

THE STING

JULY 4TH, 2021

2021 SCHEDULE

7/10 - Home meet vs. Dells

7/17 - Away meet vs. Mazo

7/24 - Conference @ Sun



COACH'S CORNER

Hi Stingrays!!

I hope you all had a great holiday weekend with lots of fun, family and friends. This week we are back to our regular schedule with our **last home meet** of the season on Saturday. This week my challenge to you is to have fun. Enjoy the week while working hard and spending time with your friends. Talk to someone in your age group that you normally don't, find your buddy at practice or check-in with one of your coaches. Enjoy the warm, summer weather while drinking plenty of water to stay hydrated :)

Kendra and the coaches

PRACTICE SCHEDULE

8 & Unders: Monday - Friday, 8:45-9:50 AM

13-14s & 15-19s: Monday - Friday 6-7:45 AM,
Tuesday and Thursday 8-9:30 PM

9-10s & 11-12s: Week of 7/5 is an A week!

Monday 7/5 A		Tuesday 7/6 A		Wednesday 7/7 A		Thursday 7/8 A		Friday 7/9 A	
7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12 ALL
7:45-9:00 AM	9-10	7:45-9:00 AM	9-10	7:45-9:00 AM	9-10	7:45-9:00 AM	9-10	7:45-9:00 AM	9-10
4:45-5:30 PM	9-10 ALL			4:45-5:30 PM	9-10 GAME DAY				
8-9:30 PM	11-12 ALL			8-9:30 PM	11-12 GAME DAY				

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

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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

Emily Spahn

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Treasurer

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Tom & Stacy Bernd

Co-Past Presidents

xppastpresident@gmail.com

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>

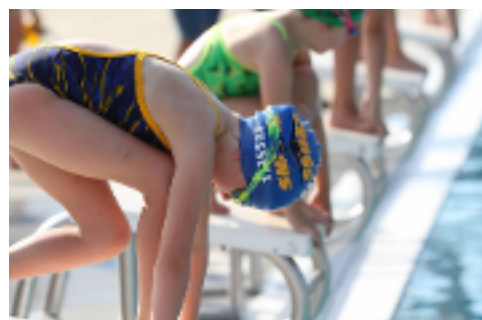
Site Password: **SwimFast**



THIS WEEK'S THEME IS...



BOARD GAMES



TEAM BUILDING TUESDAYS (TBT)

This Tuesday, we will have our Team Building Tuesday event at the Legion from 1-2 pm as normal. Feel free to bring neighbors, siblings, cousins, etc.!

Last week we had to cancel TBT, but we're going to try this again this week and hope the weather is better! We would like to play some fun water games. Bring a suit or clothes that you can get wet, as well as a towel.