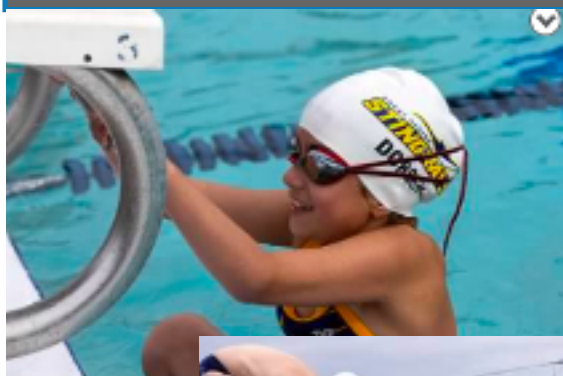


THE STING

JULY 18TH, 2021

2021 MEET SCHEDULE

7/24 - Conference @ Sun



END OF SEASON EVENTS

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!!

Even though I say it every week, I mean it - what a great meet this weekend! It was really fun seeing swimmers drop time and make moves.

Looking to the next week, we have a lot of fun events planned to celebrate the last week of the 2021 season. Your job during this week is to take care of yourself! Go to bed earlier, drink more water, eat healthier and conserve your energy throughout the day. Yes, this is me telling you to sit on the couch and read a book or watch a movie instead of going outside and playing for a long time. If you participate in other sports or other swim teams, consider skipping practices or competitions this week to focus on our Conference meet. As you are swimming this week, your coach will start to taper off the amount of meters you are swimming. This is meant to get your mind & body ready to swim.

It's going to be a great week!

Go Sting!!

Kendra and the coaches

2021 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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Justin Pernitz

Assistant Coach 11-12

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Forrest Peterson

Assistant Coach 9-10

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Kaitlyn Peters

Assistant Coach 8 & Unders

stingcoachkaitlyn@gmail.com

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

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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 DRESS UP IS...



Dress like your coaches!!

At Conference the coaches will be decked out in blue & yellow Stingwear. Pick a coach and get creative in how you could dress like them.

PRACTICE SCHEDULE

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

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

11-12s: Monday - Friday 7:45-9 AM

13-14s & 15-19s: Monday - Friday 6:30-7:45 AM

During Conference week- there's no pre-swim dryland or night practices. As the week goes on, the practices may get shorter in length. Check your age group coach's weekly email for more details.

TEAM BUILDING TUESDAYS (TBT)

It's our final TBT of the 2021 season!!

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.



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.

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!