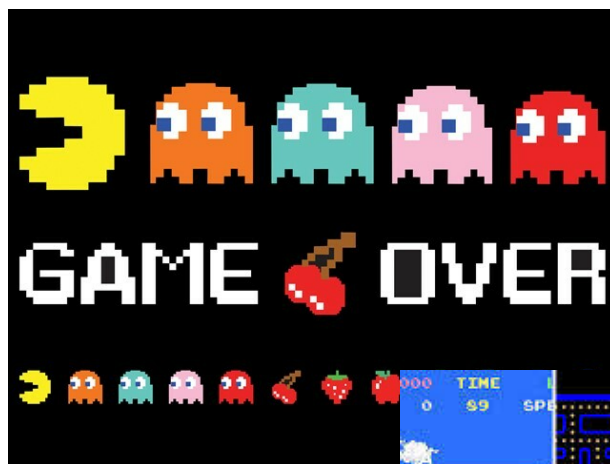
For this season's buddy meet, at home meets we will have an activity for buddies to do together. And for away meets, we will have suggestions for a small, \$5 or less gift to get for your buddy.

Schedule

7/16 vs. Mazo - buddy activity at meet

7/23 @ Baraboo - make a card for your buddy/your choice

THIS WEEK'S THEME IS... CLASSIC ARCADE



PARENT PUB CRAWL

Last summer we had our first informal Parent Pub Crawl, and we're doing it again this year! This Saturday, the 16th after the Mazo meet.

All parents and family members who are of age are welcome to join. We will be meeting at Montag's around 6 or 7 pm. We will stop by Dottie's and nineteen09 as well.

PICTURE DAY MAKEUPS

If you are looking for a makeup opportunity after picture day, please reach out to one of our team photographers, David Kalsbeek. He is hoping to offer some picture day makeups this weekend at the Mazo meet.

Email David at david@kalsbeek.us

FIND US ONLINE



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify

UPCOMING DATES

- **Friday, July 15th - PANCAKE BREAKFAST**

- Thursday, July 21st - TIE DYE DAY

- Thursday, July 28th - SPAGHETTI DINNER

TEAM 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

Morning Practices

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

Night Practices

Monday & Wednesday

11-12s: 8-9:30 (dryland for first 30 mins)

Tuesday & Thursday

13-18s: 8-9:30 (dryland for first 30 mins)

