

THE STING

JULY 14, 2019

2019 SCHEDULE

July 19th - Pancake Breakfast/Tie Dye

July 20th - at Mazomanie

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

July 25th - Spaghetti Dinner

July 27 & 28th - Conference @ Baraboo Indoor Pool

TBT @ CP POOL

This week for Team Building Tuesday, we will be meeting at the Cross Plains Pool. With such hot weather, we want to take a break by playing in the water. **Bring a suit, sunscreen, towel and money for admission if your family does not have a membership.**

If your family is not financially able to send money for your swimmer, please let me (Kendra) know because we have a donor to cover the cost.

12 & up = \$4

11 & below = \$3

COACHES CORNER

Hi Stingrays!!

Wow wow wow. This was a crazy week full of meets!!! I don't know many teams or swimmers who would be so willing to swim three meets in five days, but our team did it! We worked hard, swam our hearts out, and now we're back to a regular schedule!

This week we have regular practices and our final dual meet at Mazomanie on Saturday. This meet will be a great chance for us to get some final best times, and show your coaches all of your hard work! This week focus on those little details like your starts, turns, and exchanges to make that final push for your strokes.

Over the next couple weeks you are going to be asking a lot of your body - to swim fast and do so often. Treat yourself right by drinking lots of water, getting plenty of rest and eating healthy. Especially with super hot weather this next week it's essential to stay hydrated!

Go Sting!

Kendra and the coaches

2019 COACHES

Kendra Kalvin

Head Coach

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Halley Johnson

Assistant Coach 15-18

stingcoachhalley@gmail.com

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

stingcoachemma@gmail.com

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

xpstingpresident@gmail.com

Tom & Stacy Bernd

Co-Chair 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.



Thank you to everyone who helped plan and volunteer at this year's Give Back Day! Thank you!

THIS WEEK'S THEME IS... Mario Kart!



TBT!

Team Building Tuesday:

1:00-2:15pm at the
Cross Plains Pool.

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

PICTURE RETAKE DAY

One of our excellent team photographers, David Kalsbeek, has offered to do a picture retake day this Friday, July 19th. He will be at the pool at 7:15 am to take a coach picture, 15-18 age group pictures as well as individual pictures. If you would like individual pictures, please let us know before Friday.

This picture retake day is not associated with VIP, you will receive a copy of the pictures via email.

Questions? Contact your age group coach or Kendra.

SPAGHETTI DINNER

When: Thursday, July 25th, 6 pm

Where: American Legion Hall

Cost: \$5/person, \$15/family - 5 & under is free

Dinner includes spaghetti with sauce (meat or vegetarian), lettuce salad, fruit, bread and cookies. Plates, utensils and drinks are provided.

Please sign up for a food donation or a job on the Stingray website. Print and fill out a form to RSVP by July 21st. Form can be dropped off at the pool in the folder labeled "Spaghetti Dinner".

Don't forget about the Coach Spaghetti Eating Contest!

FIND US ONLINE



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify

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 to 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

