

THE STING

JUNE 20TH, 2021

2021 SCHEDULE

6/26 - Away meet vs. Mt. Horeb

6/30 - Home meet vs. Spring Green

7/10 - Home meet vs. Dells

7/17 - Away meet vs. Mazo

7/24 - Conference @ Sun

COACH'S CORNER

Hi Stingrays!!

Congratulations to all of you on a great win yesterday! It was so exciting to see all of your hard work pay off. In a competition of good sportsmanship, I would say we also took the win. I saw so many swimmers giving high-fives, staying in the water until all swimmers finished, and cheering each other on. Above all else, these are the things that are most important. I hope that you all got some time to relax today, and enjoy the successes of the weekend!

It's crazy to think that we've already had three dual meets. We're almost halfway through our season! During this next week, pick one or two goals you can focus on to improve something in your race. Maybe your underwaters, flip turns or start. Tell your coach your goal and keep it in your mind throughout the week.

This next week will be a fun one, see you soon!

Go Sting,

Kendra and the coaches

STINGRAY BUDDIES

If you haven't met your buddy or need a reminder, ask a coach. The list is posted on the website under Sting News.

For this weekend's away meet, make your buddy a poster or card wishing them good luck! :)



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

stingcoachforrest@gmail.com

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

Emily Spahn

President

xpstingpresident@gmail.com

Heidi Casey

Vice President

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Mike Peters

Treasurer

Cristie Fredrickson

Secretary

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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**

Our team photographers David Kalsbeek and Graham Anderson are excellent! Their goal is to get a good picture of each Stingray by the end of the season. After a couple meets if you aren't noticing pictures of your swimmer(s), please let David or Graham know.

Also if anyone is interested in joining our excellent team of photographers, you can reach out to either of them. David says, "We are easily identified in the wild, our distinguishing characteristic is the camera with a big white lens around our necks." :)

THIS WEEK'S THEME IS...



WIPEOUT



TEAM BUILDING TUESDAYS (TBT)

Team Building Tuesdays are one of the great traditions of the Stingrays. Each Tuesday, we meet at the Legion at 1 pm.

All Stingrays are invited as well as siblings, neighbors, cousins, etc.! This is a great chance to meet other swimmers on the team and have some fun on dry land.

Come join us, each Tuesday from 1 pm - 2 pm, at the Legion! Bring a water bottle and sunscreen.



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 6/21 is an A week!

Monday 6/21 A		Tuesday 6/22 A		Wednesday 6/23 A	
7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12
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

Thursday 6/24 A		Friday 6/25 A		Sunday 6/27 A	
7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	9:30-11:00 AM	11-12
7:45-9:00 AM	9-10	7:45-9:00 AM	9-10		

Helper coaches: If you notice this, tell Kendra you saw it!! This is a test :)

