

THE STING

JULY 17, 2022

2022 MEET SCHEDULE

Sat, July 23 @ Baraboo

Tue, July 26th - Tri Invite @ CP

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

TEAM BUILDING TUESDAY

This Tuesday we will be holding our TBT at the Cross Plains Pool! Come hang out from 1-2 pm. Ages 3-10: \$3, Ages 11&up: \$4

NEXT TWO WEEKS

This upcoming week starting Mon, July 18th will be our last regular week of practices.

The following week (the last week of the season) will have some changes:

- No night practices
- No drylands (start times will be 6:30, 7:45 and 9 am)
- Practice on 7/25 & 7/26 is for everyone swimming at the Tri Invite and Conference
- Practice 7/27-7/29 is only for swimmers competing at Conference

COACHES CORNER

Hi Stingrays!!

Great job to all of our Stingrays who competed at this weekend's meet against Mazomanie! We had some excellent swims and time drops. It is CRAZY to think that we only have 2 weeks left of our season. Every single person on this team has made progress this season, and that is so exciting!

These next two weeks of the season are so fun but will also fly by very quickly. Try to take it all in and set some end of season goals that you'd like to accomplish in these last two weeks. Maybe you want to make it to more practices this week or drink more water each day. You still have time to continue to make positive improvements before the end of the season!

At the end of this week we will be sharing entries for Conference and the Tri Invite. No matter if you're swimming at the Tri Invite, Conference, or both, you should push yourself to do your best. We all get to support our Stingray family in different ways as we move into the end of the season. Every role is important and it's what makes our Stingray family so special!

Enjoy the 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

xpstingvp@gmail.com

Julie Hyland

Treasurer

xpstingtreas@gmail.com

Cristie Fredrickson

Secretary

xpstingsecretary@gmail.com

Emily Spahn

Past President & New Family Coordinator

xppastpresident@gmail.com

xpstingnewfamily@gmail.com

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

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

THIS WEEK'S THEME IS... SURVIVOR



TIE-DYE DAY

It's Stingray Tie-dye Day on Thursday!

Please bring some newspapers. We are short on those to absorb extra dye. (Reach out to Stacey Bohachek (sbohachek@yahoo.com) if you want to drop off some before Thursday.)

See this [document](#) for all the tie-dye related details. (\$2 donation to cover materials appreciated)

*We won't know if white conference shirts will be done in time to dye Thursday until Wednesday; we will figure out an alternate time if needed if you want to dye a conference shirt. (Reminder: Orders of conference clothing are due today, so it would be a quick turn-around.)

Stacey Bohachek, Kelly Kliefloth, and Lisa Schell

LOOKING FOR...

Your Stingray coaches are looking for some items for our Conference dress up. Check out the link below to see if you have anything you might be willing to donate or lend! Email Kendra if you've got something from the list. THANKS! :)

DRESS UP ITEMS

FIND US ONLINE



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify

UPCOMING DATES

- **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)

