

THE STING

JULY 8, 2019

2019 MEET SCHEDULE

July 10th - at Sun Prairie

July 13th - vs. Wisconsin Dells

July ? - vs. Spring Green

July 20th - at Mazomanie

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

July 27 & 28th - Conference @ Baraboo
Indoor Pool

WEEK OF 7/8

Monday - Regular Practices

Tuesday - Regular Practices

Wednesday - No dryland for morning
practice (6:30, 7:45, 9). Arrive in Sun by
5 pm, warm-ups start at 5:15 pm. Meet
start - 5:45 pm.

Thursday - **13-18 Practice cancelled,**
9-12s - Game Day from 7:15-7:45
before Give Back Day (starts at 8 am), 8
& Us - regular practice time.

Friday - Regular Practices

COACHES CORNER

Hi Stingrays!!

Well, another week without a regular meet!
It sure has been a crazy season, but the
coaches are proud of all of our swimmers.
Despite the fact that we haven't had a
regular meet in what feels like a month, we
are still chugging along, being good
teammates and showing great
sportsmanship.

Because of our reschedules, the end of the
season is going to be that much crazier and
more exciting! We will need to center
ourselves and remind each other of our
individual and team goals. This week we
have two big meets, our first one being
against a big, competitive team. The
second one will include lots of fun extra
events. It is our Senior's last home meet
and our Little Stingrays first meet!

Take some time this week to take it all in,
because before we know it the end of
season will be here!

Go Sting!

Kendra and the coaches

2019 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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Hannah Aegerter

Assistant Coach 11-12

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Emma Neumann

Assistant Coach 9-10

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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)



THIS WEEK'S THEME IS... Space & Moon!



TBT!

Team Building Tuesday:

1:00-2:15pm at the
American Legion.

Invite siblings,
neighbors, whoever!
Come play some fun
games with your
awesome teammates!

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

BUDDY PROGRAM

Need a reminder of who your buddy is? Look here!

8 & Us are paired with 11-12s, 9-10s are paired with 13-18s.

Remember, this year we are changing things up and not spending any money on our buddies. We are doing this because the buddy program is about spending time together and getting to know each other!

If you don't know what to do for your buddy here are some ideas; make a card, write a letter, bake some cookies, draw a picture, or just say hi to them and see how they are doing! :)

QUESTIONS OR CONCERNS?

Please feel free to contact any
coaches or board members.

CALL FOR VOLUNTEERS

Volunteers are essential to keep this team running. We need volunteers for all home meets, breakfast for coaches, and more! If you have a swimmer at a home meet a family member is also required to work a shift. Along with working a shift families are asked to provide a concession food item for 2 home meets (unless you did a concession buyout). Also there are many spots open for coaches breakfast. To sign up for volunteers please visit the Stingrays website and click on the "Events" tab.

Thank you in advance for all of your time and effort and we recognize that our season would not be possible without everyone's help.

FIND US ONLINE



- Cross Plains Stingrays



- @crossplainsstingrays



- Cross Plains Stingrays

Or visit our website on TeamUnify

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

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

