

THE STING

JULY 21, 2019

2019 SCHEDULE

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

Warm-ups: 5:25-5:40 pm, Meet Start: 6 pm

July 25th - Spaghetti Dinner

July 27 & 28th - Conference @ Baraboo Indoor Pool

Warm-ups: 8-8:20 am, Meet Start: 9 am

TAPER/PREP

In order to prep for some speedy swims this weekend, try to do as many of these things as possible:

- get enough sleep every night
- have high-protein and good carb-based meals
- drink lots of water
- stay away from sugary beverages
- rest your body (limit other exercise/practices)
- relax and visualize all of the parts of your perfect race

COACHES CORNER

Hi Stingrays!!

If you look back at this (crazy) season, there were so many obstacles in our path. Storms, cancellations, reschedules, excessive heat, 3 meets in 5 days. We had every excuse to take shortcuts, not give our all, or just give up in general.

BUT WE DIDN'T! We rescheduled every single meet. We swam our hearts out and broke records despite crazy heat. This is our team! This season did not break our Stingray spirit. Throughout it all, we saw positive attitudes, good sportsmanship, and friendship.

So why not continue all of those amazing things through this weekend? The Tri Invite and Conference are perfect opportunities to show all of your hard work from the season! Do the prep work that your body needs this week to be able to end the season the way that you deserve to.

Go Sting!

Kendra and the coaches

2019 COACHES

Kendra Kalvin

Head Coach

stingcoachkendra@gmail.com

Halley Johnson

Assistant Coach 15-18

stingcoachhalley@gmail.com

Jacob Aegerter

Assistant Coach 13-14

stingcoachjacob@gmail.com

Hannah Aegerter

Assistant Coach 11-12

stingcoachhannah@gmail.com

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!

A big thank you to all of the volunteers who have made this season go so smoothly! We asked a lot of you, but even when we added another home meet, you showed up for the team. Thank you volunteers! We would not be the same team without all of you.

Thank you to Doug Bohachek for putting many hours into HyTek for the Spring Green reschedule. The meet wouldn't have been able to happen without you, thank you!!!



THIS WEEK'S THEME IS... a surprise

guess you will have to wait until
Conference to see our theme! :)

TBT!

**Team Building
Tuesday:**

Location of TBT this
week is TBD :)

Tuesday, 1-2:15 pm

CONFERENCE WEEK SCHEDULE

* No Stroke Clinics, no night practices *

All week, 13-18s will start at 6:30 am (Friday - start at 7 am), 9-12s will start at 7:45 am, 8 & Us will start at 9 am.

There are no stroke clinics or night practices.

If your swimmer is participating in the Tri Invite on Tuesday night, they do not need to come to practice that morning, they should rest up for the meet.

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

