

THE STING

JULY 24, 2022

2022 MEET SCHEDULE

Tue, July 26th - Tri Invite @ CP

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

TRI INVITE

The Tri Invite is this Tuesday, 7/26 at the Cross Plains Pool. Our swimmers will warm-up from 4:20-4:40 pm, and the meet will start at 5:30 pm. Stingrays who aren't swimming should still come and cheer on their teammates!

PRACTICE THIS WEEK

- No night practices
- No drylands (start times will be 6:30, 7:45 and 9 am)
- Practice on 7/25 is for everyone swimming at the Tri Invite and Conference
- Tuesday, 7/26 if you are swimming at the Tri Invite, take the morning off and rest! No practice for swimmers competing Tuesday.
- Practice 7/27-7/29 is only for swimmers competing at Conference

COACHES CORNER

Hi Stingrays!!

WE ARE HERE! It's the final week of the season?!? How did this season go by so quickly? It seems like yesterday that we were having our pre-season practices at MHS.

This week is going to be BUSY! It will be full of really fun events, starting with the Tri Invite. For all swimmers competing, this is such a fun meet! When I was a Stingray, this was one of my favorite nights of the year. Have a great time, enjoy yourself and swim fast!

For practice this week, everyone should come tomorrow morning. For Tuesday morning though, if you are swimming at the Tri Invite, take the morning off and rest. For the rest of the week, only come to practice if you are swimming at Conference.

This is the final week of our season which means it is crunch time! Ask your coaches for tips, get plenty of rest, eat healthy and drink lots of water! Swimmers competing in the Tri Invite or Conference should not be swimming at open swim this week. Stay home and rest! :)

Wherever your 2022 season is ending this week, GIVE IT YOUR ALL! We are second to none, and we will prove it this weekend!

Have a great week!

Kendra and the coaches

2022 COACHES

Kendra Kalvin

Head Coach

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Halley Johnson

Assistant Coach 15-18

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Hannah Aegerter

Assistant Coach 13-14

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Ian Bohachek

Assistant Coach 11-12

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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:

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

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Emily Spahn

Past President & New Family Coordinator

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FINAL TEAM BUILDING TUESDAY

This week we've got a special event for our last Team Building Tuesday of the season!

The Library is holding an "Ocean Odyssey" event on Tuesday at 1 pm under the pavillion next to the pool. After a presentation, participants will be able to touch some of the animals! Check out the poster for more information!



Through their traveling tank, the Mississippi River Museum will explain the misconceptions surrounding sharks and rays and highlight the unique adaptations these animals have to survive. This program will also allow participants to explore the important roles sharks and rays play in the ecosystem. Learn how the actions of people in the landlocked Tri-State area impact sharks and rays that live thousands of miles away, and discover how people can help protect them. Afterwards, participants may get their hands wet and touch some of these animals.

1 p.m. Tuesday, July 26

Rosemary Garfoot Public Library

Cross Plains

At the Municipal Shelter beside the library



SPAGHETTI DINNER

The Spaghetti Dinner will be this Thursday, July 28th at 6 pm at the American Legion Hall.

Please remember to RSVP if you haven't Venmo (@CrossPlainsStingrays) and turn in the form to the Spaghetti Dinner folder or email Heidi (xpstingpresident@gmail.com).

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

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



CONFERENCE NOTES

At today's seed meeting, we got some more information for Conference this upcoming weekend. Please check out the meet website for more information (found under the Event page on our team website).

- Concessions will be open @7:30 am each day, there will also be food trucks! They will also accept \$ via Venmo
- There will be no speakers to hear event calling outside.
- Water only in gym
- ONLY swimmers, coaches, meet volunteers allowed on deck
- Folding chairs ARE allowed inside, pop up tents are not
- Inside the gym there will be a speaker for event calling as well as a scoreboard
- There will be QR codes & links for livestreaming

8&UNDER PARENTS - The scoreboard will NOT be the final time listed in the heat sheet. The scoreboard will show the time from the plunger. But in the official results it will be the middle time from the two stopwatches and one plunger.

AFTER CONF PARTY

On Sunday after the ending of the meet, we will be hosting an After Conference Party at the American Legion Hall.

Bring your own dinner and drinks. Adult-friendly drinks available (cash bar).

Come have some fun after a LONG weekend. Play frisbee outside, or camp inside with your fellow Stingrays!

CAR DECORATING

On Friday evening from 5-6:30 pm, swing down to the pool if you'd like to decorate your car windows before Conference! Car window markers provided.