

THE STING

JULY 11TH, 2021

2021 MEET SCHEDULE

7/17 - Away meet vs. Mazo

7/24 - Conference @ Sun

END OF SEASON EVENTS

Tuesday 7/13 - TBT @ CP Pool (look on Page 3 for details)

Thursday 7/15 - Tie Dye Day! (Check email for details)

Saturday 7/17 - Meet @ Mazo, Conference entries sent out

Tuesday 7/20 - TBT @ CP Pool Pavilion (pg. 3 for details)

Thursday 7/22 - Pancake Breakfast 7:30-9:30 am

Saturday 7/24 - Conference @ Sun Prairie

Tuesday 7/27 - End of Season Banquet (pack your own picnic) 6:30 pm @ CP Pool Pavilion

COACH'S CORNER

Hi Stingrays!!

Congratulations on another successful dual meet. Home meets are always special, and this one seemed even more special. We got to celebrate a group of excellent Little Stingrays, and honor our 2021 seniors. If you see any of our seniors over the next couple weeks, give them a high five or a hug. They have given lots of time and energy to our swim family!

We also welcomed some Stingray alumni back to the pool. Thank you to everyone for your support during the races, I'll speak for only myself when I say it was needed! :)

Stingrays, as we head into our last week of the regular season, think about how you want to leave this season. What are your goals? Do you want to drop time, cheer on teammates or break a record? What can you do to help support your teammates over the next two weeks?

You all have been working SO hard this season. Continue this work over the next 10 days of practice, finish the season strong!

Go Sting!!

Kendra and the coaches



2021 COACHES

Kendra Kalvin

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Jacob Aegerter

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Justin Pernitz

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Forrest Peterson

Assistant Coach 9-10

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Kaitlyn Peters

Assistant Coach 8 & Unders

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Helper Coaches:

Ian Bohachek (11-12)

Erik Peterson (9-10)

Serena Haack (9-10)

Abby Gessler (8&U)

Lily Mair (8&U)

Cowan Vitense (8&U)

Ellie Eisele (8&U)

2021 BOARD

Emily Spahn

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Mike Peters

Treasurer

Cristie Fredrickson

Secretary

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Tom & Stacy Bernd

Co-Past Presidents

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QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

PICTURES FROM MEETS

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!

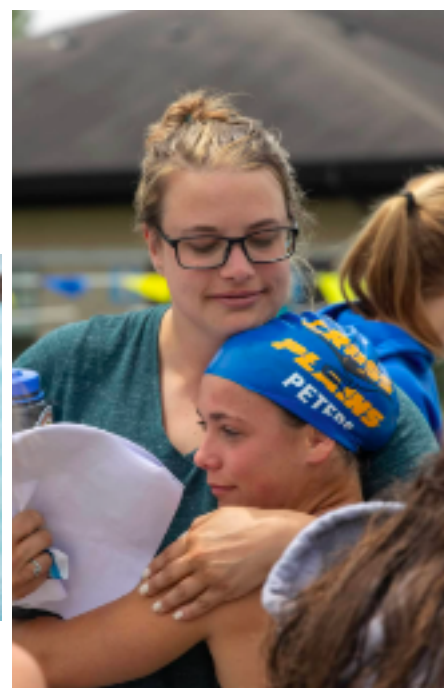
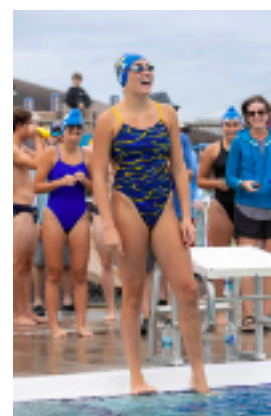
Site Address: <https://crossplainsstingrays.shutterfly.com/pictures>

Site Password: **SwimFast**

THIS WEEK'S THEME IS...



**mario at the
olympics!**



CONFERENCE 2021

The "Conference" meet will be held in Sun Prairie on Saturday, July 24th. It will resemble a regular dual meet. Everyone (who has swam in at least 3 dual meets) is able to swim at Conference this year, but like a dual meet only 3 swimmers in each event will compete "for points" and be eligible for an individual award. The results will be tabulated based on the swimmers and times from all eight Tri-County teams, and awards will be given for the top 16 places in each event. There will be no exhibition awards.

TEAM BUILDING TUESDAYS (TBT)

We have our final two TBTs of the season coming up. Because these are our final Team Building Tuesdays, we want to switch it up and celebrate!

Tuesday 7/13 - Join us at the CP Pool from 1-2 pm. If you do not have a punch pass/membership to the pool - the cost is \$2 per swimmer. Swimmers are welcome to stay after 2 pm, coaches will only be there for the hour.

Tuesday 7/20 - For our Conference Week TBT, we will be meeting under the pavilion at the CP Pool for a more relaxed TBT. Since it will be Conference Week, it's important to rest. We would like you to bring your favorite board game, card game, or picture book to share with your teammates! The time will still be 1-2 pm.

PRACTICE SCHEDULE

8 & Unders: Monday - Friday, 8:45-9:50 AM

9-10s: Monday - Friday, 7:45-9 AM

13-14s & 15-19s: Monday - Friday 6-7:45 AM,

11-12s: Week of 7/5 is a B week!

All 11-12s are invited to Monday & Wednesday PM practices as well as Thursday & Friday AM practices.

TECH SUITS

The Aegerter family has extra tech suits/fast skins that they are looking to sell for \$10 each. They have a couple boys suits, size 28 and lots of girls suits ranging from size 24-28. Reach out to Coach Jacob if you're interested!

